



VETERANS REINTEGRATION CENTER
Selfridge ANGB
Harrison Township, Michigan



Programming

Eisenhower Center is a brain injury treatment center and is also nationally recognized as a Veterans Administration approved organization. Eisenhower has not only cared for veterans, but also a diverse client population to include athletes, first responders, individual clients post-motor vehicle accidents, as well as Community Mental Health clients. For over 25 years Eisenhower has provided post-acute, residential and rehabilitation services to thousands of clients at either the Ann Arbor and Manchester, Michigan or Jacksonville, Florida facilities. The Manchester and Jacksonville facilities have pioneered Eisenhower's *After the Impact* Program which focuses on those who suffer with neuro-cognitive and behavioral challenges.

Eisenhower has developed a collaborative project to deliver a unique program to **specifically** serve homeless and displaced Veterans and their families. Eisenhower Center has obtained a 25-year lease from Selfridge ANGB to capitalize on providing cutting-edge rehabilitation services to military men and women need of specialized care. This project will utilize three areas located on the base, Building 325 – The Apartments, 328 – Vandenberg Hall, as well as the Historic Officers Housing. This is a “first of its kind”, private-public transitional treatment and vocational center for Veterans and their families. We plan to launch in the first quarter of 2021.

The Selfridge Program aims to demonstrate an integrative reintegration plan to provide multi-modal treatment, relationship resiliency and growth, and job training to Veterans. Eisenhower will provide skilled care for complex injuries secondary to Traumatic Brain Injury (TBI), PTSD, anxiety, depression, anger/aggression disorders, substance use issues, and military sexual trauma (MST). During this program, Veterans will also have the opportunity to stay with their loved one(s) while reintegrating.

The *Veterans Reintegration Center* (VRC) at Selfridge will focus on the 3Rs, Relocate, Rehabilitate and Reintegrate. We plan to relocate veterans to Selfridge ANGB for a period of up to one year.



Relocate: Veterans and their families will have the opportunity to relocate to the base and reside in Building 325 – The Apartments, or the historic Officers Housing. This 3-story apartment building has been renovated and offers 36 apartments/suites consisting of a furnished kitchenette, sitting/lounging area, a bedroom and full bathroom. Each floor has its own full kitchen. Floors two and three will have a gourmet kitchen to allow hired staff to provide "3 squares a day" for veterans and their families five days out of the week. Each floor also has a "Common" or "Day" Room with couches, tables and a television for veteran social gathering and relationship building.

Eisenhower is in the process of beginning renovations to the Historic Officers Housing Neighborhood as well. Veterans and their families will then have the opportunity to move over to the newly renovated houses as they work through the program (see Reintegration below).

Rehabilitate: Rehabilitation is somewhat meshed with Reintegration, however rehabilitating our Veterans comes first. A large bulk of the rehabilitation will take place in the second building Eisenhower has renovated, Building 328 – Vandenberg Hall. Rehabilitation gives Veterans the foundation to Reintegrate not only with their family but also within the community. Rehabilitating our Veterans will occur through various individualized “Evidence-Based” supportive therapies designed to encourage progress towards achieving maximal healing and “self-actualization”, or the feeling of accomplishment and reaching one’s fullest potential.

Eisenhower Center utilizes robust evidence-based and best practice programming which will be tailored to each individual’s needs and goals. Evidence-based programming and practice is essentially “What works and what doesn’t work”. Eisenhower staff will evaluate Veteran eligibility on an individual basis and review referral requests for treatment. An initial intake assessment focusing on, but not limited to, presenting health condition(s), personal and family functioning, relevant past and social history, vocational/employment screening, and identified financial issues, and funding source(s) will be completed. During this initial intake, various evidence-based assessment tools will be utilized to determine a baseline of essentially “where the Veteran is at” and where “they need to go”. This includes not only evaluating chronic health conditions but also psychosocial challenges as they may be barriers to effective treatment. These assessment tools are considered “Pre-Screening” tests. Some of these assessment tools also include but are not limited to, the:

- General intake (demographics, medical hx, family hx, social hx, etc.)
- Mini-Mental Status Examination (MMSE),
- MoCA Montreal Cognitive Assessment,
- Patient Depression Questionnaire (PHQ-9),
- Generalized Anxiety Disorder – 7 Item Scale (GAD-7),
- Pittsburgh Sleep Quality Assessment (PSQI),
- Beck Depression Inventory (BDI),
- Burns Depression Checklist, Burns Anxiety Inventory,
- Patient Health Questionnaire-9 (PHQ-9),
- Drug Abuse Screening Test (DAST-20),
- Michigan Alcoholism Screening Test (MAST),
- Miller-Patton Anger Self-Assessment Test
- PTSD Checklist for DSM-5 (PCL-5),

- Suicide Assessment Sheet,
- McGill Pain Questionnaire,
- Brief COPE (PTLDS),

These assessment tools will guide the development of a very specific and individualized plan of care (POC) for the Veteran.

