

# POST-TRAUMATIC STRESS RECOVERY

## Program Overview

Childhood abuse. Workplace accidents. Military trauma. Violence and crime. Sudden loss or destruction. Healing from such traumatic events requires courage, strength, and perseverance. Survivors of trauma must learn to cope with painful memories, a sense of isolation, and feelings of shame, guilt, and fear. Many also experience symptoms of depression or anxiety. Homewood Health Centre's Program for Post-Traumatic Stress Recovery

(PTSR) is one of the few in-patient programs of its kind in Canada. This intensive program helps participants create safety physically, emotionally, and in their relationships, as well as to examine unhelpful coping patterns that allow past trauma to be replayed in present life. In addition to formal group therapies, the program creates a sense of community, where trauma survivor helps trauma survivor through the healing process.



## Program Trends and Patient Characteristics

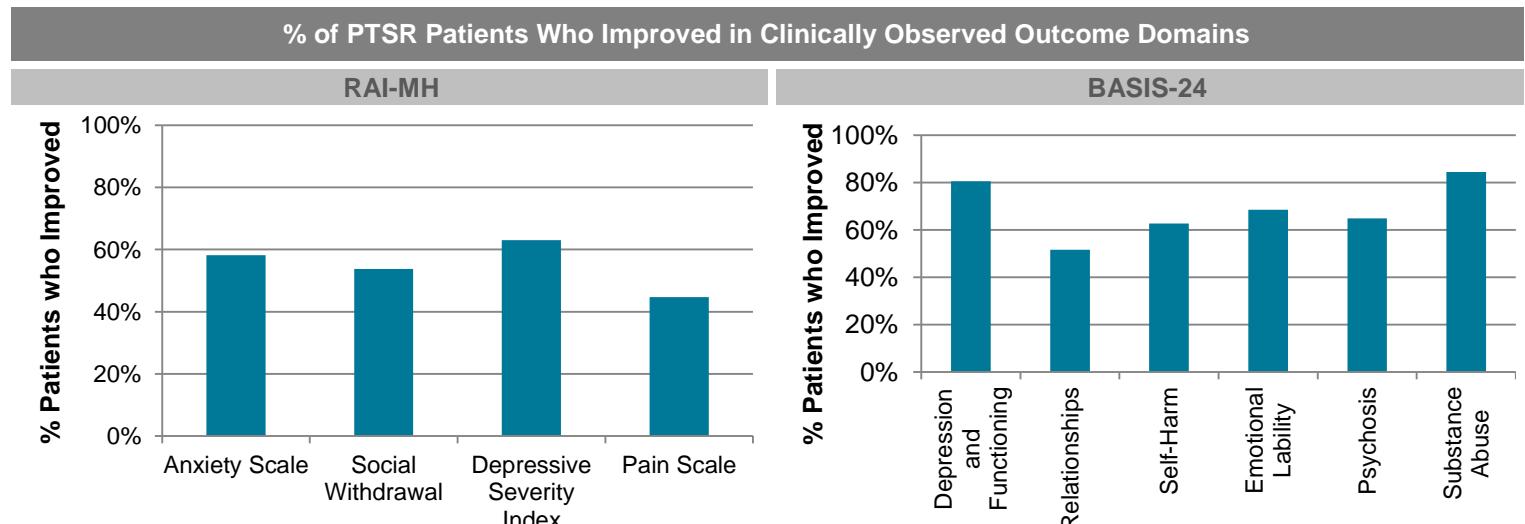
# of Patients	Age	Additional Common Issues in PTSR Patients		
190	Avg: 45 21 - 73	Depression 74%*	Substance Use 25%	Anxiety 12%

\* Percent of PTSR patients with these diagnoses in addition to trauma disorder

## Clinically Observed Outcomes

The Resident Assessment Instrument-Mental Health (RAI-MH) and the Behavior and Symptom Identification Scale (BASIS) are completed at admission and discharge to assess clinical outcomes.

The graphs below illustrate that PTSR patients displayed positive rates of improvement (55% of patients improved, on average for RAI-MH; 69% on average for BASIS-24) for symptoms listed.



## Patient Satisfaction

Homewood is known for providing the highest quality of care to its patients. The patient comments left in our discharge survey are evidence of positive experiences and success during this phase of recovery.

