Captain James A. Lovell

Federal Health Care Center

Behavioral Health Services Directory

3001 Green Bay Road
North Chicago, IL 60064

800-393-0865
847-688-1900
www.lovell.fhcc.va.gov

FHCC Mission

Leading the way for federal healthcare by providing a quality, patient-centered experience and ensuring the highest level of operational medical readiness

FHCC Vision

Creating the future of federal healthcare

FHCC Value

Respect, Integrity, Trust, Accountability, and Teamwork

Accreditation

All of the Behavioral Health Programs are certified through Joint Commission Behavioral Health Accreditation. The following programs are additionally accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF): all residential/homeless programs, the Addiction Treatment Program (ATP), the Stress Disorder Treatment Unit (SDTU), the Psychosocial Rehabilitation and Recovery Center (PRRC), and the Vocational Rehabilitation Unit (VRU).

Mental health recovery is the process of restoring or building a life worth living after the diagnosis of the illness.

Captain James A. Lovell Federal Health Care Center

Behavioral Health Services Directory

The purpose of this directory is to provide a guide to our behavioral health programs and units.

In keeping with the recent advances in clinical care at the FHCC, behavioral health care focuses upon a variety of person-centered services that are individualized, recovery-oriented, and evidence-based. Behavioral health recovery is about promoting independent functioning and fitness for duty. How can your treatment have a recovery focus? Be a partner with your provider to talk about your goals, strengths, and the barriers to reaching your goals. Discuss what you are proud of and what is going well in your life. Let the seeds of possibility grow and don't lose hope. Learn how using treatment tools such as medicines and therapy can support you in managing your goals. Consider connecting with community-based and other self-help supports. Whenever possible, include your family and other significant people in your care.

The Captain James A. Lovell Federal Health Care Center was established on October 1, 2010, as the first-of-its-kind partnership between the U.S. Department of Veterans Affairs (DVA) and the Department of Defense (DoD). This center incorporates facilities, services, and resources from the North Chicago VA Medical Center (VAMC) and the Naval Health Clinic Great Lakes (NHCGL) into a fully integrated medical center with a single, combined VA and Navy mission. This integration assures that active duty military, their family members, Veterans, and military retirees receive a full spectrum of health care. This booklet is to be considered a companion reference guide to the FHCC's *Patient Handbook: A Guide to Services.* For information related to medical services, patient rights and responsibilities, safety, billing, pharmacy, customer satisfaction, etc, please refer to that Handbook.

If this is your initial contact with our Federal Health Care Center and behavioral health services are indicated, it is suggested that you contact the Mental Health Clinic, at 224-610-3744, to schedule an initial assessment. The clinic is open Monday through Friday, 7 a.m. to 4:30 p.m.; some evening and Saturday hours are available. If immediate/urgent services are required after hours, our Emergency Department is open 24/7. The Emergency Department is located in Building 133CA, on the northwest side of our campus. If you have thoughts of harming yourself, please call 911 or the Veteran/Military Crisis Line at 800-273-8255, or DSN 118, and press "1" for Veteran/Active Duty.

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Suicide Prevention Program

Program Description

Suicide prevention is everyone's business!

In addition to discussions with your provider, the Suicide Prevention Program identifies and monitors individuals at high risk for suicide for at least 90 days. The Suicide Prevention Coordinators respond to consults made from the Veteran's Crisis Line. This program also provides Operation S.A.V.E. training. S.A.V.E. stands for:

Signs of Suicidal Thinking:

- Threatening or talking about hurting or killing oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Expressing feelings of hopelessness
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities
- Increasing alcohol or drug abuse
- Withdrawing from friends, family, and society
- Feeling anxious or agitated

Ask the person directly if he or she is having suicidal thoughts/ideas or has a plan to do so and has access to lethal means

- "Are you thinking about killing yourself?"
- "Do you think you might try to hurt yourself today?"

Validate the Veteran's/patient's experience

- Show the Veteran/patient that you are following what they are saying
- Let them know their situation is serious
- Let them know there is help

Encourage treatment and Expedite getting help

- Explain that there are trained professionals available to help
- Explain that getting help for this kind of problem is no different than seeing a specialist for other medical problems

Services You May Expect to Receive
Operation S.A.V.E. Training, the development of an individualized Suicide Prevention Safety Plan, and educational presentations and materials

Who is Eligible for these Services?
Any individual who is experiencing suicidal thoughts is assessed. To be considered high risk for suicide an individual must have made a suicide attempt; has made an observed suicide attempt within past 30 days; or expressed suicidal ideations with or without a plan that required an alteration in their plan of care, such as hospitalization.

Anticipated Length of Treatment
Individuals considered high risk for suicide are monitored for at least 90 days.

How to Access this Service
Call 224-610-1816 or 224-610-5894 to reach a Suicide Prevention Coordinator; request a consultation be sent to the Suicide Prevention Coordinators**; or** call the **Veteran/Military Crisis Line: 800-273-TALK (8255)** and then press 1 for Veteran/Active Duty.

Hours of Operation
Monday through Friday, 7 a.m. - 4 p.m. with provisions for 24 hour service. The Veteran/Military Crisis Line is available 24/7.

Program Location
Lovell FHCC - Building 131, Rooms 150 and 174

VETERAN/MILITARY CRISIS LINE

800-273 TALK (8355) AND PRESS 1

Mental Health Clinic

Program Description
The Mental Health Clinic provides comprehensive mental health services for Veterans, active duty military members and their dependents, or TRICARE beneficiaries diagnosed with a broad range of behavioral and mental health disorders. Treatment is provided by staff from psychiatry, psychology, social work, nursing, pharmacy, active duty, and medicine.

Services You May Expect to Receive
The Mental Health Clinic offers medication management, group therapy, and marital/family therapy, as well as discharge planning, transitional information and referral information for TRICARE beneficiaries, and fitness for duty evaluations. Primary care medical services are also provided in this clinic for patients receiving care through the mental health clinic. In some cases patients will be referred to specialty clinics for more specialized treatment.

Who is Eligible for these Services?
All Veterans, active duty military members and their dependents, and TRICARE beneficiaries with mental health issues are eligible for evaluation and treatment within the Mental Health Clinic.

Anticipated Length of Treatment
Determined by patient needs

How to Access this Service
Patients may be seen as walk-ins in case of emergencies or you may request your primary care provider to send an electronic consult to: "General Psychiatry Consult Liaison" or a general Mental Health consult through the AHLTA system.

For further information or to schedule an appointment, please call: **224-610-3744.**

Hours of Operation

Monday through Friday 8 a.m. - 4:30 p.m., evening and Saturday hours by appointment

Program Location
Lovell FHCC Building 133-3F

Hope is the dream of a man awake.

Community Based Outpatient Clinics (CBOC)

Program Description
For your convenience, the FHCC supports three outpatient clinics that offer both medical and mental health services. These clinics are located in Evanston, IL; McHenry, IL; and Kenosha, WI.

Services You May Expect to Receive
All offer mental health services to include: psychiatric assessments, medication management, and aftercare services. Social Workers also provide individual, couples, and family counseling services. We treat all mental health disorders including: Post-Traumatic Stress Disorder, Depression, Anxiety, Bipolar Disorder, Substance Use, and Adjustment difficulties.

The FHCC is connected to each CBOC with videoconferencing equipment that allows mental health providers to deliver such services as individual and group therapy, as well as medication management. This assures additional, quality mental health services for those patients without transportation to the FHCC.

Who is Eligible for this Service?
All Veterans, active duty military members and their dependents are eligible for services.

Anticipated Length of Treatment
Variable length of treatment depending upon patient's needs.

