

2015

THE HOME DEPLOYMENT PROJECT OVERVIEW



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The Home Deployment Project

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LIFE SKILLS CENTER OPERATIONAL PLAN LAS VEGAS, NEVADA

1.0 WHO WE ARE

The Home Deployment Project (**HDP**) consists of a unique mixture of both military veteran and non-veteran personnel, dedicated to empowering veterans of all ages with the skills needed to persevere through the challenges associated with Post Traumatic Stress (**PTS**) and/or chronic homelessness. **HDP** works towards the end goal of helping disadvantaged veterans reintegrate back to productive members of society.

1.1 TARGET GROUP

Our target group consists of Honorably Discharged veterans of all wars afflicted with **PTS** and/or chronic homelessness, whom reside in Las Vegas, Nevada, to include the adjacent neighboring cities of North Las Vegas, Henderson, and Boulder City.

1.2 PURPOSE

HDP was founded with the following goals: educating the community with a collective understanding of the affects of these debilitating conditions as well as enlisting the aid of private and business sectors.

With their generous donations of in kind and financial support, **HDP** will design traditional and non-traditional therapies to help our veterans transition between service and civilian life.

1.3 OUR GOAL

Our three year plan is to build or lease a state of the art Las Vegas retreat that serves as an all encompassing facility for everything a veteran suffering from **PTS** & depression would need to reintegrate back into mainstream society—from transitional housing, counseling, rehabilitation services, education and training, to job placement. We endeavor to set the national standard for programs dedicated towards transitioning our warriors back home, both mentally and physically.

2.0 PRIMARY SERVICES

2.0.1 HOMELESS RELIEF

It is the intent of **HDP** to actively scout and vet eligible veterans honorably discharged from the armed forces and provide them, and any qualifying immediate family members, with transitional housing.

2.0.2 PTS TRAINING & COUNSELING

HDP will offer a unique blend of traditional and non-traditional forms of PTS counseling and training programs. These programs will be geared towards empowering veterans with the knowledge and skills needed to learn healthy and productive coping methods that may lead them on their journey of healing from the traumatic experiences of combat and/or Military Sexual Trauma (**MTS**).

2.0.2.1 COGNITIVE PROCESSING THERAPY (CPT)

CPT is a therapy that focuses on the thoughts and feelings for PTS and related conditions.

CPT is effective in treating **PTS** across a variety of populations, including veterans. **CPT** has worked well for veterans who have experienced combat, sexual, or childhood trauma, as well as other types of traumatic events.

CPT provides a way to understand why recovery from traumatic events has been difficult and how symptoms of **PTS** affect daily life. The focus is on identifying how your traumatic experiences changed your thoughts and beliefs, and how your thoughts influence your current feelings and behaviors.

An important part of the treatment is addressing ways of thinking that might keep you “stuck” and get in the way of your recovery from symptoms of **PTS** and other problems.

CPT consists of approximately twelve weekly therapy sessions in either individual or group settings.

2.0.2.2 PROLONGED EXPOSURE THERAPY (PE)

PE therapy is a type of cognitive-behavioral treatment that focuses on the decreasing symptoms of **PTS**. It is an individual therapy that addresses the common causes of **PTS** in four ways: education about treatment and common reactions to trauma, breathing retraining, in vivo exposure, and imaginal exposure.

PE addresses symptoms by decreasing avoidance, one of the underlying causes of **PTS**. The therapy allows you to work through painful memories in a safe and supportive environment. It also allows you to engage with activities you have been avoiding because of the trauma.

In **PE**, the process of addressing the trauma memory is called “imaginal” exposure. The therapist works with you to change thoughts and feelings surrounding your trauma.

The process of engaging with real life situations is called “in vivo” (“in real life”) exposure. This is where you and your therapist work together to identify activities that you have been avoiding due to trauma. The goal of in vivo and imaginal exposure is to help you return to activities that you used to enjoy. This process helps to improve quality of life.

2.0.2.3 ART THERAPY

Studies show that Art Therapy helps relieve symptoms of **PTS** in military veterans. Art therapy can engage the creative potential of individuals — especially those suffering from **PTS**. Art therapy is considered a mind-body intervention that can influence physiological and psychological symptoms. The experience of expressing oneself creatively can reawaken positive emotions and address symptoms of emotional numbing in individuals with **PTS**.

Art Therapy will target veterans suffering from symptoms like depression, isolation, suicidal thoughts, anxiety, chronic pain, insomnia, and other various problems.

Art Therapy will be offered two times a week to veterans affected by **PTS**. Veterans use a variety of art supplies including paints, clay, markers, charcoal, and images for collages. Afterwards, behavior forms are filled out by staff therapists in order to access areas of improvement.

Through art, participants are able to express positive feelings, externalize difficult emotions and gain insight into their **PTS** symptoms. Art-making fosters discussion and allows veterans to show empathy for one another.

Group dynamics plays a key role in Art Therapy. Through the process of creating and discussing art with peers, participants are able to open up and express important thoughts and emotions in an atmosphere of mutual support.

2.0.2.4 MEDITATION THERAPY (MT)

Recent studies have shown that mindfulness meditation is extremely effective in lowering symptoms of **PTS** and increasing focus. **PTS** symptoms include anxiety, anger, depression, flashbacks and nightmares. All too often these symptoms are treated with drugs. For many, this approach does not work. Now, a completely natural method is proving itself successful: mindfulness meditation.

In this type of meditation, the practitioner focuses on a single thing, such as breathing, for a set period of time. This generally lasts for 15 to 20 minutes.

Significant benefits of mindfulness meditation have shown to considerably decrease stress levels and anxiety and increase focus and the ability to retain new information.

