



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

## Program Need

Due to the COVID-19 pandemic, many facilities have closed or limited their face-to-face treatment options. Furthermore, many Veterans are reluctant to attend in person services due to health concerns.

Thus, the highly experienced staff of the Posttraumatic Stress Disorder Residential Rehabilitation Treatment Program (PTSD-RRTP) is offering a Virtual Intensive Outpatient Program for PTSD (VIOPP) to serve Veterans during this crisis.

## Program Description

The VIOPP is a structured six-week treatment experience for PTSD due to combat, sexual assault, accidents, and other traumas which occurred in or out of military service.

We provide individual therapies and groups to help male and female Veterans recover from PTSD. We offer two tracks: Acceptance and Commitment Therapy (ACT) or Cognitive Processing Therapy (CPT).

Veterans attend voluntarily. No one is forced to attend or remain in the program.



## Virtual Setting

The VIOPP has activities typically five days a week, 60-180 minutes per day for six weeks. All services are conducted through secure online or telephone connections, meaning you can receive all these services while never leaving your home.

## Typical Schedule

### Monday

- Small group overview of the core therapeutic material for the week
- Yoga class
- Medical educational class.

### Tuesday

- Individual session to focus on personal issues

### Wednesday

- Psychoeducational classes

### Thursday

- Individual session to focus on personal issues

### Friday

- Small group wrap-up of the week's experience

## Group Education

On Mondays and Wednesdays, psychoeducational classes are presented to improve your understanding of what PTSD is, how it affects your life, better ways to manage its impact, and associated quality of life issues. Topics include:

- Understanding PTSD
- Moral Injury and Forgiveness
- Stage of Change
- CBT for Insomnia
- Imagery Rehearsal Therapy
- PTSD and Sexual Dysfunctions
- Dialectical Behavior Therapy
- Relationship Issues
- Interpersonal Effectiveness
- Breathing Clearly
- Diet and Mood
- Fitness for Life





## Admission Criteria

To be accepted for admission into the VIOPP, you must:

- ✓ Be eligible for VA Services.
- ✓ Have PTSD as your primary presenting problem.
- ✓ Make recovery from PTSD your primary mental health goal.
- ✓ Be able to benefit from trauma-focused interventions.
- ✓ Be psychiatrically stable; not in acute crisis such as suicidal, homicidal, manic, or psychotic.
- ✓ Have reliable hi-speed internet access and either a smartphone, tablet, or a computer with a webcam.

## Referral Process

Veterans should speak with their current provider for a referral to the VIOPP. The provider can submit a consult using the existing PTSD-RRTP consult system. Referrals are accepted from any VA in the country.

Referrals are reviewed by the treatment team and Veterans will be contacted for a start date. New groups begin every two weeks.

If you need urgent mental health services, you should contact your local hospital or crisis service line for assistance. The VIOPP is not a crisis stabilization unit.

## Contact Information

Phone: **704-638-9000**  
Extension: **13175**



***Recovery is possible.  
We look forward to serving you.***

# **\*VIRTUAL\* INTENSIVE OUTPATIENT PROGRAM FOR PTSD (VIOPP)**

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*The Price of Freedom is Visible Here*