How to Access this Service
Call and schedule an appointment. Any eligible patient who walks in with a mental health crisis will be immediately assessed, even if he/she is not registered in our system. New combat Veterans will be immediately assessed by a mental health provider. For further information or to schedule an appointment, phone:

847-688-1900 extension 86350 (Evanston CBOC)

262-653-9286 (Kenosha CBOC)

815-759-2306 (McHenry CBOC)

Hours of Operation
Monday through Friday, 8 a.m. - 4:30 p.m.

Program Locations

Evanston CBOC
1942 Dempster, Evanston, Illinois 60202
Located in the Evanston Plaza at Dodge and Dempster

Kenosha CBOC
8207 22nd Avenue
Kenosha, Wisconsin 53140

McHenry CBOC
620 South Route 31
McHenry, Illinois 60050

Traumatic Brain Injury (TBI) Clinic

Program Description
The TBI Clinic is an outpatient clinic providing comprehensive evaluations and treatment recommendations/referrals for Veterans and active duty military members diagnosed with traumatic brain injury.

Services You May Expect to Receive
The treatment team includes a physiatrist, social worker, and rehabilitation psychologist. It may also include a speech pathologist, neurologist, physical therapist, occupational therapist, and any additional providers, as needed. Once the diagnostic evaluation is completed, patients are referred to various specialty clinics for symptom management or treatment. TBI Clinic provides follow-up based on patient needs.

Who is Eligible for this Service?
All Veterans and referred active duty military members suspected of having traumatic brain injury.

Anticipated Length of Treatment
Treatment is based on patient need.

How to Access this Service
For further information regarding this service, pleased discuss this with your assigned provider.

Hours of Operation
Tuesday and Friday 8 a.m. - 12 p.m.; other hours by appointment.

Program Location
Lovell FHCC Building 133/PM&R

Mental Health Intensive Case Management (MHICM)

Program Description
MHICM is a community based program for the treatment of Veterans with serious mental illness who have a history of poor community adjustment and have a high use of inpatient or other mental health services. Personalized, high quality care is delivered by a multidisciplinary team to provide intensive, flexible, community support; to improve health and wellness; to reduce inpatient mental health admissions; to improve one's overall quality of life; and to provide support in reaching one's highest level of mental health recovery.

Services You May Expect to Receive
Individualized treatment includes assistance with transportation, money management, medication management, community integration, education, skills training, support, and other identified needs.

Who is Eligible for this Service?
The minimum requirement for admission is a primary diagnosis of a serious mental illness with 30 or more days of VA mental health inpatient treatment **or** more than three VA mental health inpatient admissions within the previous 365 days. Exceptions may be made for Veterans at risk for hospitalization or those whose quality of life could be improved by MHICM services. Exclusionary criteria may include, but are not limited to: a primary diagnosis of substance abuse, personality disorder, dementia; those whose physical needs are greater than their mental health needs; and those living too far away for the team to provide intensive mental health services.

Anticipated Length of Treatment
The minimum length of involvement is one year and there is no maximum. Involvement with MHICM is voluntary and Veterans may choose to leave at any time. Veterans may also be discharged for actively using illegal substances that make home visits unsafe for the team, not participating in recommended treatment, avoidance of MHICM contacts, or other behaviors that negatively affect the development of trust and commitment between Veteran and team.

Veterans may be moved to a less intensive level of services after one year in the program if they meet certain criteria. Graduation from MHICM is a mutual decision when one has successfully maintained self at the low intensity level of care for a period of time and has demonstrated sustained stability within their local community.

How to Access this Service
Veteran's providers will submit an electronic consult to "MHICM." An interview will be scheduled following receipt of the consult. The Veteran will meet with 2 or more members of the team to determine readiness and resources for community living. After a chart review and team discussion, the referring provider will be notified of the decision to admit or decline via a consult response. If accepted, the Veteran will be contacted by a member of the MHICM team.

For further information, please call: **224-610-1473**

Hours of Operation
Monday through Friday, 7:30 a.m. - 4:30 p.m.
Off hours emergency consultation or follow-up as needed.

Program Location
Lovell FHCC – Building 9, Room 129

Psychosocial Rehabilitation and Recovery Center (PRRC)

Program Description
The PRRC is an outpatient transitional learning center designed to support recovery and a return to a meaningful life for those coping with serious mental illness and severe functional impairment.

Services You May Expect to Receive
Services are primarily offered in a group setting to include:

- Social Skills training classes
- Psycho-educational classes
- Illness management classes
- Wellness programming to promote an active and healthy lifestyle
- Family educational programs
- Peer support services
- Treatment of co-occurring substance use disorders

Who is Eligible for this Service?
A partial listing of admission criteria:

- All individuals initially admitted to the program must have a primary diagnosis of a serious mental illness
- Those coping with serious mental illness and substance use are eligible
- Veterans must have an assigned attending/mental health provider at this Federal Health Care Center
- All participants will have a willingness and ability to develop
- personal treatment goals and benefit from group involvement and community integration activities
- Those diagnosed with substance abuse will agree to Urine Drug
- Screens and alcohol testing as recommended by the team
- May not be living in a community nursing home paid for with VHA funds

Anticipated Length of Treatment
While services are available as long as necessary, discharge from the program is mutually agreed upon by Veterans in treatment and the PRRC team. Following successful discharge, Veterans may return to the program on an as-needed basis.

How to Access this Service
For further information regarding this program, please contact the Section Chief at: **244-610-5900**
OR request your provider send an electronic consultation to the PRRC

Hours of Operation
Monday through Friday, 7:30 a.m. – 4 p.m.

Program Location
Lovell FHCC – Building 131, Room 25

Hope is the dream of a man awake.

Vocational Rehabilitation Unit (VRU)

Program Description
VRU is a rehabilitative vocational program that provides services for Veterans who are unemployed or under-employed. Vocational services include the following program components: Incentive Therapy (IT), Compensated Work Therapy (CWT), and Evidence-Based Supported Employment (SE)

Services You May Expect to Receive
All Veterans engaged in the VRU receive a comprehensive vocational assessment; partner with the VRU staff to develop an individualized employment plan of care; are eligible to attend the vocational assistance group and the job club group; participate in jobs skills training; may utilize the VRU computer lab for skills assessment, resume writing, and job search activities; and are afforded direct job placement services.

Veterans assigned to Incentive Therapy are placed at internal work sites for paid placements within the FHCC and earn up to one half of the Federal minimum rate of pay per hour. Veterans in this program are considered in the orientation phase of vocational rehabilitation. Participants must express a desire to return to competitive employment and may be advanced to the CWT program.

Veterans in the Compensated Work Therapy program are assessed as "job ready." Participants receive work related skills training within the FHCC and/or community-based site placements. Veterans are expected to work individually with the staff to seek community-based competitive employment. Those assigned to site placement are compensated at the State of Illinois minimum wage.

Veterans in Evidence-Based Supported Employment work individually with the SE specialist. Participants must have a qualifying diagnosis of serious mental illness and indicate an expressed desire to engage in a rapid job search and application with the goal of competitive employment within the community.

Additional services include: access/transportation to local job fairs; interview skills training; job clubs; expungement workshops; OSHA Certified forklift training; and Online Certificate Computer training courses.

Who is Eligible for these Services?
Veterans who express a desire to return to the competitive workforce are eligible for the CWT and SE programs. Veterans who are interested in assessing their work skills or participating in work-hardening could benefit from the IT program. Veterans in the Supported Employment program must express a desire for immediate competitive employment.

Anticipated Length of Treatment
IT and CWT are time-limited programs; the length of stay for each program component may not exceed 6 months. Veterans may expect to be discharged upon attainment of their defined vocational goals; express a desire for discharge, or reach the maximum length of stay. The Evidenced-Based SE program is time unlimited. Veterans may participate in this program until such time as they indicate they no longer require this service or express a desire for discharge.

