

The Campaign for
VETERANS SANCTUARY



Case Statement

**Treatment Trends, Inc.
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The Need

Treatment Trends started in 1969 as Confront, Inc. and opened Lehigh Valley Drug and Alcohol Abuse Services (LVDAAS) in 1972. Treatment Trends, Inc. (TTI), a 501(c) (3) non-profit corporation, was formed in 1989 as a merger of the two sister programs. TTI currently provides treatment to an average of 1,060 individuals each year with substance abuse problems. Utilizing a continuum of care model, Treatment Trends offers the highest likelihood for positive outcomes instilling responsibility while holding clients accountable through the various levels of care. Treatment affords our clients the possibility of recovery and reclaiming their lives, turning the present into hopes for a future.

According to National Association of Counties VetPop 2007, there is a total population of 60,000 veterans living in Lehigh County and 24,000 veterans in Northampton. In addition there are 3,707 on active duty in Lehigh County and 3,589 in Northampton.

Pennsylvania has a total of 1.2 million veterans placing it fifth in veteran population among all states. As of June 2009, approximately 12,000 Pennsylvanians were on active duty serving overseas in combat theaters making Pennsylvania fourth behind Texas, Florida and California in the number of men and women currently deployed. Over 75,000 Pennsylvanians have been deployed to Iraq and Afghanistan since the current war began, according to the Contingency Tracking System Deployment File.

According to estimates by Army Chief Psychologist, Dr. Elspeth Richie, an estimated 5,551 veterans will return with a substance abuse problem to Pennsylvania. Of this number approximately 610 may be at risk for incarceration, homelessness or suicide across the state. Incarcerated veterans are at high-risk for homelessness upon their release from prison. According to the VISN 4 HRCV specialist, the Department of Corrections reports approximately 11% of the inmate population in PA State Prisons are veterans. The veterans' populations in County Prisons tend to be higher due to shorter sentences and recidivism. Approximately 9% of inmates in Federal prisons in Pennsylvania are veterans and generally have longer sentences. Vietnam Veterans of PA list 1,504 members in three chapters of incarcerated veterans.

Servicemen and women are anxious to come home, yet once here, find it difficult — unaware of the internal shifts that have occurred in them as a result of war. Often, veterans bring war home with them, anticipating situations and associate them experiences in theater, trying to control aspects of daily life that do not need control. Sometimes, they see danger in objects or images that previously represented danger and react to it. Many veterans have intrusive dreams, flashbacks and waves of inexplicable anger. Many are thankful to be alive yet do not know how to feel about surviving when others close to them have fallen. Oftentimes, there are no words to be found to express these feelings.

Combined, these thoughts, feelings and symptoms contribute to alienation, causing relationship and marital problems. Male or female, the military culture of the warrior may complicate the lives of some veterans once they are home. Seeking relief, many reach for drugs or alcohol to numb feelings and soothe a growing sense of alienation. This response can fuel the emergence of complicating factors that can lead to addiction, and what psychiatrists have labeled Post Traumatic Stress Disorder (PTSD).

In March 2008, Gerald Cross, Deputy Under Secretary for the Veterans Health Administration, testified that of the 300,000 Afghanistan and Iraq veterans who had been treated in Department of Veterans Affairs facilities, half were diagnosed with a serious mental illness, including 68,000 with PTSD.

Combined data from SAMHSA's 2004, 2005 and 2006 National Survey on Drug Use and Health (NSDUH) documented that more than 20 percent of veterans ages 18 to 25 suffered serious psychological distress in the preceding year, with females more vulnerable than males. It further states that one-quarter of veterans ages 25 and under have suffered from substance abuse disorders in the preceding year. These figures reflect only the cases that are known. Many cases go unreported.

The Solution

In anticipation of a growing number of veterans returning to our community and region, and their need for specialized services, Treatment Trends, Inc. is opening a new program called Veterans Sanctuary. This program will assist both male and female veterans who have served, from all branches of service, at any time.

Veterans Sanctuary (VS) will work with male and female Veterans. At its' core, VS will utilize the well researched therapeutic community (TC) model which sees addiction as affecting all aspects of ones persona: mental, physical, spiritual, vocational, emotional and relational. The TC is a highly structured peer model that motivates personal growth through empowerment, rehabilitation and habilitation groups.

VS will provide specialized family reunification programming for families of veterans in treatment. Often families are distressed, needing support and strengthening so they can regain healthy functioning and be integral part of recovery. Residents will reinforce gains and pro-social strengths by involvement in "Vet Helping Vet" Mentoring and intervention teams. Various alumnae activities will help sustain recovery by instilling a sense of belonging. VS will have the advantage of utilizing a statewide network of recovery resources developed through the work of Treatment Trends.

