

STICKING IT OUT IN TRAUMA-FOCUSED TREATMENT FOR PTSD: IT TAKES A VILLAGE

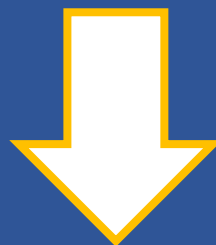
1/3 of Veterans **drop out**
of trauma-focused
PTSD treatments



272 Veterans and a loved one surveyed on *attitudes* and *quality of support systems* at 4 VA hospitals before treatment



When loved ones
Encouraged
Veteran to confront distress



Veterans were
2x
more likely
to complete treatment

The Bottom Line

Loved Ones Can Help

Confronting, not avoiding,
distress is **essential** for PTSD
recovery



*Support outside of treatment is key
for success in continuing treatment*

*To Reduce Dropout
Clinicians Should:*



- 1) ASK PATIENTS**
about Support Networks
- 2) REACH OUT**
to Support Networks