How to Access this Service
For IT and CWT services Veterans should request their provider send an electronic consult addressed to "VRU." Embedded in this consult is a choice to select each program component. To request Evidence based SE services, a consult should be sent to "VRU/SE."

For further information regarding the VRU, please call: **244-610-3319**.

Hours of Operation
Monday through Friday, 7:30 a.m. – 4:30 p.m.

Program Location
Lovell FHCC Building 1, Second Floor

"if you think employment is bad, try on unemployment, poverty, and social isolation."

Recruit Mental Health, Fleet Medicine

Program Description
Recruit Mental Health in the Directorate of Fleet Medicine is comprised of 3 programs: Recruit Evaluation Unit (REU), Psychoeducational Program (PEP), and Psychological Resilience Outreach (PRO).

REU is a walk-in evaluation clinic that is responsible for assessing mental health issues for the entire recruit population of the United States Navy. REU is a professional, advisory, and consultation unit. REU also conducts evaluations on psychological functioning relative to security clearances, flight status, and suitability for other special duties. Psychoeducational Program (PEP) provides services for recruits and sailors recommended for administrative separation for disqualifying mental health conditions and/or behaviors, medical reasons, legal status, or failure to meet training standards. Psychological Resilience Outreach program (PRO) offers strategies and interventions for managing stress, coping with setbacks, and building resiliency to help recruits overcome the physical challenges and mental barriers that may impede their progress in boot camp.

Services You May Expect to Receive
Evaluation, security clearance examinations, prevention services, waiver recommendations, crisis intervention, psychoeducational groups, and extensive referral services and collaboration with other military/federal agencies and FHCC health care services.

Who is Eligible for these Services?
The population served is primarily recruits attached to Recruit Training Command, the Navy's only boot camp that serves as the supply pipeline for Sailors to the fleet. Reserve components and active duty members may also receive evaluations, interventions, and dispositional recommendations.

Anticipated Length of Treatment: Based on patient need but generally no longer than 180 days.

How to Access this Service (to include phone number):
847-688-7406; comline 89401

Hours of Operation
REU, PEP, and PRO hours of operation are from 7:30 a.m. – 4 p.m., Monday-Friday.

Program Location

Recruit Evaluation Unit (REU)
USS TRANQUILLITY, Bldg 1007

Psychoeducational Program (PEP)
USS THEODORE ROOSEVELT, Ship 5

Psychological Resilience Outreach (PRO)
USS ARLIEGH BURKE, Ship 4

Primary Care/Mental Health Integration

Program Description
The out-patient mental health clinic provides integrated primary care services for Veterans, active duty military members and their dependents, or TRICARE beneficiaries.

Services You May Expect to Receive
Comprehensive medical management for chronic and acute illness, including physicals, annual preventative screening including women wellness exams, and medication management. In some cases, patients will be referred to specialty clinics for more specialized treatment.

Who is Eligible for Services?
All Veterans and TRICARE beneficiaries.

Anticipated Length of Treatment
On-going primary care

How to Access this Service (to include phone number)
Patients may be seen as walk-ins in case of emergencies and will be triaged through the RN care manager.

For further information or to schedule an appointment, please call:
224-610-3744.

Hours of Operation
Monday through Friday 8 a.m. - 4:30 p.m.

Program Location
Lovell FHCC Building 133-CA, Rooms 1D-134 and 1D-130A

Women Mental Health Groups

Program Description
Women's Mental Health Groups are gender specific therapy groups open only to women. These groups are appropriate for any woman looking for help in her recovery from substance use and/or a history of trauma of any kind (i.e., combat, domestic violence, sexual or physical abuse or assault as civilian or in military service).

Services You May Expect to Receive
Currently there are three different, evidence-based groups available. Groups provide information that can help participants make sense of the issues they are facing and connect with other women who have similar histories. Groups also assist participants in building safety and stability in their lives as well as practicing new strategies to manage stress.

Individual therapy is an encouraged compliment to the above groups and group participants can receive support in connecting with an individual therapist if they are interested. Women who participate in one or more of these outpatient groups are eligible for inclusion in monthly women's luncheons that feature speakers who present on a variety of informational topics of interest. Luncheons are a way to network with other women.

Who is Eligible for Services?
Female Veterans who have a history of trauma as a civilian or within military (sexual, physical, assault, domestic violence, combat) or/and history of substance abuse. Both residential program patients and outpatients can be referred to these groups.

Anticipated Length of Treatment
Length of treatment is flexible and open ended.

How to Access this Service (to include phone number)
Women may be referred to the groups through the MH Women's Groups consult found in CPRS. Referrals will be screened prior to group attendance. For any questions please contact Dr. Brenda Danielson at x85741 or Delia De Avila, LCSW, MST Coordinator x85843.

Hours of Operation
See above as time and day varies by group.

Program Location
Groups are held in B131 on the 1st Floor in Room 142 Conference Room.

Women Veteran Health Care

Program Description
The FHCC offers comprehensive primary health care to women Veterans while maintaining the privacy, dignity, and sensitivity that they deserve. Care is offered at the FHCC as well as at our three outpatient clinics.

Services You May Expect to Receive
Preventive Health Care

- Well women exams, including breast and pelvic examinations
- Cancer screening, including Pap smear and mammography
- Heart disease screening, including cholesterol and blood pressure screening
- Pre Conception counseling
- Osteoporosis screening and treatment
- Smoking cessation
- Weight management
- Contraceptive management

Evaluation and Management Services

- Menstrual, breast, and gynecologic disorders
- Urinary incontinence
- Sexually transmitted diseases
- Menopause
- Post Traumatic Stress Disorder
- Substance Use counseling
- Anxiety and Depression treatment
- Sexual Abuse counseling
- Military Sexual Trauma Counseling

Who is Eligible for Services?
All female Veterans enrolled in the FHCC

Anticipated Length of Treatment
Ongoing/continuous

How to Access this Service
Contact the Women Veteran Program manager: **224-610-1123**

Hours of Operation
8 a.m. through 4:30 p.m.

Program Location
133EF First Floor - Women's Health Clinic
133CA First Floor - Primary Care and CBOCs

Transition and Care Management Services
Operation Enduring Freedom (OEF)
Operation Iraqi Freedom (OIF)
Operation New Dawn (OND)

Program Description
The Transition and Care Management team assures that returning combat Veterans and other injured/ill Veterans obtain appropriate and timely VA, Veterans Benefits Administration, Department of Defense, and community services to promote their well-being. The priority is to optimize services to the severely injured returning combat Veterans, but all returning combat Veterans and other injured/ill returning Veterans are eligible to obtain appropriate services as needed.

Services You May Expect to Receive
We provide case management, crisis intervention, advocacy, individual, family and group support, and outreach to assist in obtaining VA services. The Transition and Care Management team of social work clinical case managers and our transition patient advocate (TPA) work in collaboration with the returning Veteran, family, all federal health care staff, and appropriate community resource agencies. We support and cover the Monday Evening Interdisciplinary Primary Care Clinic. We also work collaboratively with the Department of Defense Military Treatment Facilities and Wounded Warrior Programs. The Transition and Care Management team actively participates in Veteran outreach including: Reserve Demobilizations, Post Deployment Health Reassessments (PDHRA), Yellow Ribbon Reintegration Meetings, Transitional Assistance Programs (TAPS), community job fairs, and college outreach.

Who is Eligible for Services?
Combat Veterans that were deployed after 11/11/98 and discharged from active military within the past 5 years. Active Duty service Members who are seriously ill/injured and referred by a Military Treatment Facility are also eligible for Care Management. Eligibility for Transition and Care Management is determined per their military service record and documented in the DD214.

