

Nonprofit Veteran Organization	Point of Contact	Title	Email	Phone Number
Road Home Program	Modie Lavin	Sr. Veteran Outreach Coordinator	Modwene_lavin@rush.edu	773-590-8244
Veterans Path to Hope – SSG Fox Suicide Prevention Program	Joshua Deron	Certified Peer Support Specialist / Outreach Liaison	jderon@vphope.org	262-374-7690
Buddy Check 22	Sara Thomson	Board of Directors	Bc22vsa@gmail.com	815-214-0378
Project Headspace & Timing PHAT	Eric Peterson	CEO/ Founder	contactphat@projectheadspaceandtiming.org	833-855-7428

Road Home Program at RUSH:

roadhomeprogram.org

Who We Are

The Road Home Program is the National Center of Excellence for Veterans and Their Families at Rush University Medical Center. We provide confidential, compassionate, and evidence-based mental health care to help veterans, service members, and their loved ones heal from the invisible wounds of military service.

Our team includes psychologists, psychiatrists, clinical social workers, counselors, wellness providers, researchers, and veterans who understand the challenges of military service, deployment, trauma, and reintegration into civilian life. Care is provided at no cost to participants and is available regardless of discharge status or ability to pay.

Who We Serve

We serve veterans from all service eras, active-duty service members, members of the National Guard, reservists, and military-connected families.

Family services are available to spouses, partners, children, parents, siblings, caregivers, and other loved ones affected by the challenges of military service and life. We support individuals dealing with PTSD, military sexual trauma, combat trauma, depression, anxiety, sleep difficulties, substance use, traumatic brain injury, relationship concerns, parenting challenges, and difficulties adjusting to life during or after service.

What We Offer

The Road Home Program provides a range of specialized mental health and wellness services, including:

- A two-week Accelerated Treatment Program for PTSD, combat trauma, military sexual trauma, depression, anxiety, substance use concerns, traumatic brain injuries, and related conditions
- Weekly outpatient therapy offered in person in Chicago and through virtual appointments for eligible residents
- Individual, couples, family, and children's counseling
- Veteran peer support and virtual support groups for family members and friends
- Specialized family education and support to help loved ones better understand PTSD and participate in the healing process
- Neuropsychological evaluations, substance use assessments, and other specialized clinical services
- Research focused on improving intensive, evidence-based treatments for trauma-related conditions
- Clinical training for future mental health professionals serving veterans and military families

For eligible participants attending the in-person accelerated program, food, lodging, travel expenses, copays, and other program-related costs may also be covered. Every person receives care tailored to their experiences, needs, and goals so they can reduce symptoms, strengthen relationships, improve their quality of life, and move forward with renewed hope.



VIRTUAL ACCELERATED TREATMENT



AT A GLANCE

Accelerated Treatment

1-2 sessions daily - four months of therapy in less than 2 weeks.

Evidence-Based Psychotherapy

Cognitive Processing Therapy and Unified Protocol

Flexible Scheduling

We will work around your scheduling needs.

NO OUT-OF-POCKET COST

Get back to what you love - improved quality of life and relationships!

HOW TO ENROLL



Get Care Here

1. Call to register (312) 942-8387 press 1
2. Submit a Get Care form online www.RoadHomeProgram.org
3. Scan the QR code

ARE YOU A SERVICE MEMBER, VETERAN, OR FAMILY MEMBER?

WE CAN HELP

Daily virtual programming focusing on treatment for PTSD or depression/anxiety. Different from outpatient therapy that occurs once a week. This accelerated approach is an effective way to improve mental health quickly with lasting benefits.

✓ Eligible Participants

Service Members, Veterans (regardless of VA eligibility), and adult family. Must be living in a PSYPACT state. See [HERE](#) →



✓ Customized Treatment

Specialized treatment for combat and Military Sexual Trauma.

✓ Worry-Free Logistics

All treatment provided at no out-of-pocket cost. All you need is a computer, tablet, or smartphone.

