



THE CENTER FOR VETERANS AND THEIR FAMILIES AT RUSH *FACTS-AT-A-GLANCE*

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HISTORY AND MISSION: The Road Home Program: The Center for Veterans and Families at Rush has articulated a mission to “compassionately serve veterans and their families, providing individualized care and navigation to help heal the invisible wounds of war.” Chief among its guiding principles are confidentiality, accessibility, and availability of care regardless of ability to pay or discharge status. It operates within Rush University Medical Center, an institution that has consistently worked to ensure that advances in medical science reach all socioeconomic groups. In June 2014, Rush’s Board of Trustees reaffirmed this commitment with a new mission statement: “The mission of Rush is to provide the best health care for the individuals and diverse communities we serve through the integration of outstanding patient care, education, research, and community partnerships.” The Road Home Program (RHP) translates these values into action.

Two years ago, Rush’s leadership recognized that the profound gaps in care for the “invisible wounds of war” demanded action on the part of those with the expertise to effectively treat these conditions. Today, RHP is thriving. An energetic team works to support service members who deployed in support of the conflicts in Iraq and Afghanistan and have returned to civilian life in the greater Chicago region with combat-related conditions such as post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), military sexual trauma (MST), and family challenges. Below is a highlight of what the Road Home Program offers:

CLINICAL

- **Adult Mental Health Clinic:** Psychological and psychiatric assessment and treatment for PTSD are available on site. Some cases also involve clinical depression or anxiety; the team includes specialists in medication management and various forms of therapy to address co-occurring conditions. Subspecialists such as addiction medicine experts are near at hand for consultation as appropriate.
- **Child and Family Services:** Consultation, counseling and parent guidance are available before, during and after deployment. Rush has implemented the FOCUS Resiliency Model (Families OverComing Under Stress) that equips parents to draw upon their family’s unique strengths and history of successful parenting to build resilience and work through challenges. RHP offers the Do You Love A Veteran Community Support Group where a group of adult spouses, partners, friends, and parents of veterans and service members meet once a month to build a community of support. RHP also offers couples counseling to our veterans and their loved ones.
- **Traumatic Brain Injury (TBI) Clinic:** Providers from the Rush-affiliated Rehabilitation Associates of Chicago deliver the highest quality of evidence-based diagnosis, treatment and rehabilitative services. Patients will benefit from access to Rush’s nationally ranked programs in orthopedics and neurology/neurosurgery.
- **Military Sexual Trauma (MST) Clinic:** Recognizing that the VA medical centers can be uncomfortable environments for men and women, the director of the Illinois Department of Veterans Affairs has asked Rush to take the lead in developing services for this group. Rush providers are certified in evidence-based treatments for sexual trauma (prolonged exposure therapy and cognitive processing therapy).

NON-CLINICAL

- Peer-to-Peer outreach and navigation
- Assistance with accessing benefits
- Fitness and recreational events
- Health care IT internships programs
- Provider training

STRUCTURE AND RESOURCES: *Major Referral Sources* - Rush inpatient units and outpatient practices; Jesse Brown VA Medical Center; Health and Disability Advocates; ChildServ; Team Red, White, and Blue; Salute, Inc.; RHP social media; and current veterans. *Memberships:* Illinois Joining Forces; Welcome Back Veterans, an initiative of the McCormick Foundation and Major League Baseball; Warrior Care Network – Wounded Warrior Project.