

Who are we?

The Road Home Program is a mental health care clinic at Rush University Medical Center in Chicago. We provide treatment to service members, veterans and their families for a range of issues related to military service, including post-traumatic stress disorder (PTSD), military sexual trauma (MST), traumatic brain injury (TBI), depression, anxiety and other psychological and emotional needs.

We are a multi-disciplinary team of experts trained in military culture and skilled in the evaluation and treatment of trauma-based disorders and injury.

Individual appointments include:

- Psychological Assessment
- Post-Traumatic Stress Disorder
- Military Sexual Trauma
- Traumatic Brain Injury
- Depression
- Anxiety
- Moral Injury and Grief
- Medication Management
- Alcohol and Substance Use Issues



To learn more about Road Home, 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

If crisis intervention is needed immediately, call this number:



1-800-273-8255 **PRESS 1**



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

ROAD HOME PROGRAM AT RUSH

World-class care
for military families



Intensive Outpatient Program (IOP)

The IOP is a two-week, individualized treatment program that connects service members and veterans to individual therapy and a daily regimen of group sessions that includes mindfulness meditation, yoga, art therapy, stress-reduction, emotion management and communication skills.

The IOP includes two comprehensive care tracks: the military sexual trauma track and the combat and traumatic event track.

Outpatient Program

The Outpatient Program consists of one-hour weekly sessions either in-person or online through video visits. We focus on immediate symptoms reduction, long-term quality of life and permanent lifestyle changes for service members, veterans and family members.

Family Therapy

When a family member serves, the whole family serves. We provide a safe and supportive environment where you and your family can learn to communicate, cope with tough emotions and develop the tools needed to build strong relationships.

Couples Counseling

Treatment focuses on redefining relationship roles, strengthening communication, recognizing unhealthy patterns of interaction and resolving conflict in a healthy and constructive way.

Help for Children

Children are the most vulnerable victims of the invisible wounds of war. They often don't know how to process what's happening or handle the emotions that can arise when a family is under stress. We take the time to understand your child's unique situation and tailor our care to best serve his or her individual needs.

Caregiver Support

There is nothing selfish about taking care of yourself while you care for your veteran. By finding the support and resources you need, you will ultimately be doing what's best for your veteran, your family and yourself. We help family members and caregivers through the reintegration process with individual counseling and group support.

Survivor Counseling

The chance to meet with a skilled therapist who understands loss and trauma can help you answer questions, understand the emotions you are experiencing and gain the coping skills necessary to integrate the loss into your life and begin the process of healing.

Support Groups

The Road Home Program provides an online forum where veterans, spouses, partners, family members, loved ones and close friends can meet to discuss issues related to reintegration and the re-establishment of relationships.