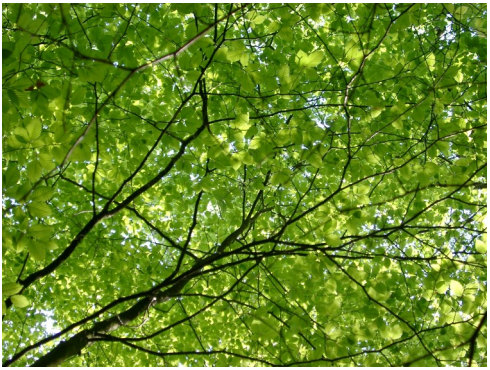
Anticipated Length of Treatment
When a combat Veteran completes his or her 5 year Veteran combat status period for exemption from applicable co-payments, any continuing need for social work support will be the responsibility of the outpatient social worker or the appropriate mental health case management program with whom the Veteran has had prior contact. If there are special, ongoing, case management needs that cannot be met elsewhere, the Transitional and Care Management clinical case manager may continue to provide services after the 5-year combat Veteran status expires. Post Deployment Veterans may be discharged when they move out of the area and are in the area of another VHA facility.

How to Access this Service
All identified combat and seriously injured Veterans are contacted by their assigned social work clinical case manager as soon as they are identified. Veterans may also request support on an "as needed" basis.

For further information, please phone: **224-610-4708 or 224-610-1445.**

Hours of Operation
Monday through Friday, 8 a.m. - 4:30 p.m.:
Monday Evening OEF/OIF/OND Interdisciplinary Primary Care Clinic 4:30 - 6:30 p.m.

Program Location
Lovell FHCC Building 135, Ground Floor Rooms A50-A57 and Building 133CA, Room D114 (TPA)



Vet Center, Evanston, Illinois

Program Description
An outpatient mental health center for Veterans of combat zones and those who have experienced military sexual trauma. This is an entitlement program, so there are no co-pays or prioritization.

Services You May Expect to Receive
Individual, family, group therapies, and re-adjustment counseling. Evidence-based services are utilized. Supportive and maintenance therapy is also available.

Who is Eligible for Services?
All Veterans who served in a combat zone or experienced military sexual trauma.

Anticipated Length of Treatment
Variable length of treatment depending on Veteran needs.

How to Access this Service
For further information or to schedule an appointment:
Telephone: **847-332-1019**
Fax: **847-332-1024**

Please bring a DD 214 to your first appointment.

Hours of Operation
Monday, Tuesday, and Thursday: 8 a.m. - 8:30 p.m.
Wednesday, Friday, and Saturday: 8 a.m. - 4:30 p.m.

Program Location
1901 Howard Street, Evanston, Illinois 60202

Services are also available at Kenosha, Antioch, McHenry, and Elk Grove Village.

Moving from hopelessness to hope is a major component of recovery based care.

Outpatient Post-Traumatic Stress Disorder (PTSD) Clinical Team (PCT)

Program Description
The PCT opened in 2006 and is dedicated to providing assessment and outpatient treatment of PTSD to Veterans, Active Duty Service Members, and eligible dependents. The focus of treatment within the PCT can include both military and non-military related PTSD. The PCT treatment team consists of mental health providers across various disciplines. Program capacity is determined by the providers' individual caseload. In the event of full capacity, patients will be referred to other appropriate mental health providers. Treatment goals will be determined collaboratively between the individual served and the provider, with the ultimate goal of reduction of symptoms associated with PTSD.

Services You May Expect to Receive
Individualized outpatient treatment by a multidisciplinary team to include psychological assessment and evidence-based psychotherapy, as well as psychiatric medication management. For those patients who have difficulty presenting to the Lovell FHCC for PCT services, telemental health services are available with the PCT providers.

Who is Eligible for Service?
Individuals with a diagnosis of Post Traumatic Stress Disorder.

Anticipated Length of Treatment
Treatment is generally based on 12-session psychotherapy practices, but duration may vary depending on the needs of the individual.

How to Access this Service
Request is made by patient's provider via an electronic consult or referral to "PTSD". Once the consult is received, the PCT will review the history and assign the patient to one of the PCT providers, or recommend alternate treatment. The initial appointment for accepted referrals will be arranged between the individual's provider (or his/her designee) and the person served.

For further information please phone: **224-610-3312,** between the hours of 8 a.m. - 4:30 p.m.

Hours of Operation:
Monday through Friday, 7 a.m. - 4:30 p.m; evenings by appointment

Program Location
Lovell FHCC – Building 131, 1st Floor

Stress Disorder Treatment Unit (SDTU)

Program Description
The SDTU is dedicated to providing a residential level of treatment for combat Veterans and active duty service members with a history of participation in combat or a combat-related duties suffering from Posttraumatic Stress Disorder (PTSD). The SDTU is a 26 bed, five to seven week residential treatment program, committed to the treatment of combat- related PTSD.

Services You May Expect to Receive
A team of professionals and paraprofessionals provide a safe, structured and goal directed program in a therapeutic environment. The program provides education regarding PTSD and management of symptoms. Self-management skills are taught in a variety of classes and groups including: anger management, communication skills, spirituality, mindfulness, recreation, sobriety, and family issues groups. Additionally, treatment of PTSD symptoms is provided through small trauma groups and individual trauma therapy. Upon program completion, graduates are welcome to return to daily groups for continuing aftercare. Family/couples therapy is available upon request.

Who is Eligible for Service?
Participants seeking services at the SDTU must meet the following criteria:

- Diagnosis of PTSD.
- Combat Veteran or active duty service members with a history of participation in combat or combat-related duties; must have served in a war theater or in direct support of combat activities.
- No active suicidal ideation with plan/intent
- Pending legal situations are reviewed on a case-by-case basis.
- Engagement in outpatient treatment for PTSD.
- Substance abuse issues must be stable (not at risk for withdrawals). No substance/alcohol use between screening and admission (including medical marijuana).
- Clinical guidelines indicate that the patient's medications, specifically benzodiazepine and anti-psychotic medications, be reduced under the guidance of their psychiatrist or physician
- Patient should have specific plans for housing prior to admission. If a patient is homeless, s/he should inform the treatment team at the time of screening so housing arrangements may be initiated.
- Patient is willing to change behavior and engage in therapy.
- Patient is not actively psychotic or manic.

- PTSD symptoms are not optimally addressed by regular outpatient treatment.
- Patient's medical conditions are stable.
- Patient is not a danger to himself or others.

Criteria for those that are being re-referred for treatment are individualized.

Anticipated Length of Treatment
The average length of stay is 6 weeks, but may vary depending on patient's needs. Discharge criteria include completion of program requirements and attainment of individual treatment goals as established in collaboration with the patient or it is determined that the patient has reached maximum hospital benefit or is no longer experiencing symptoms.

How to Access this Service
Referrals are made by the patient's outpatient mental health treatment provider through an electronic consult to "MH RRTP PTSD Program (Residential Only)". When calling to apply, a 5 page application and a 10-10-EZ financial form (if applicant is not registered with the FHCC) will be sent; a copy of the patient's DD214 is also required. Once this information is received, a screening appointment is scheduled. For out-of-town patients, this may be done over the phone. At the end of the assessment, the interviewer will make a clinical determination as to the patient's appropriateness for treatment in the program. If the patient meets criteria, he/she will be given an admission date. If the patient is not appropriate, he/she will be given guidance on what needs to be done to meet criteria and will also be offered appropriate recommendations for alternate treatment. . For further information please call: **224-610-3312.** Application materials are also available via the SDTU website at: http://www.lovell.fhcc.va.gov/services/SDTU/STDU.asp

Hours of Operation
Administrative hours are Monday through Friday, 8 a.m. - 4:30 p.m.
The residential clinical program is open 24/7

Program Location
Lovell FHCC Building 7 CD

Military Sexual Trauma (MST) Counseling

Program Description
The MST Program is dedicated to providing individualized outpatient mental health treatment to male and female Veterans who have experienced Military Sexual Trauma. MST is the term the Department of Veterans Affairs uses to refer to sexual assault or sexual harassment that occurred while the Veteran was in the military. It includes any sexual activity where: someone is involved against his or her will; he or she may have been pressured into sexual activities (for example, the threats of negative consequences for refusing to be sexually cooperative or with implied faster promotions or better treatment in exchange for sex); may have been unable to consent to sexual activities (for example, when intoxicated): or may have been physically forced into sexual activities. Other experiences that fall into the category of MST included unwanted sexual touching or grabbing; threatening, offensive remarks about a person's body or sexual activities; and/or threatening and unwelcome sexual advances.

