

How can I get in the PRRP?

Let your provider know you are interested. He or she will make a referral to the One Screening Committee who will contact you for screening.

Suitable PRRP candidates possess all of the following traits:

- Established diagnosis of PTSD
- Not a danger to self or others, nor in need of any close supervision
- PTSD is the primary barrier to quality of functioning
- Has no outstanding warrants
- Has no acute medical problems
- Able to take own medication
- Wants to engage in recovery activities and wants to change

How can I find out more?

Call, visit, write, or go to our web page. PRRP referral forms may be downloaded from the web site at:

www.centraltexas.va.gov/services/PTSD/PTSD_Residential_Program_Referral-Forms.asp

You may also call and request forms to be mailed to you.

The Screening Team may be contacted at:

**Mental Health Residential Rehabilitation Programs
One Screening Committee**
Phone: 254-743-2264
Fax: 254-743-0530



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.**



Our program logo is the Phoenix, a symbol of hope and renewal. In mythology, this marvelous bird hastens its own destruction and transformation, its wings fanning the flames which consume it. Staff and peers provide experience, support, and expertise in this opportunity for change; each veteran provides his own wings for transformation.



CTVHCS

**Building 7 (116/PRRP)
4800 Memorial Drive
Waco, TX 76711-1329
Phone: 254-297-3667**

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

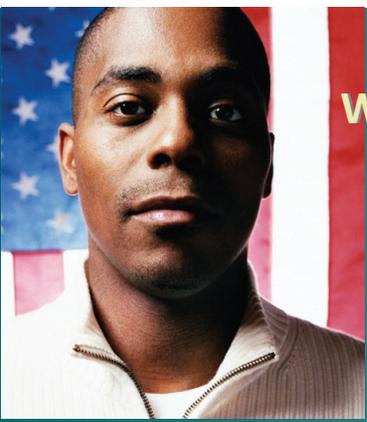


Posttraumatic Stress Disorder
Residential Rehabilitation
Program

PRRP



VA HEALTH CARE | Defining **EXCELLENCE** in the 21st Century



What is PRRP?

The PRRP is a **rehabilitative** program designed to help veterans who want to

recover from military-related Posttraumatic Stress Disorder (PTSD).

The interdisciplinary staff believe that **all veterans** with PTSD **can recover** quality of functioning in physical, psychological, spiritual, and social aspects of **living**.

Program participants reside here on the unit and attend therapeutic **groups** and rehabilitative **activities**. Some parts of the program help you to deal with traumatic experiences, while other parts of the program help you to acquire **healthy** behaviors and **copng skills**.

“PTSD”? What is that?

Posttraumatic Stress Disorder (PTSD) is a trauma- and **stressor**-related disorder that sometimes affects people who have experienced a life-threatening event. PTSD symptoms can **disrupt** daily **life**, and include re-experiencing the trauma, emotional distancing from other people or feeling emotionally **numb**. Other symptoms include being irritable or quick to anger, **trouble sleeping**, fearfulness, substance abuse, and feelings of panic. PTSD can affect a person’s **job**, health, relationships with other people, and their spiritual life.

What is the program like?

The PRRP emphasizes proven therapies such as Cognitive Processing Therapy (**CPT**) and, on a case-by-case basis, Prolonged Exposure Therapy (PE). The physician reviews your medication regimen and may recommend adjustments. You will also **take trips** out into the community for *en vivo* opportunities to practice new **copng skills**. You will spend part of each day in supportive, skills-building **groups** and activities with focus on managing anxiety and irritability, and on repairing the damage PTSD symptoms can create in **relationships** with family and friends.

What if my sobriety is not yet stable?

PRRP has a partner, the Substance Abuse Treatment Program (SATP), **to help veterans** with PTSD who are also struggling to recover from addictions.

PRRP insists on **abstinence** while in the Program, and will build SATP-directed therapies into your day if you need help to control addictions.

How long will I stay in PRRP?

The length of stay varies with **individual** veterans’ **needs**, but the average length of stay is approximately **eight** weeks.

Is the PRRP a Lock-down Environment?

No! Not at all. In fact, staff sends you out into the community to practice new skills and to create support networks. **Your family is welcome** to visit you on evenings and weekends, and you may take advantage of the scenic acreage for strolls, **picnics**, or outdoor games.

What Can I Do in the Meantime?

Learn more about PTSD

(<http://www.ptsd.va.gov/index.asp>)

Reach out to other vets

(<http://maketheconnection.net>)

Talk to your mental health **provider** or a chaplain or other spiritual leader.

In a few cases, your symptoms may be so severe that you need immediate help. Call **911** or other **emergency** services immediately if you think that you cannot keep from hurting yourself or someone else.

I am a provider. How can I refer a patient to your program?

If you are a CTVHCS provider, just complete an electronic **consultation** request.

If you are a VA provider from outside CTVHCS, complete an inter-facility consult. **Call us at** 254-743-2264 if you need help with that process.

If you are a provider from outside VA, please **download** and send a completed admission application to the One Screening **Committee** at the fax number on the back flap of this brochure.

