

Admission Requirements

- History of a military related trauma
- Diagnosis of a stress related disorder (does not have to be service connected)
- No pending criminal charges
- Abstinence from alcohol and drugs for at least 30 days prior to admission and during entire treatment period
- Motivation for self-improvement
- Ability to work effectively in group treatment setting
- Cooperation with unit rules and guidelines (e.g. regarding drug or alcohol use, visitors, curfews, attendance in groups and classes)



Contact Information

For information regarding admissions or to obtain an application, please contact:

**Terry Falck, M.A.,
Admissions Coordinator,
785-350-3111, Ext. 52139**

For general information about the SDTP, please contact:

**Jonathan Farrell-Higgins, Ph.D.,
Program Chief,
785-350-3111, Ext. 52118**



Stress Disorder Treatment Program (SDTP)



**Colmery-O'Neil
VA Medical Center
2200 SW Gage Boulevard
Topeka, KS 66622**

Overview

The Stress Disorder Treatment Program (SDTP) originally opened in July of 1982. Treatment is offered to male and female veterans who have experienced military-related trauma that has led to Post-Traumatic Stress Disorder (PTSD), Depression, and other life difficulties.

Mission

The SDTP is a 24 bed, seven-week intensive inpatient program designed to help veterans decrease symptoms, improve their quality of life, enhance self-esteem, and rejoin their families and communities. Symptoms specifically addressed through the program include:

- Disturbing recollections of trauma in thoughts or nightmares
- Emotional numbing, avoidance and isolation
- Anger and irritability
- Hyper-alertness and exaggerated startle responses
- Troubled relationships with partners, families, and work colleagues
- Communication problems
- Anxiety
- Substance abuse
- Depression

Treatment Team

Addressing trauma related material is a difficult process and evokes strong emotions. Staff on the SDTP are invested in working with veterans to create a sense of community where safety, caring, and trust can be experienced. They are all highly dedicated and experienced in working with stress disorders. The staff includes professionals from Psychology, Psychiatry, Social Work, and Nursing Service.

The SDTP is viewed as one integral part in the continuum of care for trauma-related stress disorders. Veterans are expected to continue in outpatient treatment after discharge from the program, with our staff assisting veterans with discharge planning.



Treatment

The primary treatment modalities utilized in the program include therapy and educational groups, as well as community activities. The following are offered in the program:

- Anger and Emotional Control
- Autobiography
- Changing Habitual Reactions
- Community Meetings
- Core PTSD Issues
- Medication Education
- Mindfulness
- Program Orientation
- PTSD Education
- Psychotherapy
- Recovery
- Relapse Prevention
- Relationship Skills
- Seeking Safety
- Self-Esteem
- Self-Regulation & Relaxation Skills
- Spirituality
- Stress Management
- Transitional Issues
- Trauma Resolution
- Veterans Assisting Veterans