

Mental Health Recovery: a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.



Four dimensions support a life in recovery:

Health: overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way;

Home: a stable and safe place to live;

Purpose: meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and

Community: relationships and social networks that provide support, friendship, love, and hope.



Putting you at the center of your care!

Battle Creek VA Medical Center
5500 Armstrong Road
Battle Creek, MI 49037
(269) 966-5600

Benton Harbor VA Community Based Outpatient Clinic
115 West Main Street
Benton Harbor, MI 49022
(269) 934-9123

Grand Rapids HCHV Service Center
620 Century Avenue SW, Suite 120
Grand Rapids, MI 49503
(616) 356-1746

Lansing VA Community Based Outpatient Clinic
2025 South Washington Avenue
Lansing, MI 48910
(517) 267-3925

Muskegon VA Community Based Outpatient Clinic
5000 Hakes Drive
Muskegon, MI 49441
(231) 798-4445

Wyoming VA Community Based Outpatient Clinic
5838 Metro Way SW
Wyoming, MI 49519
(616) 249-5300



Post Traumatic Stress Disorder

Specialty Outpatient Treatment Programs

Battle Creek VA Medical Center
[www. BattleCreek.va.gov](http://www.BattleCreek.va.gov)

PTSD Specialty Outpatient Treatment Programs

Welcome to the PTSD Specialty Outpatient Treatment Programs at the Battle Creek VA Medical Center. Our mission in the Outpatient PTSD Specialty Program is to help Veterans with PTSD pursue their individual Recovery goals by reducing symptoms of PTSD that interfere with their lives.

Outpatient PTSD Specialty Care at BCVA includes two treatment options. The first is the PTSD Clinical Team (PCT), which provides an episode of evidence-based, trauma-focused outpatient treatment to Veterans with PTSD, as well as medication management and groups for PTSD. The second option is the PTSD virtual-intensive outpatient program (PTSD vIOP).

PTSD Clinical Team

The PTSD Clinical Team (PCT) provides outpatient PTSD treatment including:

- Specialized assessment and evidence-based treatment for Veterans with PTSD
- Medication Management
- Group Treatments
- Evidence-based psychotherapies
- Face to face or virtual care (*using your smartphone or other secure internet device*)

PTSD Virtual Intensive Outpatient Program

The PTSD virtual intensive outpatient program (PTSD vIOP) offers more intensive treatment than an outpatient level of care, but does not offer as much structure or support as a residential program

- Time-limited, video-based, intensive outpatient PTSD treatment for Veterans in need of intensive outpatient PTSD treatment
- Individual evidence-based, trauma focused psychotherapy (*typically meets twice weekly*) and 4 hours of group psychotherapy per week
- Groups for substance use disorders can be added

Available evidence-based psychotherapies include:

- Cognitive Processing Therapy
- Written Exposure Therapy
- Prolonged Exposure Therapy
- Cognitive Behavioral Therapy for Insomnia

Other Resources

National Center for PTSD

www.ptsd.va.gov/index.asp

PTSD Treatment Apps:

www.ptsd.va.gov/appvid/mobile/index.asp

About Face:

www.ptsd.va.gov/apps/AboutFace/



PTSD TREATMENT WORKS
Why wait?
www.ptsd.va.gov

Mental Health Recovery is our Business

The banner features a dark background with a blue and orange curved design on the left. It includes the text 'PTSD TREATMENT WORKS' in large, bold, white and orange letters, followed by 'Why wait?' in a smaller white font. Below this is a yellow button with the website address 'www.ptsd.va.gov'. At the bottom, an orange banner contains the slogan 'Mental Health Recovery is our Business' in white, italicized text. A small PTSD logo is visible in the bottom left corner of the banner.