The Freedom Care Program

Established October 1, 2007
Mission: Providing Mental Health and Chemical Dependency Care for Military Members, Veterans, Retirees and their Families
Freedom Care Locations:
Denton, Wichita Falls, and El Paso Texas; Portland, Oregon; Salt Lake City, Utah; Phoenix, Arizona
Who has admitted a patient into FC?

31 Army Forts
30 Air Force Bases
7 Navy Bases
6 NG Centers
6 VA Centers
3 Marine Camps
2 NATO Organizations
2 Coast Guard AS
and 4 Civilian Organizations

Military clinician references available upon request.
## Specialized Military Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Locations</th>
<th>Evidence-Based</th>
<th>Patient Population</th>
<th>Level of Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Combat ASD/PTSD and/or Addiction</td>
<td>Denton, Portland, El Paso, Salt Lake City, Phoenix</td>
<td>CPT/LIB, AA Steps 1-5, Chaplain</td>
<td>AD, Vet</td>
<td>Inpatient, locked</td>
</tr>
<tr>
<td>Freedom Care for Women</td>
<td>Salt Lake City</td>
<td>CPT, CBT, LIB</td>
<td>AD, Vet Women only allowed in program, separate unit, groups</td>
<td>Inpatient, locked</td>
</tr>
<tr>
<td>Detox/Addiction</td>
<td>Denton, Portland, El Paso, Salt Lake City, Phoenix</td>
<td>LIB, AA 1-5, Chaplain</td>
<td>AD, Vet</td>
<td>Inpatient, locked</td>
</tr>
<tr>
<td>Behavioral Health</td>
<td>El Paso</td>
<td>CBT</td>
<td>AD, Vet</td>
<td>Inpatient, locked</td>
</tr>
<tr>
<td>Freedom Care Extended Stay</td>
<td>All locations Open now in Denton</td>
<td>Recovery Model</td>
<td>AD</td>
<td>Inpatient, locked</td>
</tr>
<tr>
<td>All diagnoses</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exclusively Women’s</td>
<td>Denton, Portland, El Paso, Salt Lake City, Phoenix</td>
<td>CBT/CPT</td>
<td>AD, Vet, Spouse, Civ (Women only in groups/coed milieu at some locations)</td>
<td>Inpatient, locked</td>
</tr>
<tr>
<td>Residential Addiction</td>
<td>Wichita Falls</td>
<td>LIB</td>
<td>AD, Vet, Spouse, Civ</td>
<td>Residential, unlocked</td>
</tr>
<tr>
<td>FC Wives</td>
<td>Wichita Falls</td>
<td>LIB</td>
<td>Spouses (Break out group)</td>
<td>Residential, unlocked</td>
</tr>
<tr>
<td>FC Youth</td>
<td>El Paso</td>
<td>CPS</td>
<td>Military and Civ youth treated together</td>
<td>Inpatient, locked</td>
</tr>
</tbody>
</table>
Freedom Care
Clinician Administered PTSD Scale

CAPS Outcome 2010

Date range: Oct 2009 - Jun 2010

• Total patients: 101

• 30 referring military installations

• Average LOS: 36.57 days

• Gender: Male 87 Female 14
CAPS Clinical Improvement

• CAPS Average
  – Admission: 97
  – Discharge: 66
  – Average reduction: -31
    (Clinically significant -15)

• PCL-M: Average reduction: -38
  (Clinically significant -10)
Outcomes correlated with Clinical Severity*

<table>
<thead>
<tr>
<th>CAPS Scores</th>
<th>Asymptomatic 0-19</th>
<th>Mild 20-39</th>
<th>Moderate 40-59</th>
<th>Severe 60-79</th>
<th>Extreme &gt;80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admission</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>10</td>
<td>89</td>
</tr>
<tr>
<td>Discharge</td>
<td>0</td>
<td>9</td>
<td>22</td>
<td>50</td>
<td>20</td>
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</tbody>
</table>

*Ref: CAPS Manual pg 16
The Freedom Care Watch Project:

Freedom Care Watch is a three-focused clinical post-discharge monitoring project designed to monitor progress and risk post-discharge.

The project doubles as an outcome measure for Freedom Care and military leaders.
The Focus of the Freedom Care Watch Project

Focus I: PTSD Symptoms using the PCL-M

Focus II: Addiction Abstinence using the Freedom Care Addiction Follow-up Form

Focus III: Suicide/Homicide Risk using the Freedom Care S/H Risk Assessment

A packet containing instructions, applicable forms, and a score sheet will be included in the patient records upon discharge of the patient from Freedom Care.

Military clinicians are asked to send data to Freedom Care for 30 days post discharge. Continued monitoring for MTF purposes at the discretion of the MTF.
Services for VA/ Military Professionals:

- International 24/7 Call Center
- 6 Step Admission Process with one day acceptance
- Written Communication Protocol
- Patient and Family Welcome Packet
- Command Introduction Packet
Services for Military Professionals continued:

• Automatic weekly clinical/command updates
• Physician to physician communication regarding medications
• Patient transportation to/from local military bases or airports
• Discharge packet
• Dedicated Military Liaisons
Additional benefits

• Only combat troops attend combat groups.
• DoD medication policies adhered to.
• Key staff with military backgrounds.
• Evidence-based ASD/PTSD/Addiction and Dual Diagnosis Specialty Programs.
• Experience treating combat trauma.
• Experience treating military sexual assault.
• Physical conditioning program and equipment.
Staying in our lane-
Forensic Neutrality
Mandatory Freedom Care Standards
Distance is not an obstacle for FC
Iraq, Alaska, Hawaii, Spain, Italy, Belgium, Japan, Germany, And New York to California
Medical Evacuation,
civilian airline, or ground

Patients travel to Freedom Care
from the CONUS and overseas
THE FREEDOM CARE PROGRAM Leadership

At the Corporate Level, Ascend Health has identified a Director over all sites and national liaisons to provide leadership to all facilities that operate a FC Program and a connection between the DoD and the FC teams.

The FC Director (AF Vet) and the Corporate VP of Clinical Standards (Navy Vet) conduct regular site visits and attend facility meetings via phone conference.

A PTSD and Suicide/Homicide Risk consultant are on contract with Freedom Care.

Each site has a separate multi-disciplinary military treatment team, program director, medical director, and dedicated attending physicians. A military only treatment team and military committee meeting are mandatory each week. The medical director in Denton serves part time as the FC Medical Director.
Contact Information

To make a referral 24/7 call (866) 441-4440

Damon Drakulich
Military Liaison
801-300-3721
Damon.drakulich@saltlakebehavioralhealth.com

Stacie York
Vice President
(817) 793-4289
stacie.york@freedomcare.com