Services You May Expect to Receive
The MST Program provides evidence-based individual and group psychotherapy, psychiatric medication management, collaborative treatment planning and case management services.

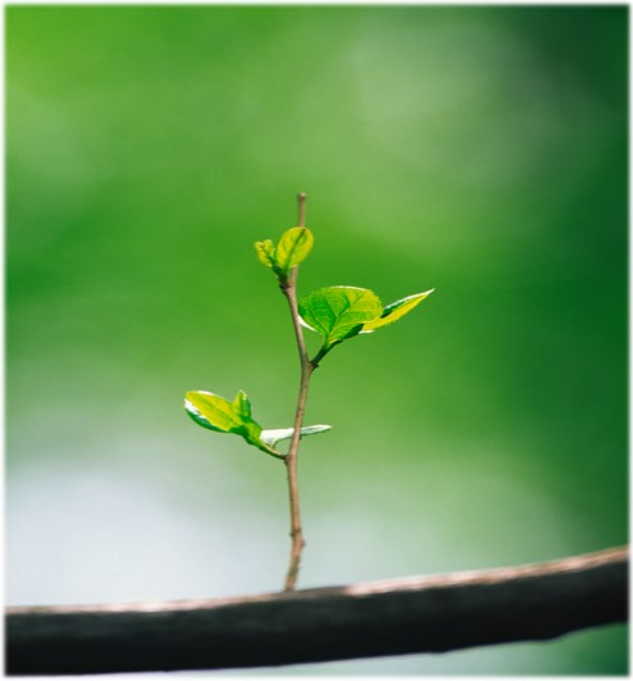
Who is Eligible for these Services?
All veterans identified as having experienced MST are eligible for services. Veterans do not need to be service connected and may be able to receive treatment even if they are not eligible for other VA care. The veteran is not required to have reported the sexual assault/harassment incident when it happened or have other documentation that it occurred.

Anticipated Length of Treatment
As determined by patient needs.

How to Access this Service
Referrals may be made to "MST" in the electronic medical records system or by calling **224-610-5843** for further information.

Hours of Operation
Monday through Friday, 8 a.m. - 4:30 pm.

Program Location
Lovell FHCC Building 131, Room 150.



Mental health recovery is not only possible, it is probable.

Stress Management – Behavioral Health (Pain Management, Smoking Cessation)

Program Description
The Stress Management Clinic is primarily designed for patients with medical conditions who are coping with emotional issues related to loss of functioning and grief. However, patients experiencing mental health conditions may be referred to the pain management and smoking cessation groups.

Services You May Expect to Receive
A summary of services includes the following:

- Helping Veterans to cope with the emotional/psychological reactions to medical problems: i.e. stroke, amputations, diabetes, and heart disease.
- Reactions to grief responses: from normal to prolonged grief
- Work with families/spouses in assisting them to cope with the disabilities of loved ones
- Hospice patients and their families to help them cope with terminal disease
- Psycho-educational groups related to smoking cessation and weight loss
- Pain management, to include the use of hypnosis, relaxation, and guided imagery
- Work with couples, to include sexual dysfunction
- Work with transgender populations
- When there are a sufficient number of patients, a HIV+ support group

Who is Eligible for Service?
Veterans who experience one of the above listed conditions.

Anticipated Length of Treatment
As defined by patient's needs

How to Access this Service
Ask your provider to send an electronic consult to one of the following clinics:

Stress Management – for those with medical conditions who are coping with loss and grief

Psychology Pain Management - for those coping with physical pain inducing conditions

Smoking Cessation – for those who desire to stop or reduce smoking

For further information regarding this program, please call:
224-610-5531

Hours of Operation
Monday through Friday, 8 a.m. - 4:30 p.m.

Program Location
Lovell FHCC Building 131, Room 157 I
Groups may be offered at various locations throughout the federal health care center

Substance Abuse Rehabilitation Program (SARP)

Program Description
The SARP provides a full range of treatment services for the evaluation and treatment of **military members and their families with substance abuse problems,** using a 12-Step, multidisciplinary treatment team approach and biopsychosocial model. Our goal is to treat military members and their dependents so they may live fulfilled lives and have the military member return to duty and serve in a full capacity. In addition, educational programs are offered for family members, health-care professionals, command leadership, and to personnel across the Great Lakes Naval Training Command. The Navy's policy on substance abuse emphasizes the constructive use of discipline, preventive education, and treatment to maintain high standards and readiness.

Services You May Expect to Receive
EARLY INTERVENTION (IMPACT)
This early intervention component is intended for personnel who have had some difficulty with chemical substances, but who do not have an established pattern of abuse. The 20-hour IMPACT course is designed to be delivered by a facilitator with knowledge in the drug and alcohol field. The course contains a self-assessment component. The goal of this level is to increase participants' knowledge and awareness about substances, and to assist them to make healthy decisions about their future use of substances. If an individual requires additional treatment, a recommendation is made to the member's Command by the provider for continuation with additional services, as appropriate, for that individual. Classes run over a three-day period beginning the second Wednesday of every month.

Level 1: OUTPATIENT (OP)
Outpatient services are for those individuals who have a pattern of substance misuse and usually meet diagnostic criteria for alcohol abuse. The goals of this program are to: reduce problematic use of alcohol through an educational counseling approach that focuses on increasing the patient's awareness of his/her relationship with alcohol, motivate positive attitudes and behavioral changes in that relationship, increase the patient's ability to make responsible decisions about the use of alcohol, assist in developing plans to avoid further alcohol incidents, and refer to other resources for assistance, when indicated. Outpatient treatment will also be used for those who have participated in a more intense level of treatment. Treatment is typically one to three weeks in duration.

Level 2: INTENSIVE OUTPATIENT (IOP)
The intensive outpatient program (IOP) is designed for patients who meet diagnostic criteria for alcohol dependence or some form of substance dependence or probable substance dependence. Once in treatment, patients are further assessed by the Interdisciplinary Team (IDT) to determine the appropriate level of care regarding if the patient would benefit most from a shorter or longer outpatient treatment program that is abstinence-based, or even a higher level of care. The goal is to enhance the patient's awareness regarding acceptance and adjustment to having a chronic condition and to introduce the basic building blocks for an abstinent lifestyle and can range from 4 to 8 weeks. The length of stay in IOP is variable, depending upon individual needs. IOP's will participate in all activities throughout the treatment day plus evening 12-Step meetings. Patients either live or are housed locally and are often required to practice skills learned.

CONTINUING CARE (CC)
This is designed for those who have completed the more intense portion of the program (OP or IOP).The goal of CC is to support the recovery process through outpatient individual and group sessions. CC groups meet between 1 and 3 hours weekly. Both the amount and length of time of group participation varies according to individual needs.

Who is Eligible for this Service?
All Active duty members and TRICARE beneficiaries

Anticipated Length of Treatment
SARP participation is individualized based on clinical needs and treatment goals. Participants in OP and IOP could be in treatment for up to eight weeks. Continuing Care is mandated for (IOP) active duty personnel for 12 months after completion of treatment per Instruction 5350.4D.

