

Improvements to Level 3 at SARP Portsmouth

1. Dual Diagnosis Treatment - SARP is now offering patients with co-occurring disorders two individual sessions with his/her Psychologist or Psychiatrist per week. The SARP staff is unaware of any civilian treatment program that offers individual appointments with level of provider. All SARP Psychologists have been trained in numerous evidence-based treatment modalities, including Cognitive Processing Therapy to treat PTSD, in order to provide exceptional care to patients.
2. Saturday Programming - therapeutic groups are now run on Saturday in addition to Monday through Friday. Historically only recreational or art therapy occurred on Saturday, but now patients meet with their regular groups in addition to the adjunct therapies being offered.
3. Civilian Clothes - In response to patients' feedback that uniforms were a therapeutic barrier uniforms are no longer required in group. There is however, a civilian dress code, and patients retain the option of wearing uniforms to group if they choose. The change in dress requirements remains experimental at this time, and could revert in the future back to uniforms.
4. Continuing Care Tracking - The Administration Department of SARP now monitors and records attendance at Continuing Care groups. DAPA's (or service equivalent) receive e-mail notification if service members neglect to attend their assigned SARP-provided Continuing Care groups. The strengthening of this process has led to the need for, and creation of, additional Continuing Care groups.
5. After Care Plans - Recommendations for Continuing Care were revised to allow for increased customization to meet the patient's specific therapeutic needs. The edits to the After Care Plan also provide improved clarity to the patient's Command about the expectations of the patient during this year long process.
6. Gender Specific Treatment - A Women's therapeutic group meets in the evening once a week.
7. Art Therapy - SARP has filled a vacant position for a full-time art therapist. The art therapist holds group therapy sessions with the patients, and also completes comprehensive art therapy assessments for individual patients at the request of the Treatment Team.
8. Expansion of Recreational Therapy - Recreational Therapy has organized, and now implements, a Sober Lifestyles Group focusing on goal setting, time management, and identifying community resources for leisure. Recreational Therapy has also increased the number of therapeutic outings to include volunteer opportunities through therapeutic horseback riding or working at a local thrift store.