



OVERVIEW OF MENTAL HEALTH SERVICES:

Primary Care and Mental Health Integration (PC-MHI)

Co-located collaborative care includes consultation with other Primary Aligned Care Teams PACT staff providing care to the Veteran through “curb-side” discussions and in interdisciplinary team meetings. This collaborative team approach allows for focused assessment and brief treatment integrating medical, pharmacological, and psychological approaches to help Veterans achieve and maintain treatment goals.

Care management is a package of protocol-based services that support primary care-based prescribing of psychotropic medications, longitudinal follow-up and behavioral health interventions. This package includes patient education, monitoring of medication adherence and structured, measurement-based assessment of progress over time.

Behavioral Health Lab

The Behavioral Health Lab provides a series of structured, telephone-based assessments to assist primary care clinicians monitor medication adherence, depressive symptoms and medication side effects. The staff screen for depression, anxiety, mania, psychosis, alcohol and drug abuse, cognitive problems, and can assist in mental health management by providing psychological education, brief alcohol interventions; and encouraging more complex patients to attend a specialty care referral when needed.

OEF/OIF/OND Program

Operation Enduring Freedom (OEF) / Operation Iraqi Freedom (OIF) / Operation New Dawn (OND) program is tailored to meet the specific health care needs of our newest Veterans. Some of the many services OEF/OIF/OND Veterans can access through this program include: Primary Care, Dental Care, Vision Care, Polytrauma, Rehabilitation, Behavioral Health Care, Psychological Services, Counseling, Referral Assistance, and Family Benefits Counseling.

Behavioral Health Interdisciplinary Teams (BHIPs)

VAPHS has three BHIP teams which incorporate certified registered nurse practitioners, psychology and psychiatry in a partnership with Veterans pursuing their mental health recovery. Recommended treatments may include medications, individual therapy, couple therapy, and/or group psychotherapies, as well as referrals to more intensive levels of care, as needed.

Combat Stress Recovery

The Combat Stress Recovery Clinic specializes in the treatment of veterans who have been exposed to combat and are experiencing a combat stress reaction and/or PTSD symptoms related to their combat experiences. Treatment can include both individual and group therapies with the focus on empirically (research) based treatments that will result in improved coping skills and interpersonal functioning.



The Center for Treatment of Addictive Disorders (CTAD)

The Center for Treatment of Addictive Disorders (CTAD) offers residential, outpatient, and medication assisted treatment focusing on relapse prevention, harm reduction and motivational interviewing. CTAD is a strength-based program and supports 12 step meetings, but is not a 12 step program. The program also provides Suboxone and Methadone treatment for Veterans with a history of opioid addiction. Ambulatory detoxification can be provided for Veterans who have stable housing and wish to withdraw safely from alcohol or opiates.

Neurobehavioral Program (NBP)

The Neurobehavioral Program (NBP) treats individuals with cognitive or psychiatric complications of demonstrated or suspected neurological disorders. These may include stroke, head injury, intracranial hemorrhage or infectious brain tumors, epilepsy, movement disorders, memory or infection, brain tumors, epilepsy in movement disorders, memory problems and early or atypical dementias. Treatment is provided from a multidisciplinary team approach representing the disciplines of Neurology, Psychology, Psychiatry, and Medicine.

Consultation/Liaison Services (University Drive and Heinz Campuses)

Mental health consultative services are provided to the Emergency Department and all non-inpatient psychiatry bed sections at VA Pittsburgh Healthcare System when requested by the attending physician. Behavioral Health staff at the Heinz division work with medical providers in the Community Living Center (CLC) to assess and treat psychiatric disorders. CLC Psychologists offer psychological assessment, individual and group psychotherapy, cognitive assessment, and assessment of decision-making capacity.

The Veteran's Recovery Center includes:

Domiciliary

VA Pittsburgh Healthcare System offers a wide range of resources, including transitional and permanent housing, case management, dental and medical care and other supportive services, that aims to meet the Veteran where they are and guide to where they want to be. Domiciliary staff is specially trained and will guide the Veteran through each step ahead, providing personalized case management that caters to the Veteran and their unique situation.