VS will specialize in PTSD and addiction treatment and integrate holistic approaches that have been recently identified in clinical research as helpful with trauma, depression and stress reduction such as Mindfulness Based Stress Reduction (MBSR), Mindfulness Based Cognitive Therapy and Yoga. Programming will emphasize best practices and utilize many evidence-based approaches.

Our Goal

Veterans Sanctuary, a division of Treatment Trends, Inc., is a private, non-profit, community-based facility. Upon completion of renovations, it will serve to fill a void which exists for Pennsylvania veterans by establishing an accessible Veterans specific treatment center for addiction and co-occurring symptoms.

Treatment Trends staff have attended multiple trainings by national experts in both PTSD and traumatic brain injury (TBI) and more are scheduled. One counselor is becoming certified in Eye Movement Desensitization and Reprocessing (EMDR) therapy with an additional four scheduled to attend this training. We anticipate at least 50% of the staff will be veterans.

Mental illness often runs hand-in-hand with addiction. Residents at all Treatment Trends facilities are offered psychiatric services from a contracted American Society of Addiction Medicine (ASAM) certified psychiatrist on the premises. Counseling for VS will be tailored to meet the needs of co-occurring (mental health and addiction) diagnosed residents. It is important that individuals with co-occurring disorders gain coping and social skills to support an ongoing recovery lifestyle.

The Facility

The Treatment Trends, Inc. Foundation agreed to the purchase of a building at 24 South Fifth Street in Allentown, Pa. This building will serve as the location for Veterans Sanctuary, a center for the care of veterans. Veterans Sanctuary will help veterans cope and recover from addiction and PTSD in a caring, supportive environment.

The building is a beautiful, non-institutional space with an abundance of windows and light, offering a 400-seat auditorium with a stage, a gymnasium, a magnificent large kitchen, offices, bedrooms, bathrooms lounges, group rooms, a meditation room, library, a physical therapy room and a family area. The building has a long history of service to our community. It was previously owned and used by St. John's Church.

The Treatment Trends, Inc. administrative staff has relocated their offices to the building. We are now utilizing the gym for a morning exercise program for residents of our inpatient programs; Keenan House and Halfway Home of the Lehigh Valley. The auditorium is being utilized for the Treatment Trends Training Institute, offering professional training to area professionals and the TTI staff.

The building, when renovated, is large enough to accommodate the Veterans Sanctuary 60-bed residential facility. The bedrooms will be four-person, dormitory style bedrooms with male and female rooms separated. Staff will assign beds based on availability and physical limitations. We will open in October 2010 at thirty beds and continue with renovations as funding becomes available.

The current kitchen, with some remodeling, is large and will be easily adapted for inpatient treatment. The residents in treatment at Veterans Sanctuary will order and cook all food, providing kitchen service under the guidance and supervision of a TTI/Veterans Sanctuary hired cook. The building will be modified for handicap accessibility and safety in accordance with local and state building and fire safety codes. An elevator and sprinkler system will be installed.

The agency is responsible for the maintenance and repair of the physical plant. This includes monitoring and testing security and fire equipment, and maintaining and performing preventative maintenance as appropriate on HVAC equipment, appliances, equipment and furnishing. VS clients will perform the cleaning and daily care of the facility as a part of the therapeutic community experience as in our current residential facilities. TTI facilitates a Safety Committee that includes representatives from administration, employees from each facility and clients to assure safety of clients and employees in all buildings. This will include Veterans Sanctuary.

The Project

Veterans Sanctuary will be a Veterans specific, 60-bed therapeutic community. VS will serve approximately 250 veterans annually from across Pennsylvania. Program services will specialize in addiction treatment and have the capability to treat and assist PTSD and TBI (mild). VS will also work with families of Veterans teaching supportive and intervention skills.

The therapeutic community (TC) model will be utilized in the program, emphasizing the principals of “each one, teach one” and “vet helping vet”. The paramilitary structure of the TC will offer a supportive and familiar atmosphere for veterans. The TC is a hierarchical model that gives participants a strong sense of belonging and acceptance. In a TC, the ability to earn status rewards responsibility and breaks down the alienation spawned by PTSD. The TC milieu incorporates many dimensions that support the change process. The use of Encounter groups, House meetings, Department meetings, Gate-keeping, and the peer hierarchy act to motivate changes. Individual responsibility is honored as participants gain acceptance into the TC family. This acceptance affords a sense of “belonging” which is integral to reducing alienation.

