



## What is ROVER?

ROVER is a 4-5 week intensive program specifically for:

- Male OEF/OIF/OND veterans with a primary diagnosis of PTSD
- With Trauma occurring during Combat Zone Deployment

The core mission of ROVER is to provide an “*Environment of Recovery*” model that provides a safe place for processing trauma and learning new skills.

- ROVER admits in cohort style up to 10 Veterans who complete the program together.
- Psychotherapy programming is conducted on a locked inpatient unit to help process emotions in a safe environment.
- Veterans are in groups at least 7 hours per day with reading and writing assignments.
- Veterans engage in therapeutic outings to begin reestablishing healthier patterns and improve tol-

## 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
- ⇒ Discharge planning with home VA mental health providers



## Eligibility

- Veteran is actively engaged in mental health care and genuinely seeking PTSD treatment.
- Veteran can openly talk, read, and write about trauma.
- Male OEF/OIF/OND veterans with a primary diagnosis of PTSD
- With Trauma occurring during Combat Zone Deployment
- Veteran must agree to taper/discontinue treatment interfering medications such as Benzodiazepines, Opioids , etc.
- ⇒ Exclusion criteria: Actively detoxing and /or heavy substance use, Psychotic spectrum disorder, Lack of safe stable housing prior to admission

# Referrals

- ROVER Social Worker can be reached for information, but all referrals MUST come from a mental health provider.
- Make sure the veteran meets the basic eligibility criteria.
- Review the ROVER brochure with veteran and discuss clinical need.
- Complete the MH WISER/ROVER consult in CPRS.
- Outside of VISN 16/17: Email ROVER Social Worker [Chassity.Brantley@va.gov](mailto:Chassity.Brantley@va.gov) and request a referral form.
- Travel to Houston is the responsibility of the referring VA and will require Chief of Staff approval. Houston VA will ONLY assist with travel home.
- Please complete referral questions as thoroughly as possible.



## ROVER

Information  
or Referral  
Contact:

(713) 791-1414  
Ext. 26735

Chassity Brantley,  
LMSW, MHA  
Social Worker

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

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

# ROVER



VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Michael E. DeBakey VA Medical Center