

SDTP Frequently Asked Questions (FAQs)

How do I apply to participate in the program?

1. It's best to confer with your outpatient therapist and have him or her refer you to the SDTP, as they know your clinical needs and can speak to your readiness for intensive treatment.
2. Complete the SDTP application and mail or fax it back to the address listed at the top of the application.
3. Include a copy of your DD-214. If you need to obtain one, please go to:
<http://www.archives.gov/veterans/military-service-records/>
4. If you receive care outside of our VISN (i.e. not required for those seen at VA facilities in Wichita, Topeka, or Leavenworth, KS or in Kansas City or Columbia, MO) include a form 10-10EZ
<https://www.1010ez.med.va.gov/sec/vha/1010ez/>

How long does it take to get admitted?

It generally takes 2-3 weeks to review an application and make a decision. If you are accepted, the Admissions Coordinator will contact you and/or your referring provider to discuss possible admission dates. Most people begin the program approximately 6 weeks after submitting an application.

We offer a rolling admissions system in which 3-4 Veterans are scheduled to begin the program each week (generally on Monday or Tuesday) and 3-4 Veterans graduate each week on Friday. Admissions are scheduled in advance and are based on need, readiness, compliance, availability, and other factors.

What type of treatment can I expect in the program?

The SDTP is an intensive, group-oriented program supporting an active trauma-resolution process using current Evidence-Based Psychotherapy formats. It also includes separate psychotherapy group work to address other issues (family, work, progress in treatment, etc.) and a very strong educational component.

Treatment is provided by a multi-disciplinary team including psychiatry, psychology, social work, and nursing services. Also, the program provides training opportunities for residents, interns, practicum and other students.

What types of referrals are not appropriate?

The SDTP is not an acute psychiatry service. Individuals who are actively suicidal, needing detox, or who are noncompliant with treatment are not appropriate candidates. For individuals with legal difficulties, the program will work with our local Veterans Justice Outreach Coordinator to determine the best course of action. However, in general, legal difficulties must be resolved prior to coming to treatment. Those who have demonstrated some need, motivation, and ability to collaborate in the therapeutic process are considered the most appropriate candidates.

What is the substance abuse policy?

We require all participants to have at least **30 days sobriety** from drugs, alcohol, synthetic drugs, and non-prescribed medications prior to coming to our program. Also, we expect that all participants maintain their sobriety from drugs, alcohol, synthetic drugs, or non-prescribed medications while attending our program.

What if I have significant medical concerns or pain?

Please be aware that our unit is not a chronic illness or pain management program. We make every effort to address acute medical problems, but our primary focus is treatment of trauma-related mental health concerns. Non-urgent medical conditions will be deferred to appropriate care in your home area after completion of the SDTP. If you have medical conditions that require immediate attention, please attend to those prior to coming to the program and notify the Admissions Coordinator so she can schedule you accordingly.

What if I have active legal problems?

Admissions decisions are made on a case-by-case basis. Veterans with current or pending legal problems will be required to provide information and documentation about their legal issues. Depending on the specific issues, we may require resolution of pending legal problems prior to attending our program. Our primary concern relates to whether legal issues would interfere in any way with a person's ability to engage fully in trauma treatment for the duration of the 7 week program.

What is the policy about visits and free time?

Throughout the treatment day there are 10-15 minute breaks between each group or class. Also, participants are encouraged to participate in activities that occur both on and off the unit throughout the day and evening. After the first two weeks in treatment, participants are eligible for overnight passes on the weekend when appropriate. Additionally, family members are encouraged to attend their loved one's graduation ceremony and can visit in the evenings or weekends. However, family members are not allowed on the actual unit (due to the privacy and confidentiality of other unit members) and can visit in designated areas of the hospital.

Are family members included in treatment?

When necessary and appropriate, we communicate with participant's partners/spouses/family members and include those individuals in the participant's treatment goals. This communication may take the form of an in-person or over the phone session. As always, this communication between family members and SDTP participants can only occur when there is a signed release of information which outlines the confidential information that can be shared.

Can I bring my cell phone or laptop?

Personal cell phones are allowed but are expected to be left in the room or turned off during the treatment day. Communication with loved ones is encouraged during your stay, but only during appropriate times and in a manner that does not infringe on the experience of other unit members. Laptops are allowed at the owner's own risk and there is Wi-Fi available on the unit. All electronic equipment (laptops, cell phones, I-Pod, I-Pad, etc.) must be turned off by 11pm Sunday to Thursday nights and by 1:30am Friday and Saturday nights.

What are the rooms like on SDTP?

Most of the rooms on the unit are two-person rooms with curtains separating the beds. This allows for some privacy and personal space. All room assignments are made by the SDTP staff.

Can I bring my service dog?

Since we are an inpatient program, there are specific policies regarding having an animal live on a hospital unit with other patients. Thus, if you would like to bring a service dog to the SDTP, please submit copies of the animal's training, certification, and registration with your application. If you are accepted to our program, the Admissions Coordinator will communicate with you about the process of getting the animal approved by the hospital. *You cannot bring a service dog to treatment without prior approval from the SDTP team.*

Who can I contact for more information?

Contact the Admissions Coordinator, Dr. Watkins at 785-350-3111, ext. 52139. Please do not leave multiple messages as this only slows down the process of responding or reviewing applications.

If you would like to simply check to make sure your application has been received, please call our front desk staff at 785-350-3111, ext. 52110.