How to Access this Service
Clinic Phone: **224-610-5790**
Fax: 224-610-2913

Hours of Operation
Monday through Friday, 7 a.m. – 4 p.m.

Program Location
Lovell FHCC West Campus – Building 131, Ground Floor

Addiction Treatment Program (ATP)

Program Description
The ATP provides three levels of addiction treatment - residential, outpatient, and aftercare - based upon the clinical and psychosocial needs of Veterans with Substance Use Disorders (SUD). The multidisciplinary treatment team also addresses mental health and medical challenges. Each Veteran partners with his/her Primary Counselor or Care Coordinator to develop an individualized recovery plan.

Residential care offers a structured and supportive 39-bed residential treatment environment. At this level of care, the ATP provides assessment, treatment, referral, and discharge planning services. Aftercare recommendations include referrals to long-term addiction, homeless, community reintegration programs; community recovery houses; or other community resources. Aftercare planning emphasizes on relapse prevention. Outpatient services are recommended for Veterans who have safe, supportive, structured, and sober housing, but require the benefits of consistent counseling to engage in sobriety work.

Services You May Expect to Receive
The ATP provides evidence-based practices. Services are extensive and include multidisciplinary assessments, individualized treatment planning, group and individual counseling, therapeutic community meetings, a variety of psycho-educational groups, and medical, medication and psychiatric care. Physical fitness activities, self-help group meetings, discharge planning and aftercare groups are also provided. Opiod substitution services are offered in the form of buprenorphine detoxification and maintenance.

Who is Eligible for this Service?
To be eligible for ATP services, you must:

- Be a Veteran who is eligible for VHA services
- Have CHAMPUS or TRICARE Insurance, or be a dependent of someone who has CHAMPUS or TRICARE Insurance, if you are not an eligible Veteran
- Have a Substance Use Disorder history
- Does not require admission to a higher level of care, such as acute psychiatry or a medical unit, to address your mental health, medical, or detoxification challenges.

- Demonstrate the ability and desire to participate in and benefit from treatment
- Do not pose a significant risk of harm to self or others
- Lack a stable lifestyle or living arrangement and are receptive
- to recovery
- Be capable of basic self care
- Choose to follow ATP rules

Anticipated Length of Treatment
ATP participation is individualized based on clinical needs, treatment goals, and environmental supports (i.e., housing, income, employment). Residential programming is approximately 35 days, depending upon discharge placement availability. Participants are strongly encouraged to engage in at least 80 to 90 days of outpatient aftercare programming, to enhance their ability to remain substance free.

How to Access this Service
For further information regarding this program, please call the Addiction Assessment Clinic at **224-610-5790** or ask your provider to send either an Outpatient or Residential electronic consult to the Addiction Treatment Program. Application decisions are usually provided within 24 hours and admission is within 1-3 days.

Hours of Operation

- Addiction Assessment Clinic - Monday through Friday 8 a.m. - 4:30 p.m.
- ATP Programming: Sunday through Saturday, 9 a.m. to 8 p.m.
- Evening hours are from 6 to 8:30 p.m. Sunday through Saturday.

Program Location
Addiction Assessment Clinic - Building 131, Room 52 (Ground Floor)
Outpatient Programming - Building 131, Ground Floor and Building 11
Residential Programming - Building 11

Mental Health Residential Rehabilitation Treatment Program (MH RRTP) Homeless Program

Program Description
The MH RRTP Homeless Domiciliary Program is a time-limited residential rehabilitation treatment program that addresses the co-occurring disorders and complex psychosocial barriers which contribute to homelessness. Eligible Veterans of all ages are provided rehabilitative and treatment services that focus on their strengths, abilities, needs, and preferences rather than on illness and symptoms. These rehabilitative and treatment services aim to address medical conditions, mental illness, addiction, and psychosocial deficits. The program provides quality care in a structured, supportive environment to Veterans that require limited supervision in the activities of daily living, are motivated to participate in treatment, are psychiatrically and medically stable, and are sufficiently responsible so as to require minimal staff supervision. The program will serve to facilitate the transition to safe, affordable, and appropriate community housing. Veterans will be assisted in choosing, accessing, and utilizing community and natural supports needed to be independent, self-supporting, and successful in their individual recovery.

Services You May Expect to Receive
Specific services include: assessments by the treatment team; individualized treatment planning; community meetings and classes in coping skills training, health education, recreation and leisure, vocational rehabilitation services; medical and psychiatric services; physical fitness activities; AA/NA meetings; medical, mental health and substance use related educational groups, relapse prevention groups; discharge planning; and aftercare groups.

Who is Eligible for this Service?
This program serves those Veterans who:

- Are currently homeless
- Do not pose a significant risk of harm to self or others
- Are capable of basic self care
- Have identified treatment and/or rehabilitation needs which can be met by the program
- Exhibit the cognitive functioning allowing them to benefit from treatment
- Are medically and psychiatrically stable for an open environment and are capable for self care

Anticipated Length of Treatment
Length of stay is generally between 3 - 6 months, depending on the resident's treatment goals. The specific length of participation in the program is individualized, based upon clinical need, treatment goals and psychosocial circumstances.

How to Access this Service
For further information, please call:
224-610-1088, 224-610-1093 or 224-610-4847, or 224-610-5781
After normal business hours call 224-610-4831

Hours of Operation: 24/7

Program Location
Lovell FHCC Building 66

Healthcare for Homeless Veterans (HCHV)

Program Description
The HCHV Program serves as a gateway for homeless Veterans who are new to the VA Healthcare system and may require access to medical and/or psychiatric care while addressing their need for obtaining housing.

Services You May Expect to Receive
The HCHV social workers will provide outreach and case management for homeless Veterans. Outreach may be initiated through contacts with community medical and mental health providers, community homeless providers and through contacts with the national homeless call center. The HCHV social workers will also provide outreach services the following day to homeless Veterans contacting the Lovell-FHCC's after hours on call social worker. The on call social worker can be reached by contacting the FHCC's main number 800-393-0865 and pressing option 7 through the telephone menu.

Veterans in need of HCHV services may be referred to the following:

- Inpatient hospitalization
- Residential Rehabilitation and Treatment Programs
- Contracted Emergency Transitional Housing
- Grant and Per Diem transitional housing
- HUD-VASH permanent supportive housing
- Compensated Work Therapy
- Community resources

HCHV social workers also provide case management for homeless Veterans until their recovery goals are obtained, are involved with another program or are housed. Veterans who are not eligible for VHA medical benefits may be referred to resources for assistance with their military discharge status or to community agencies that can provide direct services to the Veteran.

A walk-in center for homeless Veterans is available from 1 to 4 p.m. every Monday, Wednesday, and Friday, in Room 1D-121, Building 133CA. Social workers will be available to assist with housing referrals, advocacy, transportation information, crisis prevention, safety planning, housing information, budgeting assistance, and brief supportive counseling.

Who is Eligible for Services?
Any Veteran who is homeless or in danger of becoming homeless may be eligible for HCHV services.

Anticipated Length of Treatment
Services through the HCHV social workers will be provided until the Veteran is involved with another program or are housed.

How to Access this Service
For further information please call **224-610-1148.**

Hours of Operation
Monday through Friday 1 - 4 p.m. Services may also be initiated through contact with the Homeless Call Center 24/7 at **877-4AID VET (877-424-3838).**

Program Location
Lovell FHCC Building 133CA, Room 1D-121

Housing and Urban Development – Veterans Affairs Supported Housing (HUD-VASH)

Program Description
This program assists Veterans (with or without other family members who live with them) to receive Section 8 (low income) housing vouchers. The program includes general case management services for all participants, as well as individual supportive therapy and psycho-educational groups. Additional service, as needed, include: financial assistance, furniture assistance, and security deposit assistance. This assistance comes from local community agencies and not the FHCC.

