

## American Lake DOM

The Domiciliary (DOM) is home to three of the Mental Health Residential Rehabilitation Treatment Programs (MH RRTPs) offered at VA Puget Sound, American Lake Division. Nationally, MH RRTPs are a core part of the mental health continuum of care provided by VA. MH RRTPs serve a diverse group of Veterans; providing specialty mental health treatment; as well as addressing homelessness and vocational concerns. At American Lake, the DOM houses the following residential treatment programs:

**HERO (Homeless Engagement and Recovery Opportunities)** – HERO is a residential treatment program for Veterans who are homeless and in need of assistance to address individualized vocational goals while continuing to focus on mental health, substance use, and other psychosocial needs. The programming relies on a phase-oriented approach to recovery with an initial skill building phase. Increasing independence is encouraged as Veterans progress through the program. Length of stay is individualized to meet Veteran needs but can range anywhere from 1 month to 6 months.

**STAR (Substance Treatment and Recovery) Program** – The focus of the STAR program is to assist Veterans with obtaining their substance related recovery goals in a residential setting. Providers work to assist Veterans to recognize patterns and behaviors that are no longer useful and help to identify and use new coping skills to support life goals. Together, we will continually assess progress toward these goals. All Veterans with recovery goals are welcome. Length of stay is about 4 weeks.

**VIP (Veterans Intensive PTSD) Program** – The VIP program recognizes that traumatic life experiences can cause emotional pain. As a result, many Veterans begin to have problems maintaining employment, spending time with family or friends, or finding meaning in day to day life. The VIP program honors Veterans' histories while also beginning the journey to rebuilding valued and meaningful lives. Treatment programming is centered on interventions that are evidenced-based and tailored to meet the unique needs of each Veteran. Length of stay is about 6 weeks.

Please contact **Mani Dhami**, Supervisory Recreation Therapist for any questions, **253-583-3521**

### **Recreation Therapy program (Immediate Needs):**

- \$ 200 Walmart: Various summer **outdoor sports equipment**
- \$ 200 Joanne or Michaels to purchase **Craft kits**.
- \$ 100 Dollar Tree for **bingo prizes**

### **Peer Support Program (Immediate Needs):**

- \$ 300 Amazon gift card to purchase 12 step AA, and **other recovery oriented books** for our peer support library that we can lend and teach to our veterans in various peer support groups.

### **Ongoing needs list:**

- Backpacks
- Alcohol Free Toiletries: lotion, non-alcohol mouthwash, soap, shampoo, toothpaste and toothbrush
- Hangers
- Postage stamps