2.0.2.5 THERAPY DOGS

Recent research has proven that therapy or service dogs can help veterans afflicted with **PTS** gain some control of their symptoms through interaction with these animals. Studies show that in as little as six weeks therapy dogs help draw out vets experiencing emotional isolation and depression. Veterans are included in the training process of their animal and calling out commands helps veterans with **PTS** regain the understanding between being assertive and aggressive; a distinction some suffer with. In addition, consistent praise for their animals during training helps these individuals overcome emotional numbness by unknowingly helping them to express affection. Dogs can also ease a veteran's hyper vigilance by becoming a trusted and protective companion. Our goal is to partner with an organization already providing such services.

2.1 SECONDARY SERVICES

2.1.1 SUBSTANCE ABUSE COUNSELING

PTS often leads to drug addiction as a method to cope with the memories of traumatic events. Drug and alcohol dependency may lead to health complications, divorce, loss of work, death, and many other problems. Sobriety is a crucial step in the journey to good mental health and wellbeing.

2.1.2 ANGER MANAGEMENT TRAINING

Anger associated with **PTS** destroys important relationships over time, both at home and at work. Anger Management training educates on how to better manage and control anger and stress related problems that occur in life.

2.1.3 PHYSICAL THERAPY

Through referral of the on-site care clinic, veterans may receive on-site physical therapy for existing injuries in order to assist a successful progression through their Life Journey.

2.1.4 ON-SITE CARE CLINIC

An on-site care clinic will provide clinical treatment for veterans enrolled in our Life Journey program. They will receive routine medical care needed to enhance their quality of life.

2.1.5 CAREER COUNSELING

Employment is crucial for domestic and financial stability. Our career counselors will work tirelessly to create programs and partnerships with the corporate community in order to assist veterans to procure stable employment after completion in the Life Journey program.

Career counselors assist veterans with education in resume writing, interviewing techniques, and dress for success.

2.1.6 FINANCIAL SUPPORT SERVICES

Financial support counselors assist veterans with financial planning and grant assistance.

2.1.7 EMPLOYER OUTREACH EDUCATION

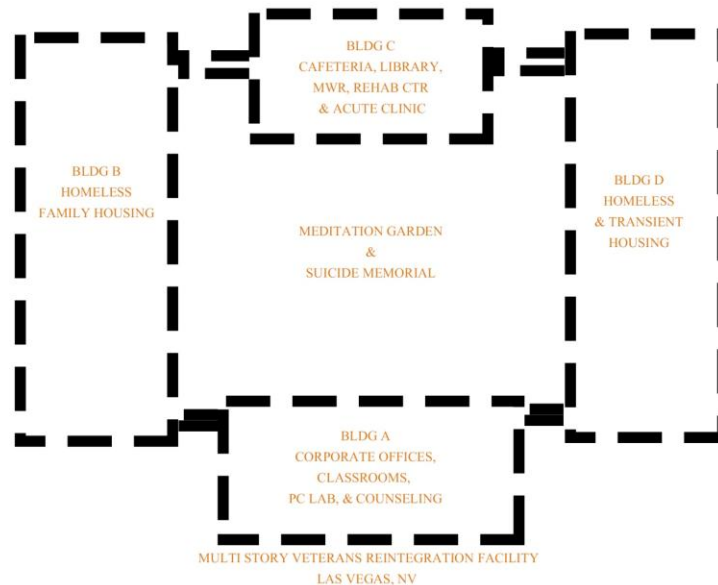
Our outreach coordinators will liaison with local businesses with the goal of educating potential employers of the value and benefits of hiring veterans. Our counselors will work with the corporate community to dispel negative stigmas associated with combat **PTS**.

THE HOME DEPLOYMENT PROJECT OVERVIEW

2.1.8 HOME PLACEMENT ASSISTANCE

Upon completion of the Life Journey program, veterans needing housing assistance may coordinate with our trained and experienced counselors for assistance in transitioning into independent living.

3.0 SAMPLE FACILITY LAYOUT



The **HDP** Life Skills Center will consist of a multi-story state of the art Las Vegas retreat that serves as an all encompassing facility for everything a veteran suffering from **PTS** & depression would need to reintegrate themselves back into mainstream society—from transitional housing, counseling, rehabilitation services, education and training, to job placement.

4.0 LIFE JOURNEY

The entire process comes together through what we call the Life Journey. It's the **How** in the question, "How do our programs help a veteran successfully integrate back into society?" A veteran's Life Journey begins once they walk through our door seeking help. The process entails a thorough vetting and needs assessment that is completed by licensed and experienced social workers dedicated to providing excellent service to our nations heroes.

THE HOME DEPLOYMENT PROJECT OVERVIEW

Upon arrival, eligible veterans are assessed for housing, medical, and mental needs. They are assigned to a Life Coach who will be responsible for their Life Journey during their transition to a healthy life. The Life Coach will guide the veteran through a tailored plan that takes advantage of any number of our in-house or liaison services by means of close coordination with the veteran's mental and healthcare providers. The Life Coach acts as a positive role model and motivator for the veteran pursuing their Life Journey.

The Life Journey process is meant to be a structured and positive life plan dedicated to empowering the veteran with the skills needed to regain control of the life lost through the rigors of **PTS** and/or chronic homelessness.

5.0 CONCLUSION

The Home Deployment Project will not operate as a halfway house or another city shelter that serves as a temporary bandage for homeless veterans of whom are already numb from the experiences of a broken system. HDP will serve as a potential cure for homeless veterans who choose a path other than the one they presently travel upon. HDP will provide a retreat type living environment with all the primary support programs needed for an individual to successfully rebuild their life.

A successful triad between business, local government, and the community, will serve to add to the legacy of Las Vegas. Together we can raise the bar for veteran care after service and set the standard for the rest of the country.