



Journeys

Clinician Description

The Minneapolis VA HCS provides a 12-week intensive outpatient program with lodging for the treatment of Posttraumatic Stress Disorder (**PTSD**), and co-morbid traits of Borderline Personality Disorder (**BPD**). This program offers intensive Dialectical Behavior Therapy (**DBT**), and Prolonged Exposure (**PE**), with experiential practice of skills through community and recreational activities and outings.

Veterans would be a good fit for this program if they:

- ❖ Meet criteria for PTSD
- ❖ Have traits of BPD that are interfering with therapy, such as
 - Suicidal and/or self-harm behaviors or ideation
 - High emotional lability
 - Interpersonal chaos at home and/or with professionals
 - Dissociative episodes
- ❖ Have dropped out of, or determined to not be ready for, PE or CPT due to the above issues
- ❖ Are willing and able to stay at the Minneapolis VA and participate in intensive outpatient programming for 12 weeks to treat both disorders, including
 - DBT skills group, individual, and 24/7 phone coaching
 - PE 2x a week
 - Experiential activities and outings (e.g., public transportation, mall, museums, dog therapy, restaurants, hobby development)

Veterans would *not* be a good fit for Journeys if they:

- ❖ Require inpatient or residential level treatment
 - Journeys is Intensive Outpatient Treatment. Lodging is single room occupancy in a co-ed building without staffing
 - Veterans must have **no inpatient stays for 3 months prior to Journeys**
- ❖ Are unable to abstain from substance use for 12 weeks
 - Veterans must be **free from significant substance use for 3 months prior to Journeys**
- ❖ Are unwilling to refrain from self-harm for 12 weeks
- ❖ Are unwilling to discuss their traumas in detail with their individual therapist
- ❖ Have a diagnosis or significant traits of Antisocial Personality Disorder

Referral process:

- ❖ Provide Veteran with flyer and discuss program
- ❖ If Veteran is interested, complete
 - The Journeys application together
 - The Veteran completes the Zanarini BPD screening questionnaire (ZAN-BPD) and PTSD Checklist (PCL-C) (last 2 pages of application)
- ❖ Fax application and 2 screening measures to attn: Ethan McCallum, PhD
- ❖ Application will be discussed with Journeys treatment team, and if appropriate, a phone or v-tel session will be scheduled
- ❖ If Veteran is interested and is a good fit for the program, admission date will be set

If you have any questions or comments, please do not hesitate to contact Laura Meyers, PhD, ABPP (P:612-467-3037; laura.meyers2@va.gov) or Ethan McCallum, PhD (P: 612-467-1878; ethan.mccallum@va.gov)

Thank you and we hope to work with you soon!

The Journeys Treatment Team