

## Why Choose Our Program for Your Recovery?

- Only 14 Veterans reside at the facility at one time, allowing more personal interaction with staff and other Veterans going through similar struggles.
- The program is housed in a 17,000 sq. ft newly constructed building, with state-of-the-art technology.
- We offer both single and semi-private bedrooms each with their own private bathrooms.
- You guide your plan which consists of core classes as part of treatment, and electives you choose.
- We offer a variety of classes and workshops to help you achieve your goals.
- We offer a family friendly environment, and encourage guests to visit.
- You will have access to a fitness center, a therapeutic exercise pool, and personal training.

*“I’m not living in fear*

*anymore.....I’m hopeful.”*

*Michele, Navy Veteran, after receiving Cognitive Processing Therapy.*

*“It actually helped me deal with things that I didn’t even realize I was having problems with.”*

*-Daniel, Operation Iraqi Freedom, US Army, after receiving Prolonged Exposure Therapy.*

## FREQUENTLY ASKED QUESTIONS

*Can I just show up and be admitted?*

No, all admissions are planned. If interested, please call the number below.

*Does the Marion, IL RRTP offer medical detoxification?*

No, but many VA Hospitals do provide this. Please contact your health care team for referral information.

*Can I bring my car?*

Yes, Veterans may bring their car, however, you and your recovery team will discuss appropriate use. In addition you must show a valid driver’s license, current registration and proof of insurance.

*What if I have a job?*

If you have a job you may qualify for medical leave, or it may be possible to work around your job.

*Can I smoke?*

The facility is a smoke free environment. There are designated areas on the grounds for smoking.



**2401 West Main Street  
Marion, Illinois 62959**

**Phone: 1-866-289-3300 Ext. 59177**

**Fax: 1-618-993-4172**

**Website: [www.marion.va.gov](http://www.marion.va.gov)**

## WELCOME!

Our residential program is a brand new, state-of-the-art 14-person “home” setting for men and women.

The RRTP Provides treatment for:

- PTSD
- Anxiety
- Depression
- Bipolar Disorder
- Schizophrenia
- Alcohol or Drug Addiction
- Situational Homelessness

We partner with you in making decisions, helping identify goals and listening to what you want to achieve.

*Your clinical team values YOU and your Life Experiences. YOU are the expert on your life – and the life YOU want to create.*

Veterans participate in classes and workshops along with individual and group therapy to help with your unique and specific needs.

The program is voluntary – it is not a locked mental health unit.

The person you are today took time to create. The person you want to be will take time as well. We anticipate Veterans’ stay will be 90-120 days, but every Veteran is unique. It will take hard work and dedication to make positive and permanent life changes!

## Treatment Programs

Each day, Veterans will receive treatment along with general therapeutic activities participating in up to eight hours of therapeutic activities.

- Families and loved ones are encouraged to participate in your treatment.
- Family/Marriage/Partner Therapy is available

### PTSD Treatment

• *Cognitive Processing Therapy* provides a way to understand why recovery from traumatic events has been difficult and how symptoms of PTSD affect daily life. The focus is on identifying how your traumatic experiences changed your thoughts and beliefs, and how your thoughts influence your current feelings and behaviors.

• *Prolonged Exposure Therapy* addresses symptoms by decreasing avoidance, one of the underlying causes of PTSD. The therapy allows you to work through painful memories in a safe and supportive environment. It also allows you to engage with activities you have been avoiding because of the trauma.

• *Biofeedback* allows you to see, feel or hear mind/body processes that we normally aren't consciously aware of or able to voluntarily control such as heart rate and blood pressure. It has long been accepted as one of the most effective tools available for stress management and other personal growth benefits.

### Drug and Alcohol Treatment

• *Intensive Day Treatment* focusing on treatment planning and evaluating

progress and may include members of the client's family for at least part of the session. Treatment also includes specific, structured groups focusing on lifestyle changes including: Early Recovery Skills, Relapse Prevention, Family Education, and Social Support.

• *Neurofeedback Therapy* uses monitoring devices to provide moment-to-moment information to an individual on the state of their physiological functioning.

• *Relapse Prevention* helps you learn to identify the warning signs that may lead to a lapse in abstinence and take positive steps to stay substance free.

### Serious Mental Illness

• *Participation in the Psychosocial Rehabilitation and Recovery Center*- a treatment program for serious mental illness. Through a therapeutic learning environment, veterans gain hope, support, and experience with new skills.

• *Social Skills Training* is a highly structured treatment that helps individuals with serious mental illness develop new social skills. Skills include basic conversation, assertiveness, conflict management, friendship, dating, and health maintenance.

### Other Therapeutic Activities

- Anger Management
- Problem Solving
- Money Management
- Mindfulness Class
- Coping/Life Skills
- Community Re-integration
- Much, much more

## Living Environment

### Personal Space

- Veterans will have the comfort of private and semi-private bedrooms with private bathrooms (bariatric bedroom/bath available)
- Each Veteran has their own television, desk, telephone with voicemail, bedroom closets with secure medication storage and private mailbox.

### Community Living Area

- Computer Lab (7 computers, printer)
- Private Dining Room for family or guests
- Washers & Dryers
- Game Room with billiards (pool), ping pong, card tables and large-screen TV
- Private whirlpool/Jacuzzi relaxation
- Courtyard with area and vegetable garden.
- An Assistive Therapy Dog is part of the home environment and is trained to recognize and help soothe anxiety, depression, fear and isolation.

### Other Activities

- Fitness Center
- Nutrition, Weight Management, Cooking Classes
- Yoga, Meditation, Reflection
- Worship Attendance (most major religions/faiths available in the community)
- Located next to major University with regularly scheduled music, theatre, arts and other cultural events.
- Rural community surrounded by the Shawnee National Forest offers fishing, hiking, biking, canoeing, camping, etc.

## Take the Next Steps

**Ask yourself the following questions to help determine if you are ready for the RRTP:**

- Can I take care of my needs such as bathing, feeding, grooming myself?
- Will my physical health limit me in the RRTP? For example, I don't need skilled nursing care.
- Knowing that my team will be by my side, am I ready to do the therapy, the classes, and the long hours of treatment to get a new life?
- Am I comfortable in an environment where I am living, eating, sharing space and working with men and women?
- Do I have childcare available while I am in the RRTP? (Family visits and weekend passes are available.)
- Am I ready for a change?

### Apply for the Program

Contact your mental health provider or call the VA toll free number 1-866-289-3300 ext 59177 for the application form. Your completed application and VA medical records will be reviewed. You and the recovery team will determine if the program is a fit for you.