

# Improving Veteran Adherence to Treatment for PTSD Through Partnering With Families.



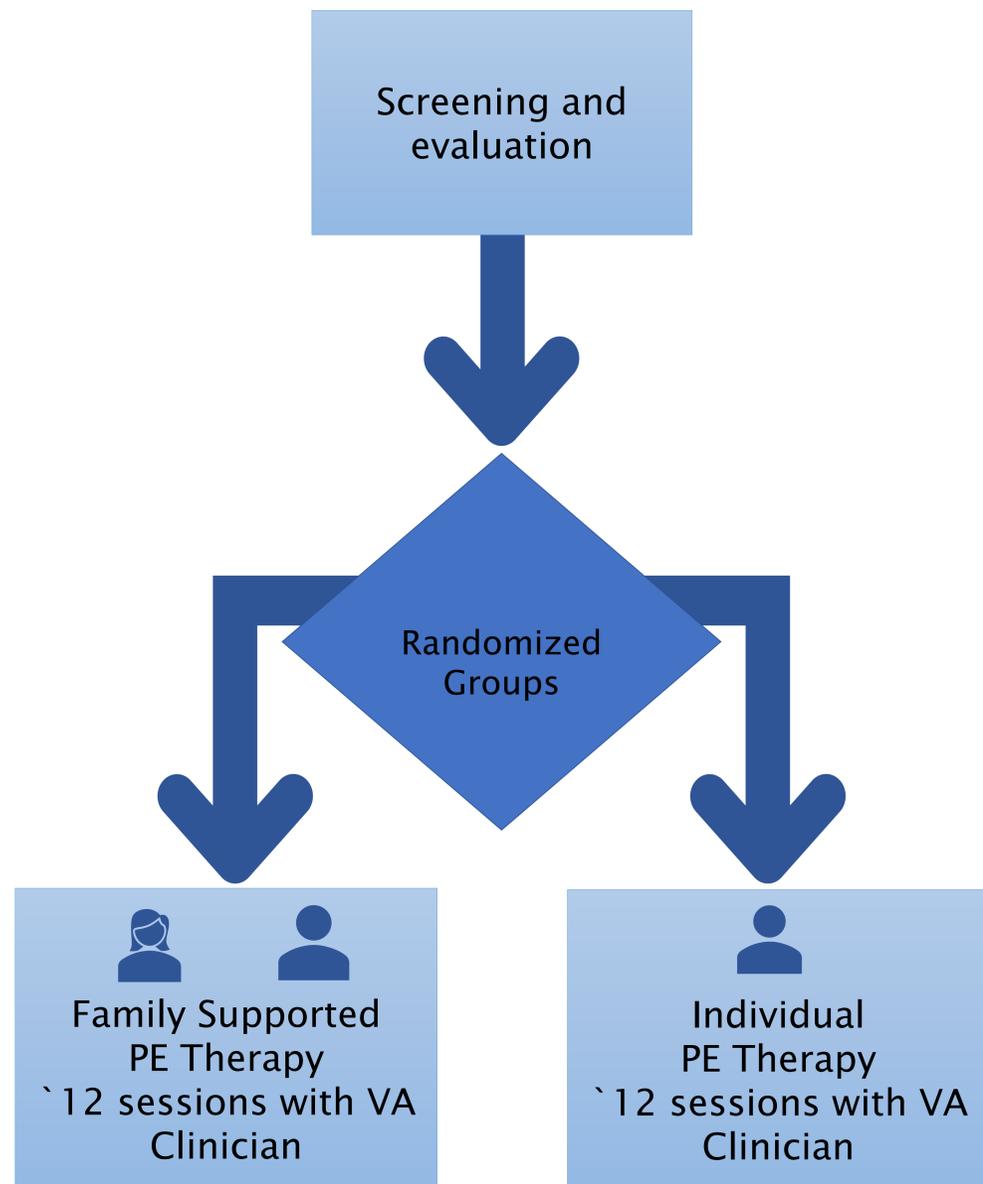
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VA Ann Arbor Health Care, Minneapolis VA Healthcare, and Atlanta VA Healthcare System

## AIM

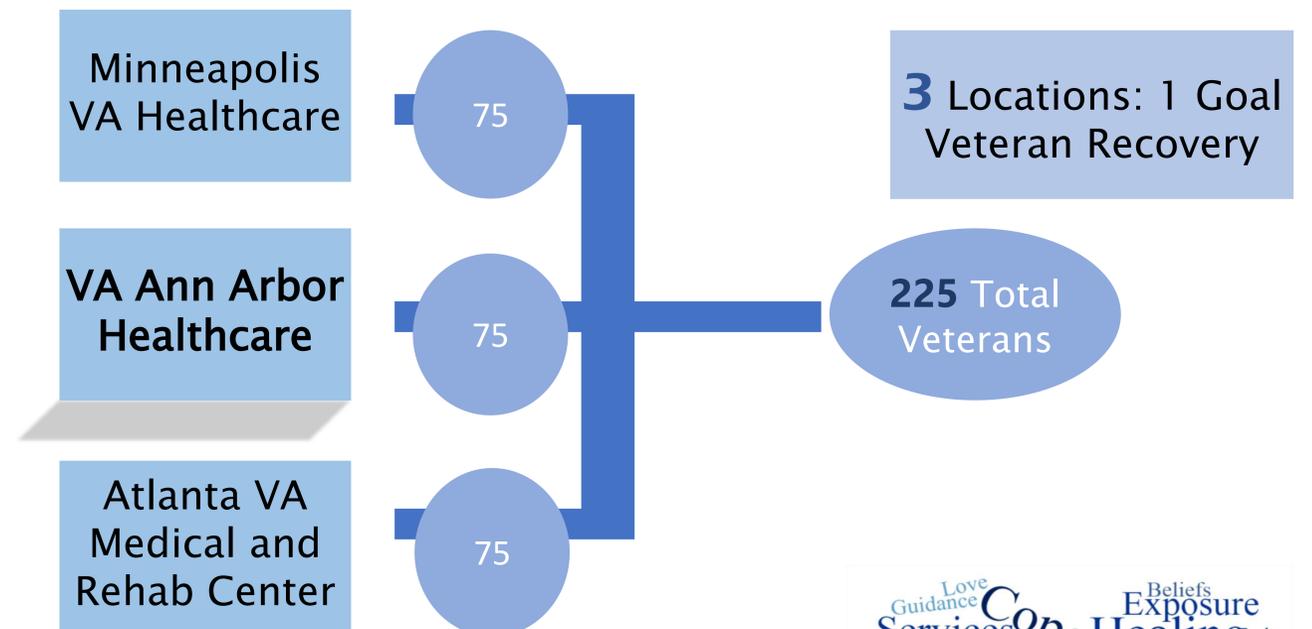
Determine if Veterans get more out of PTSD treatment alone or when a family member or friend attends some sessions with them as a support.

## METHODS



## PARTICIPANTS

- Veterans who are currently enrolled in VHA care and:
  - Have concerns related to trauma
  - Have symptoms of PTSD that may include: unwanted memories, difficulty sleeping, and/or feeling constantly nervous or anxious.
  - All eras and all types of trauma.



All Participants receive *Prolonged Exposure* (PE) therapy—a therapy shown to be effective in treating PTSD.

**Currently Recruiting**  
Please call 734-845-5359 for more information

