

How can I get in the RISE?

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 candidates possess all of the following traits:

- No treatment-interfering psychosis or cognitive impairment
- Not a danger to self or others, nor in need of any close supervision
- Not at suspected risk of perpetrating acts of sexual assault or violence against others
- Has no outstanding warrants
- Has no acute medical problems, can perform personal hygiene and ambulate independently
- Wants to engage in recovery activities and wants to change

How can I find out more?

The Screening Team may be contacted at:

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



Choose VA



Our Mission

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

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.

Central Texas Veterans Health Care System
Women RISE
Building 7 (116)
4800 Memorial Drive
Waco, TX 76711-1329
Phone: 254-297-3667

<https://www.centraltexas.va.gov/services/WacoWomenDom.asp>

Women
RISE

Women
**Recover In Supportive
Environment**

VA



U.S. Department of Veterans Affairs
Central Texas Veterans Health Care System



What is “Mental Health Residential Rehabilitation”?

Residential programs provide structure and monitoring of response to treatment for Veterans who are recovering from mental health issues like traumatic experiences, addictions, anxiety, or depression. The Veteran lives in a home-like environment while participating in groups, individual sessions, or other activities designed to promote recovery.

The interdisciplinary staff believe that all Veterans with mental health issues 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 reduce or eliminate symptoms, while other parts of the program help you to acquire healthy behaviors and coping skills.

What kinds of mental health issues do you address?

- Posttraumatic Stress Disorder (PTSD)
- Issues related to Military Sexual Trauma (MST)
- Problematic Substance Use
- Anxiety
- Depression

What is the program like?

Women RISE emphasizes proven therapies such as Cognitive Processing Therapy (CPT) and Cognitive Behavioral Therapy for Substance Use Disorder (CBT for SUD), and other evidence-based therapies. The physician reviews your medication regimen and may recommend adjustments. You will also take trips out into the community for *in vivo* opportunities to practice new coping skills. You will spend part of most weekdays in supportive, skills-building groups and activities with a focus on managing anxiety and irritability, and on repairing the damage symptoms can create in relationships with family and friends.

What if my sobriety is not yet stable?

RISE insists on abstinence while in the Program and will offer recovery-oriented therapies to help promote abstinence. One of the treatment tracks focuses on substance use as the primary barrier to quality of functioning.

Are men allowed in RISE?

Veterans who identify as male are treated in the Temple, TX location. WRISE is only for Veterans who identify as female.

How long will I stay in RISE?

The length of stay varies with individual Veterans' needs, but the average length of stay is approximately seven to eight weeks.

Is RISE a Lock-down Environment?

No! Not during the day. 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>)

Learn more about problematic substance use

(<https://www.samhsa.gov/>)

Reach out to other Vets

(<http://maketheconnection.net>)

Talk to your mental health provider, primary care provider, or a chaplain or other spiritual leader.

Veterans Crisis Line



1-800-273-8255
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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 send an electronic consultation request to TEM MHBM INPT RESIDENTIAL CARE SCREENING.

If you are a **VA provider from outside CTVHCS**, complete an inter-facility consult. Place a work ticket to your Clinical Application Coordinator if you need help with that process.

If you are a provider from **outside VA**, please contact the One Screening Committee at 254-743-2264 for help submitting the needed consultation.