Services You May Expect to Receive
The Veteran has to agree to a minimum of 2 years outpatient services related to the program. This includes: home visits, FHCC individual and group sessions, substance abuse aftercare (if applicable), psychiatric follow-up (if applicable) and cooperation with the landlord and housing authority rules.

Who is Eligible for this Service?
The minimum qualifications for admission into the program include: chronic homelessness of one year or more (living in shelters, abandoned buildings, under bridges, in the woods, and/or "on the streets"). The Veteran must have some stable source of income, as well as **not** being listed on a national offender lifetime registry for serious sexual offense. Preference is given to those with chronic homelessness who have a history of medical, mental health and/or substance abuse problems; OIF/OEF/OND Veterans; and those who have intact families who live with them.

Anticipated Length of Treatment
The length of treatment is not applicable in this program. A person could be discharged from the program, and lose the voucher, for three specific reasons. One, they are evicted from the apartment. Two, they engage in criminal activity which violates housing authority rules. And three, they refuse to participate in case management with the HUD VASH coordinator.

How to Access this Service
Call the point of contact, at **224-610-4825, 224-610-4835, or 224-610-1080** to request an interview. Once a Veteran is accepted, it is approximately 45-75 days from acceptance to the time it takes to be placed in a Section 8 subsidized apartment/house. Steps in the process include: gathering necessary ID and proof of income, two meetings at the housing authority, finding a place to stay that accepts Section 8 vouchers, finding or saving money for security deposit, getting the apartment/house inspected by the housing authority, and moving.

Hours of Operation
Monday through Friday, 7 a.m. to 4:30 p.m.

Program Location
The Program Managers are located at the Lovell FHCC
Building 7, Rooms 143, 144, 145, 146, and 147

Grant & Per Diem Transitional Housing for Homeless Veterans

Program Description
This community based program provides transitional living services for homeless Veterans. The facility has a capacity for 20 single Veterans, male and female. The goal is to assist the Veterans to gain employment, maintain sobriety, and develop social skills so that they can successfully live independently in the community. The Veterans enjoy individual studio apartments at the facility and are responsible for their own meal preparation. Once employed, they pay 30% of their income towards rent and learn money management skills.

Services You May Expect to Receive
Services provided at the facility include weekly case management services, vocational rehabilitation assistance, substance use groups, individual counseling, community AA/NA meetings, connection with physical and mental health care through the FHCC and the McHenry CBOC and FHCC, transportation to employment and other services, and 24-hour staff supervision.

Who is Eligible for this Service?
Veterans who are homeless are eligible for this program. Registered sex offenders are not able to be housed by the program. Veterans may be eligible for Grant & Per Diem even if they are not eligible for VA health care services.

Anticipated Length of Treatment
Veterans collaborate with providers to develop a 6-month treatment plan. Extensions are granted as needed. Discharge planning and aftercare services are part of the Veteran's their treatment plan.

How to Access this Service
Veterans may obtain and return completed application packets directly from the program point of contact.

Phone: **224-610-4827 or 815-648-2203**

Hours of Operation
Office hours are Monday through Friday, 8 a.m. - 4:30 p.m., or by appointment.

Program Location
Administrative offices are located at the Lovell FHCC, Building 66, Room 225.

The New Horizons community-based program is located in Hebron, (McHenry County), IL, 10513 IL Route 47, Hebron, IL 60034

Transitional Residence (CWT/TR)

Program Description
The CWT/Transitional Residence is a therapeutic living and employment program based on a functional family model of treatment.

There will be a change in each Veteran who completes the program: not only in where he or she is living and employed, but also a change in the attitudes with which each approaches work, their living situation, relationships with other people, and use of drugs and alcohol.

Residents live together and are expected to behave as a family in which all members work as a team for the advancement of each member. This includes being honest, expressing feelings, realizing that conflict must be dealt with without violence or vengefulness, accepting responsibility for ones' behaviors, and supporting fellow family members by keeping criticism constructive.

Services You May Expect to Receive
Specific services include: assessments by the treatment team, individualized treatment planning, program specific groups, recreational activities, vocational rehabilitation services, medical and psychiatric services, AA and NA meetings, and discharge planning. Additional services include the development of adequate independent living skills: money management, housing maintenance, marketing/cooking, communication, leisure activity planning, and peer behavior management.

The vocational component of the program is provided by referral to the Vocational Rehabilitation Unit (VRU) and includes: vocational evaluation, counseling and planning with each resident, an individually written vocational plan, work conditioning and pre-vocational training, and job seeking skills training.

Continued outpatient support/treatment for the Veteran's substance use program includes: aftercare groups with a primary focus on relapse prevention, groups and counseling through the FHCC, and transportation to community groups such as AA/NA. Aftercare is addressed in each veteran’s individual treatment plan.

Who is Eligible for Service?
Veterans who are homeless and do not pose a significant risk of harm to themselves or others. Veterans must be independent in self-care and have identified treatment needs that can be met by the program.

Anticipated Length of Stay
6 months

How to Access this Service
For further information, please call: **224-610-4836**

Hours of Operation
The TR office is open Monday through Friday, 8 a.m. to 4:30 p.m.

Program Location
Administrative offices are located in Building 131, Room 157H

Residences are located off station on 24th Street, North Chicago, IL. 60064

Veterans Justice Outreach (VJO) Program

Program Description
The Veterans Justice Outreach Program is a unique, voluntary program designed for individuals who have served in the United States military and have become involved in the criminal justice system. The VJO involves a close relationship between the Captain James A. Lovell Federal Health Care Center and the court system. Veterans or active duty members must consent for the FHCC to provide evaluations and frequent updates and reports on progress in treatment. Those individuals involved in the VJO program are provided an opportunity to work at living in recovery, gaining control of the circumstances which have contributed to their current involvement in the justice system, avoiding re-entry to the justice system, and improving their overall quality of life.

Services You May Expect to Receive
This program offers a wide range of services to include, but are not limited to: inpatient and outpatient care; substance abuse treatment, mental health treatment, PTSD treatment; homeless and/or housing services; and vocational rehabilitation.

Who is Eligible for this Service?
Individuals who are deemed eligible for VHA services and have current or pending involvement with the criminal justice system. Those who agree to participate are reviewed for eligibility by the State's Attorney's Office to ensure their criminal background meets the requirements for the program. Exclusionary criteria are most violent offenses. This determination is made at the discretion of the State's Attorney's Office.

Anticipated Length of Treatment
Length of stay is ultimately determined by a Judge as an individual is typically involved in VJO throughout their length of mandated probation or parole. Discharge criteria is contingent upon the individual's participation/engagement in treatment and the ability/ willingness to live in recovery. This determination is made by the Veterans Treatment Court to include: the Circuit Court, the State's Attorney's Office, the Office of Public Defender, the Lovell FHCC or the Department of Veterans Affairs.

How to Access this Service
A Veteran or active duty service member may call their private attorney, public defender, and/or the Lovell FHCC at **224-610-1444 or 224-610-1277**

Hours of Operation
Monday through Friday 7:30 a.m. - 4 p.m.

Program Location
Lovell FHCC Building 66, Room 119 and Room 122

Mental Health Inpatient Services

Program Description
Mental Health Inpatient Service consists of 32 acute beds on a **locked,** non-smoking unit that provides a comprehensive diagnostic evaluation, medication management, and a range of additional mental health services. This program is committed to promoting an environment that supports patient-centered, recovery-oriented treatment based upon three guiding principles: excellent customer service, quality, and coordinated care, as well as engaging the individual and family in care planning.

