



RUSH

The Intensive Outpatient Program at Road Home Program



Overview

The IOP is a two-week long treatment program that focuses on PTSD and depression. We specialize in treating PTSD that resists traditional methods of treatment. Our research shows this intensive approach is effective in immediate symptom reduction and provides lasting benefits to your quality of life.

IOP sessions are grouped by participants who have similar types of traumatic experiences: combat and military sexual trauma. The groups include both active duty service members and veterans and are mixed-gender.

Intake Process for the IOP

We begin the IOP with a thorough screening process to ensure that our treatment program is the right fit for you and your needs.

Our process begins with a brief phone call to gather information and send you registration documents to complete. This is followed by two intake appoint-

ments with a clinician, each lasting between 60-90 minutes. The clinician will review our program and ask a series of questions about your background, symptoms and goals.

After both appointments have been completed, your clinician meets with the RHP team to decide if the program is the best fit for you. If it is decided that the IOP is the right fit for you, then your clinician will work with you to determine a date to come to Chicago.

If you or our team determines that the IOP is not the right clinical program, we will connect you with referrals to other treatment options.

Your Stay in Chicago

The Road Home Program will cover all costs to transport you to and from Chicago. You have the option of flying, driving, or taking public transportation.

Housing is provided at no cost to you at the Illinois Medical District Guest House. You will stay in your own apartment,

which is fully furnished with a bed, TV, couch, WIFI, bathroom and a kitchenette.

Meals are provided at no cost throughout the duration of your stay. If you are on a restricted diet, please tell your intake clinician.

IOP Treatment

Our programming is designed to treat the whole person. The primary treatment is Cognitive Processing Therapy (CPT), an evidence-based treatment that research has found to be highly effective for PTSD.

Daily programming includes group sessions of mindfulness and yoga, art therapy, and psycho-educational groups on emotion and communication skills.

Questions

We provide our services regardless of ability to pay. If you have questions, call us at (312) 942-8387 (VETS) or schedule an appointment online at RoadHomeProgram.org.

The Road Home Program is located at 325 South Paulina, 2nd floor, Chicago, IL 60612. Together we have helped thousands of veterans, service members and families affected by the indivisible wounds of war and we look forward to helping you.