

Intensive Outpatient Program (IOP)

The IOP condenses six months of therapy into two weeks to give you the tools you need to reduce the symptoms of PTSD and improve your quality of life. We offer two separate tracks of treatment in the IOP.

The Military Sexual Trauma track offers specialized support for service members and veterans who have endured the devastating effects of sexual harassment or assault while serving in uniform. We are dedicated to providing a safe and understanding environment where survivors can heal and reclaim their lives.

The Combat and Traumatic Events track offers targeted care to address traumatic events during service in the armed forces, including combat scenarios, training accidents or hazing incidents. Our team is committed to assisting individuals on their journey towards recovery and resilience.

In both tracks, we include auxiliary support to address alcohol and substance use issues and traumatic brain injury when warranted.



To learn more about the IOP, call us at (312) 942-8387 (VETS) or visit RoadHomeProgram.org.

About the Road Home Program

The Road Home Program connects active duty service members, reservists, members of the National Guard, veterans and family members with individualized, comprehensive care for trauma-induced injury including PTSD, depression and other conditions brought on by deployment and military service.

About Warrior Care Network®

Warrior Care Network® is a ground-breaking collaboration between Wounded Warrior Project™ and four academic medical centers to create a comprehensive care network that will enhance access and improve treatment of veterans affected by the invisible wounds of war.



A member of



**WARRIOR
CARE NETWORK**

warriorcarenetwork.org



Road Home Program:
The National Center of Excellence for
Veterans and Their Families at Rush

INTENSIVE OUTPATIENT PROGRAM

Two weeks of
therapy and support



How is the IOP structured?

The IOP includes both individual and group therapy. We begin with a personal evaluation and treatment plan. During individual therapy, you will work closely with your clinician to address the specific challenges you are facing and explore methods to reduce and cope with your symptoms. Group therapy includes a daily regimen of mindfulness meditation, yoga, art therapy and psycho-education sessions on stress-reduction, emotion management and communication skills.

What is the intake process?

We begin with a thorough screening process to ensure our treatment program is the right fit for you and your needs. It may take up to two weeks to complete the intake process.

Our intake process begins with a brief phone call to gather information and send you registration documents to complete. This is followed by two intake appointments with a Road Home clinician, each lasting between 60 – 90 minutes. The clinician will ask you a series of questions about your background, symptoms and goals. The appointments can be conducted via telephone, video or in-person.

After both intake appointments have been completed, your clinician will meet with the Road Home team to decide if the program is the right fit for your treatment needs. If it is decided that the IOP is the right fit, your clinician will work with you to determine a date to come to Chicago.

How much does it cost?

All treatment, travel, lodging and meals are provided at no cost. If you have insurance, your insurance company will be billed, but we will pick-up all co-payments and incremental expenses. You will never receive a bill from the Road Home Program.

Where will you stay?

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 kitchenette.

Meals are provided at no cost throughout the duration of your stay. And a shuttle service will provide you with daily transportation to and from the Road Home Program.

Is family included?

Support from family and friends is integral to the healing process. Educational programs will be offered online during the IOP to help family members and caregivers better understand the treatment you are receiving.

Is care available after the IOP?

After graduation, the Road Home Program will guide you to local care providers to support your long-term progress.

How do you apply?

To apply for admission to the IOP, call us at (312) 942-8387 (VETS) or apply online at RoadHomeProgram.org.