Services You May Expect to Receive
Treatment is offered for a wide variety of psychiatric diagnoses ranging from short-lived adjustment disorders to persistent and/or severe mood, psychotic, anxiety, and substance use disorders. Services are provided by staff from psychiatry, psychology, nursing, social work, recreational therapy, nutritional services, pharmacy, and medicine. Extensive referral services and collaboration with other mental health programs are maintained throughout hospitalization.

Who is Eligible for this Service?
All Veterans, active duty military service members and their families, and TRICARE beneficiaries with mental health issues requiring hospitalization are eligible for evaluation and treatment services.

Anticipated Length of Treatment
The average length of stay is 4-12 days, but is ultimately decided by individual patient needs.

How to Access this Service
Patients are referred from Great Lakes Naval Recruit Evaluation Clinic, FHCC Emergency Department, FHCC Mental Health Clinic, Psychiatry Consultation Liaison Service, other community or VA inpatient psychiatric units. For further information please call**: 224-610-3719.**

Hours of Operation
Twenty four hours a day, seven days a week.

Program Location
Lovell FHCC, Building 131

Evidence-Based Psychotherapy

The Veterans Health Administration (VHA) is strongly committed to making evidence-based psychotherapies (EBPs) and behavioral interventions widely available. Evidence-based means there is clinical research evidence indicating that specific psychotherapies are helpful for specific mental disorders. As part of VA's efforts to promote the availability of EBPs, the Office of Mental Health Services has developed national initiatives to train VA mental health staff in the delivery of the following evidence-based psychotherapies:

Post-Traumatic Stress Disorder
Cognitive Processing Therapy (CPT)
Prolonged Exposure (PE)

Depression
Cognitive Behavioral Therapy for Depression (CBT-D)
Acceptance and Commitment Therapy for Depression (ACT-D)
Interpersonal Therapy (IPT)

Serious Mental Illness
Social Skills Training (SST)
Behavioral Family Therapy (BFT)
Multi-Family Group Therapy (MFGT)

Relationship Distress
Integrated Behavioral Couples Therapy (IBCT)

Behavioral Health
Cognitive-Behavioral Therapy for Insomnia (CBT-I)
Cognitive Behavioral Therapy for Chronic Pain (CBT-CP)
Problem Solving Group Therapy (PST)

Substance Use Disorders
Contingency Management (CM)
Behavioral Couples Therapy for Substance Use Disorders (BCT-SUD)
Cognitive Behavioral Relapse Prevention

Motivation
Motivational Interviewing (MI)
Motivational Enhancement Therapy (MET)

Notes

My Primary Care Provider:

Name:_____

Phone Number:_____

My Mental Health Providers:

Name:_____

Phone Number:_____

Name:_____

Phone Number:_____

Name:_____

Phone Number:_____

My Mental Health Treatment Coordinator:

Name:_____

Phone Number:_____

Pharmacy Number:_____

Other Care Givers

Name:_____

Phone Number:_____

Name:_____

Phone Number:_____

Name:_____

Phone Number:_____

Name:_____

Phone Number:_____

Mobile Apps for Veterans

My HealtheVet:

Mobile Blue Button for Veterans: http://www.northropgrumman.com/AboutUs/Apps/BlueButtonMobile/Pages/default.aspx (iOS, & Android)

Mental Health:

LifeArmor:

http://www.t2.health.mil/apps/lifearmor (iOS, & Android)

PTSD:

PTSD Coach: http://www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp (iOS, & Android)

CPT Coach:

http://www.ptsd.va.gov/public/materials/apps/cpt_mobileapp_public.asp (iOS only; will be available for Android devices in summer 2014)

PE Coach:

http://www.t2.health.mil/apps/pe-coach (iOS, & Android)

Insomnia/sleep:

CBT-i Coach:

http://www.ptsd.va.gov/public/materials/apps/cbti-coach-app.asp (iOS, & Android)

[**NOTE**: All of these mobile applications are free downloads to smartphones/tablets using the indicated operating system]

Mobile Apps for Veterans

Mood, depression, and/or bipolar disorder:

T2 Mood Tracker:

http://www.t2.health.mil/apps/t2-mood-tracker (iOS, & Android)

ACT Coach:

http://www.ncpic.net/wp-content/uploads/2014/03/Apps-handout-for-providers-2014-02-12b.pdf (iOS only)

Positive Activity Jackpot:

http://www.t2.health.mil/apps/positiveactivityjackpot (Android only)

Anxiety and stress:

Virtual Hope Box:

http://www.t2.health.mil/apps/virtual-hope-box (iOS, & Android)

Moving Forward:

www.startmovingforward.org (iOS only)

Breathe2Relax:

http://www.t2.health.mil/apps/breathe2relax (iOS, & Android)

Tactical Breather:

http://www.t2.health.mil/apps/tactical-breather (iOS, & Android)

Weight management:

MOVE! Coach:
https://itunes.apple.com/us/app/move!-coach/id878356988?mt=8
(iOS only)

Mobile Apps for Veterans

Mindfulness:

Mindfulness Coach: http://www.ptsd.va.gov/public/materials/apps/mobileapp_mindfulness_coach.asp (iOS only)

Mindfulness Meditation: https://itunes.apple.com/us/app/mindfulness-meditation/id312327144?mt=8 (iOS only)

Smoking/tobacco cessation:

Stay Quit Coach: http://www.ptsd.va.gov/public/materials/apps/stayquit_coach_app.asp (iOS only; will be available for Android devices in 2014)

Pain:
WebMD Pain Coach (iOS, & Android)

TBI/concussion:
Concussion Coach: http://www.polytrauma.va.gov/ConcussionCoach.asp (iOS only; Coming to Google Play/Android in 2014)

mTBI Pocket Guide: http://www.t2.health.mil/apps/mtbi (iOS, & Android)

Parenting:
Parenting2Go: http://www.veteranparenting.org (iOS only)

Biofeedback:
BioZen: http://www.t2.health.mil/apps/biozen (Android only)

Mutual Aid/Recovery Support

Make the Connection - Features personal testimonials from Veterans and their loved ones; and provides access to treatment tools local resources related to both mental and physical health: www.MAKETHECONNECTION.net

OEF/OIF/OND toll free line and website that provides information about health care, dental care, education and other benefits for OEF/OIF/OND Veterans: www.oef/oif.va.gov or call 877-222-8387

Vet Center – Readjustment counseling services available at 300 community-based offices www.vetcenter.va.gov or call 877-WAR-VETS (927-8387)

Coaching into Care – Information and talking points for family members and friends to encourage a Veteran to seek VA care and meet their treatment needs: www.va.gov/coachingintocare or call 888-823-7458

VA Caregiver Support – Provides support for caregivers of Veterans in information about other available services: www.caregiver.va.gov or call 855-260-3274 458-5231

VA Eligibility/Benefits

Federal Benefits for Veterans, Dependents and Survivors: http://www.va.gov/opa/publications/benefits_book.asp

VA Health Care – VA enrollment website is the fastest and easiest way to apply for VA care or update your information: www.1010ez.med.va.gov or call 877-222-VETS (8387)

ebenefits – Apply for VA benefits and VA loans online, check on applications for disability claims, etc. www.ebenefits.va.gov

Myhealth*e* Vet – An online personal heath record for Veterans, Active Duty, their dependents, and caregivers. Individuals may track their health status, request prescription refills, view their appointments and multiple other features www.myhealth.va.gov

Captain James A. Lovell Federal Health Care Center

Mental Health

The contents of this document are accurate at the time of publishing. In our continuing effort to improve our services, please be aware this information is subject to change without notice.

Veterans of the United States armed forces may be eligible for a broad range of programs and services provided by the Captain James A. Lovell Federal Health Care Center. Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain benefits require service during wartime. For further information visit the following website: www1.va.gov/opa/publications/benefits_book.asp

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