

# Wounded Warrior Project Mental Health Continuum of Support

Wounded Warrior Project's (WWP) comprehensive approach to mental health care is focused on improving the levels of resilience and psychological well-being of warriors and their families. The Mental Health Continuum of Support is comprised of a series of programs, both internal to WWP and in collaboration with external partners and resources, intended to assist warriors and their families along their journey to recovery. The Mental Health Continuum of Support provides diverse programming and services in order to better meet their needs. All programs are at no cost to the warrior or their families.

The programs within the continuum are designed to complement one another to foster momentum in the healing process. Through the implementation of the Connor Davidson Resiliency and the VR12 Rand Quality of Life scales, WWP measures outcomes of services and provides the most effective programming based on the needs of warriors and their families.

## *Inpatient Care*

Inpatient care is the highest level of care offered on the continuum and is intended to meet the most urgent needs of warriors by providing immediate stabilization. Inpatient services are reserved for those who are actively suicidal, had recent suicide attempts, require drug or alcohol detox, or other similarly acute needs. WWP contracts with a number of vetted skilled facilities across the country. These warriors have usually exhausted all other resources for care and are in severe psychological distress.

## *Warrior Care Network*

Warrior Care Network (WCN) is a collaborative program between WWP and four Academic Medical Centers (AMC) - Emory University, Massachusetts General Hospital, Rush University, and UCLA. Each AMC provides a 2-3 week long post-traumatic stress (PTS) centric intensive outpatient program (IOP) as well as regional outpatient (OP) services. The IOP is structured around a cohort model with clinicians who specialize in the care of veterans. WCN is designed for warriors who are not in acute levels of psychological distress but still have significant impairment due to PTS and/or other mental health conditions.

## *Project Odyssey*

Project Odyssey (PO) is a 90 day program which includes a multi-day event led by WWP teammates specially trained in adventure based counseling and experiential learning. The strong mental health component fully integrated into PO is what separates it from other adventure based programs. There are male only, female only, and couples POs at multiple sites across the country designed around a cohort model leveraging the peer to peer support. During the event portion, participants are challenged through a variety of activities such as rock climbing, kayaking, high ropes courses, and the like, while continuously engaged in psycho-education. PO not only improves mental and emotional well-being, but provides additional tools to help with PTSD, combat stress, and other invisible wounds of war. Participants

engaged with PO are further along in their recovery journey and relatively stable but are still in need of mental health support. Following the PO event, participants are engaged by WWP teammates, either telephonically or via the web, for 90 days to strengthen the skills learned during the PO, set growth goals, and receive support on goal achievement.

## *WWP Talk*

WWP Talk is an internal program where WWP teammates, specially trained in active listening, reach out telephonically to warriors, family members and/or caregivers on a routinely scheduled weekly basis for 6-9 months. Participants are provided an empathic ear without fear of judgment and are provided assistance in establishing and achieving SMART goals. WWP Talk is often used simultaneously while participants are engaged in other programs and services throughout the Mental Health Continuum of Support.

## *Outpatient therapy*

Traditional outpatient therapy is a resource available to warriors and families throughout the continuum. WWP engages with an external partner to provide individual, family, or couples therapy delivered by a military culturally competent therapist in the participant's local community. WWP refers warriors and family members to various external partners who have created a national network of therapists. WWP funds 12 sessions with the possibility to extend those sessions if clinically appropriate.

## *Independence Program*

The Independence Program is a long-term support program available to warriors living with a moderate to severe traumatic brain injury, spinal cord injury, or other neurological condition that impacts independence. WWP has a partnership with specialized neurological case management teams at Neuro Community Care and Neuro Rehab Management to provide individualized services. These teams focus on increasing access to community services, empowering warriors to achieve goals of living a more independent life, and continuing rehabilitation through alternative therapies.

## *Living the Logo*

Living the Logo is WWP's ultimate goal for all warriors - the WWP logo is much more than a trademark, it is a symbol of empowerment. Living the Logo refers to a warrior that was once being carried who has become empowered through the healing and recovery process and can now carry another warrior along their journey of recovery. As resiliency and psychological well-being reach the highest levels in the continuum, warriors become community ambassadors and engage as peer mentors and leaders.

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