Specialized psycho-educational groups are built into the schedule to teach the skills of recovery such as: Relapse Prevention, Refusal Skills, Sexuality and Addiction, and Mindfulness practices. Pro-social values and behavior are enforced during the weekly treatment regimen. The program will also offer specialized groups to combat veterans. These groups will honor their unique experiences and the internalization of life and death encounters.

“Sanctuary” will be emphasized by having dedicated spaces that will include a library area, a computer tech center, a sacred space for silent meditation, and an outdoor Japanese garden. These sacred spaces will honor all major religions and Native

American traditions. The library area will have a focus on war and peace, healing and human growth.

The families of combat veterans will also be provided specialized services in order to gain an understanding of the complexity of PTSD and the issues that arise during a veteran's readjustment to civilian life. They will learn de-escalation and intervention skills to help their loved ones cope when PTSD problems occur.

Vocational services such as job readiness training and referrals to hard skills training will be part of the effort to empower veterans in the program to reclaim their lives. Holistic practices will be utilized to support change and recovery.

Mentoring programs are being developed that will utilize program graduates to help struggling veterans and to be available to assist them 24-hours a day. This program will also use the "each one, teach one" concept to support peer connections that sustain recovery.

We will work with local hospitals and VA Medical Centers to establish a referral relationship for veterans with physical injuries or Traumatic Brain Injuries that require specialized services.

The Veterans Sanctuary staff will include a potent mix of trained professional clinicians and support staff, veterans and recovering persons assuring both skills and heartfelt understanding of the struggles of a successful transition. The staff composition will also include specialized positions such as an outreach worker and a benefits advocate. Sadly, 1 in 4 homeless persons are veterans, many of whom are addicted or have PTSD. The efforts of the outreach worker will bring the individual into treatment and connect them to benefits through the VA or other sources.

Our Expertise and Abilities

Treatment Trends residential (Keenan House and Halfway Home of the Lehigh Valley) and outpatient (Confront) programs have been licensed by the PA Department of Drug and Alcohol Programs (BDAP) since the inception of licensing. Keenan House also holds Accreditation with Excellence with the American Correctional Association.

All Treatment Trends staff members meet the requirements of the PA Department of Drug and Alcohol Program Licensure. Clinical staff members are degreed and include Licensed Professional Counselors, Licensed Social Workers, Clinical Social Workers, and contracted Psychiatrists. Many also have Pennsylvania Certification Board specializations such as Certified Addictions Counselors or Co-Occurring Disorder Professionals.

Our residential programs have implemented many of the programming recommendations presented by the PA Bureau of Drug and Alcohol Programs (BDAP)

and the PA Office of Mental Health and Substance Abuse Services (OMHSAS) for programs seeking “Co-Occurring Capable” status.

Planning and Financial Responsibility

Treatment Trends, Inc. has not relied heavily on contributions for the operation of its existent programs. Though monthly contributions to Treatment Trends, Inc. are received through funding from the United Way of the Greater Lehigh Valley, our programs have been self-supporting through (per diem rate) contracts with PA Single County Authorities Departments of Drug and Alcohol Abuse, the PA Department of Corrections (DOC), and various other programs. Once Veterans Sanctuary is functioning, it will be a self-sustaining program with a per diem covered through contracts with The Department of Veterans Affairs, the PA Department of Corrections, and other sources. The Treatment Trends Foundation has taken on the majority of the cost of this project by purchasing the building. We have requested funding for half of the project at this time through federal and state grants, as well as individual contributions.

A copy of the official registration and financial information for Treatment Trends, Inc. may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Capital Campaign Summary

<u>Purchase, Repair and Additions</u>	<u>\$2,000,000*</u>
Purchase	\$ 450,000
Renovations, Repairs, Expenses	\$1,550,000
Total Estimate	\$2,000,000
<u>Program and Start-up Funding</u>	<u>\$580,500</u>
Salaries for six month period	
Program Director	\$30,000
Clinical Supervisor	\$25,000
Staff (2 months)	\$67,000
Medical & Psychiatrist (1 month)	\$7,500
Taxes & Benefits	\$80,000
Furniture	\$300,000
Advertising	\$3,000
Property Insurance	\$17,000
Training	\$6,000
Office Supplies	\$12,000
Gas & Electric	\$33,000
TOTAL	\$580,500
<u>Total Campaign Goal</u>	<u>\$2,580,500</u>

*Capital Budget numbers are estimates. Costs will be more precisely defined as the architecture and engineering process proceeds. Construction costs may exceed current estimates.

How You Can Help

- Cash Donation
- Gifts of Publicly Traded Securities
- Gifts of Closely Held Stock
- Bequests/Living Trusts
- Charitable Gifts Annuity
- Gifts of Life Insurance
- Corporate Matching Gifts

Pledges can be paid in three years and are fully tax deductible.