



## What is ROVER?

ROVER is a 4-5 week intensive program designed specifically for OEF/OIF/OND male Veterans of post 9/11 wars. The core mission of ROVER is to offer an “*environment of recovery*” model that provides a safe and effective place for learning new skills. We believe that Veterans can and do recover from PTSD when they have the right support and skills. Our team is dedicated to providing a hope-filled and encouraging environment where Veterans can develop the behavioral and cognitive skills and supports needed to be successful and have a personally fulfilling life upon returning home. The ROVER 10 bed unit is self-contained and independent from the general inpatient psychiatry population. Located in Houston, Texas, we serve Veterans from (East) Texas, Oklahoma, Louisiana, Arkansas, Mississippi, Florida (Panhandle), and Missouri.

## Treatment Services

- ⇒ Evidence-based treatment for PTSD: Cognitive Processing Therapy
- ⇒ Coping and emotion regulation skills, such as, anger management and grief support
- ⇒ Substance abuse counseling
- ⇒ Medication management
- ⇒ Interdisciplinary treatment team case management
- ⇒ Intensive group therapy
- ⇒ Intensive individual therapy
- ⇒ Life skills offered by occupational therapy
- ⇒ Consultation with home VA mental health provider for discharge planning

## Commitment to Treatment

**Essential to successful treatment is the Veteran’s willingness to participate in all treatment activities, including talking about traumatic experiences, reducing drug/alcohol use, and making an effort to practice new skills while in the program.**



## Referrals for Admission to ROVER

We have a consult and screening process in order to determine whether the ROVER program is a good fit for a Veterans mental health needs. Veterans interested in ROVER need to speak with a VA mental health care provider to begin the screening process.

1. Contact your local mental health provider who can place a request (consult) for the ROVER team to contact you about a possible admission to the program.
2. Once the ROVER team receives the consult, a member of the team will contact you for an interview by phone.
3. If appropriate, we will then schedule you for the next available start date.

# Eligibility

- 1) Male Veterans whose deployment occurred during Operation Enduring Freedom (Afghanistan), Operation Iraqi Freedom, or Operation New Dawn.
- 2) Veteran must have a diagnosis of Posttraumatic Stress Disorder (PTSD). May also have substance dependence, mood or anxiety disorder but no evidence of psychotic spectrum disorder.
- 3) Veteran may still be in the reserves or guard.
- 4) Veteran has the ability to engage in cognitive-based, intensive group therapy with other OEF/OIF/OND Veterans.
- 5) Ability to engage in self-care and to live independently while on the unit with minimal of nursing supervision.
- 6) Current participation in outpatient treatment (must have an outpatient mental health provider for follow up care).
- 7) Safe and stable housing situation.



## ROVER

Information  
or Referral  
Contact:

(713) 791-1414

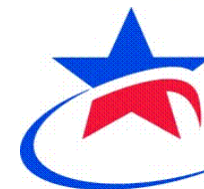
Ext. 26735

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[www.houston.va.gov/ROVER.asp](http://www.houston.va.gov/ROVER.asp)

## Returning OEF/OIF/OND Veterans' Environment of Recovery

# ROVER



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