The POC will include "Supportive Therapies". Supportive therapies will be offered to the Veteran and their family. The Supportive therapy will be largely Psychotherapy. This is known to the general public as "talk therapy". We plan to offer this for the veteran and their family in individual, family, and group counseling sessions. Therapies provided are also grounded in evidence-based practice (EBP). EBP therapies offered in the program will primarily focus on Cognitive Behavioral Therapy. However, we will also offer additional therapies to support the individualized plan of care which could include but also not limited to, Cognitive Therapy (CT), Dialectical Behavioral Therapy (DBT), Prolonged Exposure Therapy (PET), and Eye Movement Desensitization and Reprocessing Therapy (EMDR).

Physical Therapy will be available to those who suffer from injuries leaving functional deficits, pain issues, and those with vestibular conditions (such as hearing loss, tinnitus, vertigo, dizziness, and headaches). Occupational Therapists will work with veterans to increase functional independence with activities of daily living, enhance life skills and quality of life. Veterans who suffer from TBIs and PTSD may benefit from structured Speech Therapy. Speech Language Pathologists will provide services to those veterans who suffer from a variety of swallowing, communication, and cognitive disorders.

Additional Complimentary Alternative Therapies also known as "Softer Therapies" include a Creative Arts and Recreational Focus. The Music, Art and Photography, and Pet Therapies are designed to help veterans bridge traumatic memories in a therapeutic and communicative manner to aid in emotional healing. Recreational Therapies such as Yoga, Mixed-Martial Arts, and Bicycle Therapies are designed for individual and larger group participation to allow for improving physical fitness as well as cognitive and communicative abilities. The softer therapies are also designed to provide a balance and healthy outlet to stressors which may be triggered in the more Structured Therapies. An additional benefit of utilizing these softer therapies is they are also easily transferrable and can be continued daily once the veteran successfully transitions out of the program.

As part of the rehabilitation aspect of the program, each these therapies will likely be offered to the veteran 1-2 times per week. It is important to consider the daily schedule. Flexibility in therapy scheduling will be an integral component to making this program successful. The Veteran will soon be participating in vocational education, which will largely dictate their daily schedule in terms of when they are available. Given the subject matter and/or potential trauma our Veterans have previously sustained, if at any time the Veteran's psychological condition should change from a stable rehabilitative acuity level to a more subacute acuity, the Veteran can be easily transitioned to one of Eisenhower Center's satellite facilities such as the Manchester or Jacksonville site. These sites offer a more intense 30-90 day treatment program

depending on individual need. The satellite facilities offer similar counseling and therapy programs but with a much smaller client population allowing for even more individualized treatment.

Reintegration: As the veteran participating in the therapy program becomes rehabilitated, we plan to incorporate Vocational Education/Training. Vocational counselors will be available to evaluate and work with Veterans to determine vocational readiness in the education/training and apprenticeship programs. Vocational education and vocational soft skills will be introduced while in the program to assist Veterans in achieving their path of independence and fulfillment. Veterans will learn how to prepare for interviews, craft resumes and apply for various employment opportunities. Eisenhower has also established several partnerships to provide vocational offerings. We are partnering with Macomb Community College (MCC), a leader in workforce development. MCC offers credit and non-credit certifications and degrees in the fields of Engineering and Advanced Technology, Business and Informational Technology, and Health and Safety Training. We are also working with Pinckney Cyber Institute to establish a fully operational cyber security training facility at Selfridge. Close to our hearts is another partnership with Zero Day. Zero Day is a Veteran powered company which has worked with Eisenhower on previous Veteran endeavors. Zero Day empowers Veterans by helping to participate in apprenticeships and on-the-job training. This helps our Veterans earn certifications and rewarding careers in the skilled trades. Zero Day plays a critical and vital role in the vocational program. They will also be taking the lead in restoring the Officers Housing Quarters per historical preservation guidelines and requirements.

As the Veteran is nearing completion in the program, it will be vital to determine program effectiveness. Program effectiveness can be measured in several ways. The above listed assessment tools will again be utilized to evaluate Veteran progress. This is the standard program evaluation done through pre- and post-testing, essentially to determine whether there has been improvement from the beginning to the end of the program. A second measure of program effectiveness will be to track the Veterans longitudinally over time, with bi-yearly check-ins to ensure they are continuing on their path for success and self-actualization. This information and data would then be used to establish whether goals were met. Data will also be compiled and evaluated for quality metrics and improvement.