Healthcare for Homeless Veterans (HCHV)

The Healthcare for Homeless Veterans (HCHV) Program provides outreach services to homeless Veterans including assessment, information, referrals and case management. The HCHV Program also includes transitional and permanent housing resources. Transition housing through grant and per diem programming and supportive housing offers placements for Veterans at four scattered community sites, in rural, urban, and suburban areas. The HUD-Veterans Affairs Supportive Housing (HUD-VASH) Section 8 permanent housing program offers placement for Veterans and their family in the community. The HCHV Program offers case management for Veterans in all sites, assists in locating low cost housing in the community and acts as a liaison with Allegheny County Homeless Services providers.



Psychosocial Residential Rehabilitation Treatment Program (PRRTP-SMI)

The Psychosocial Residential Rehabilitation Treatment Program (PRRTP-SMI) is a 23 bed unit that provides opportunities for Veterans to obtain the skills that translate into successful living in the community settings of their choice, all services are organized to accomplish this recovery goal. In addition, Veterans have opportunities for choice in the areas of socialization, vocational rehabilitation, and education.

Veteran's Justice Outreach/Veterans Court Program

The Veterans Justice Outreach/Veterans Court Program provides services to Veterans who have been referred for intervention and assistance with the VA.

Inpatient Psychiatry

VA Pittsburgh Healthcare System has three innovative state of the art inpatient units. Each unit's capacity is 26 patients. The units are divided into a day side and a night side. This encourages patients to leave their rooms to participate in activities. The focus of the admission is to stabilize acute psychiatric symptoms and to collaboratively develop a comprehensive outpatient care plan to continue active recovery and community reintegration.

Home Based Primary Care (HBPC)

The HBPC team is a large interdisciplinary team comprised of physicians, nurses, social workers, occupational therapist, physical therapists, psychologist, dietician, pharmacist, nurse practitioners, and trainees from various disciplines. Psychology works on a consultation-liaison model to provide an array of mental health services (assessment, diagnosis, treatment, consultation, treatment coordination, and evaluation) to Veterans and their families in their homes due to difficulty traveling to the medical center for outpatient visits. Individuals receiving HBPC services are typically older home-bound veterans with multiple complex medical problems. Veterans are typically referred to HBPC psychology due to cognitive, psychological, or psychosocial concerns.

The Ex-POW Program

The Ex-POW program provides integrated medical and psychiatric care for former Prisoners of War. In addition to primary care services, veterans in this program can receive psychiatric medication consultation and participate in individual and/or group psychotherapy with a psychologist.



Clinical Video Telehealth (CVT)

Clinical Video Telehealth is a provision of clinical care via technology where distance separates service providers from service recipients. This virtual method of delivering treatment modalities has developed into a robust program providing Veterans with improved access to both general mental health care and specialty treatments not available at their VA location.

All CVT programs at VA Pittsburgh Healthcare System provide mental health services and evidence based psychotherapies. These include but are not limited to individual and couple therapy, medication evaluation, and medication management; psychotherapy for PTSD, depression, insomnia, anxiety, and marital/relationship distress, as well as stress management, grief and life transitions.

The VA Pittsburgh behavioral health program currently offers CVT services to our Community Based Outpatient Centers (CBOC) and also offers CVT to two Vet Centers in the Pittsburgh area.

Home-based CVT is a new program which provides the Veteran the opportunity to meet with their psychologists using encrypted video teleconferencing.

The CVT Hub was launched in 2013 at the Greentree Annex. The program mission is to: fill identified gaps in mental health services, increase access and efficiency in geographically challenging areas, provide services in areas where it is difficult to recruit and retain VA mental health professionals, and provide specialized services not available at many sites. This program continues to grow and currently provides mental health access to VA Hospitals and CBOCs in both VISNs 4 and 8.