

What should I do if I am interested in participating?

Let your provider know. He or she will make a referral to Dr. Andrews who will contact you for screening.

Erin E. Andrews, Psy.D.
PWP Clinical Director

James W. Williams, MD
PWP Medical Director



Our Mission

Our Servicemembers and Veterans have sacrificed to keep our country—and everything it represents—safe.

We honor and serve those men and women by fulfilling President Lincoln's promise *"to care for him who shall have borne the battle, and for his widow, and his orphan."*

We strive to provide Servicemembers and Veterans with the world-class benefits and services they have earned, and will adhere to the highest standards of compassion, commitment, excellence, professionalism, integrity, accountability, and stewardship.

**Thank you for your service.
Now let us serve you.**

Polytrauma Wellness Program (PWP)
Central Texas Veterans Health Care System
1901 Veterans Memorial Drive
Temple, TX 76504

<http://www.centraltexas.va.gov/services/mentalhealth.asp>

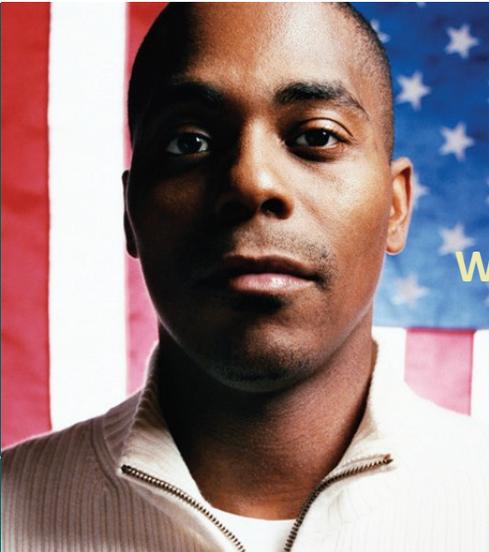


Polytrauma Wellness Program

A holistic rehabilitation program



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What is PWP?

The Polytrauma Wellness Program, or PWP, is an interdisciplinary **wellness** program centered around OEF/OIF/OND veterans who have experienced mild traumatic brain injury (**mTBI** or concussion), posttraumatic stress disorder (**PTSD**), and/or chronic **pain**.

These issues sometimes produce problems with memory and thinking (cognition).

PWP is designed to help veterans learn how to help themselves to **retrain the brain** to function more efficiently. The program's integrated **group** format is specifically tailored to the needs of OEF/OIF/OND veterans.

What is the program like?

PWP includes basic **education** about the nature of various injuries and conditions, and about cognitive **rehabilitation**. We also

educate the veteran about physical **fitness** and conditioning, introduce him or her to Qigong, mindfulness, and vocational rehabilitation information. Modules to build functional **skills** and interactive psychoeducation cover a number of relevant topics such as coping with tinnitus, **sleep** hygiene, pain (especially headache) management, posttraumatic stress disorder, and substance abuse. A group is also offered that is open to **family** members or key support persons in your life.

When is it and how long is it?

Groups meet on Thursday afternoons from 2:00pm – 4:30pm four 12 weeks. Cohorts begin four times per year.

Who will be involved?

Providers involved come from many disciplines, each contributing their own **expertise**: **Physiatry (Rehabilitation Medicine)**, Psychology, Social Work, Speech-Language Pathology, Occupational Therapy, Audiology, Vocational **Nursing**, Dietetics, and Physical Therapy.



Program Modules

Introduction / Overview / Education

Wellness Principles

Qigong (similar to Tai Chi)

PTSD

Nutrition & Diet

Neuroanatomy

Physical Fitness

Attention

Family Education

Memory & New Learning

Executive Functions

Chronic Pain & Headaches

Substance Abuse

Sleep Hygiene

Skills Building

Communication

Vocational Goals

Hearing loss & Tinnitus

Wrap Up

What else can I expect?

- New information and good discussion
- A fun and flexible atmosphere
- To practice the skills you learn in real life