THE NATIONAL CENTER OF EXCELLENCE FOR VETERANS AND THEIR FAMILIES AT RUSH



ACCELERATED TREATMENT PROGRAM



ARE YOU A SERVICE MEMBER OR VETERAN?

WE CAN HELP

Daily programming focusing on treatment for PTSD, or depression/anxiety stemming from traumatic events. Different from outpatient therapy that occurs once a week. This accelerated approach is an effective way to improve mental health quickly with lasting benefits.

✓ Eligible Participants

Service Members & Veterans, regardless of VA eligibility.

✓ Customized Treatment

Specialized treatment for combat and Military Sexual Trauma.

✓ Worry-Free Logistics

Located in Chicago, IL. All travel, housing, food, and treatment provided at no out-of-pocket cost.

AT A GLANCE

Accelerated Treatment

Four months of therapy in 2 weeks

Evidence-Based Psychotherapy

Cognitive Processing Therapy and Unified Protocol

Holistic Care

Acupuncture
Mindfulness
Art therapy
Moral injury repair

NO OUT-OF-POCKET COST

Get back to what you love - improved quality of life and relationships!

HOW TO ENROLL



Get Care Here

1. Call to register (312) 942-8387 press 1
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THE NATIONAL CENTER OF EXCELLENCE FOR VETERANS AND THEIR FAMILIES AT RUSH

Veterans Path to Hope – SSG Fox Suicide Prevention Program

veteranspathtohope.org

Who We Are

Veterans Path to Hope is a nonprofit organization that has served veterans and their families since 1996. The organization provides individualized, veteran-centered support designed to help people overcome challenges, regain stability, and rebuild their lives. Its programs are delivered by veterans and veteran-friendly professionals who understand the unique experiences and barriers facing the military community.

The SSG Fox Suicide Prevention Program is part of this larger mission. It is a community-based initiative focused on preventing veteran suicide by addressing mental health needs, strengthening support systems, and helping resolve everyday challenges that may increase suicide risk.

Who We Serve

We support eligible veterans, active-duty service members, and adult family members who may be experiencing mental health concerns, substance use, trauma, isolation, homelessness, unemployment, financial hardship, chronic illness, family challenges, or other suicide risk factors.

Veterans Path to Hope also serves veterans and families who need assistance with housing, employment, food, clothing, household necessities, counseling, benefits, recovery support, caregiving, or reconnecting with their communities. The organization primarily supports McHenry, Lake, Winnebago, Boone, and surrounding counties in Northern Illinois, with some housing services also available in Kenosha County, Wisconsin.

What We Offer

Through the SSG Fox Suicide Prevention Program, we provide suicide risk screening, individualized case management, peer support, suicide prevention education, benefits assistance, emergency support, and connections to VA and community resources. Each participant receives a personalized plan designed to reduce barriers, strengthen protective factors, improve stability, and support overall well-being.

Veterans Path to Hope also offers:

- Free counseling for veterans and their families
- Certified veteran peer support and recovery groups
- Transitional and permanent housing assistance
- Homelessness prevention and rapid rehousing
- Employment assistance and help translating military experience into civilian careers
- Food, clothing, toiletries, furniture, and household necessities
- Financial planning, legal referrals, and assistance applying for VA or public benefits
- Caregiver support
- Outdoor, recreational, and community engagement programs
- Referrals to trusted community partners for additional services

Through its resource center, housing programs, counseling services, employment support, peer programs, and community partnerships, Veterans Path to Hope provides a coordinated network of care that helps veterans and their families move toward safety, stability, independence, and renewed hope.

Buddy Check 22

Bc22vsa.com

Who We Are

Buddy Check 22 Veteran Suicide Awareness is a community-based nonprofit founded in 2015 to raise awareness about veteran suicide and help address the hidden wounds of military service. The organization works with local veteran groups, healthcare providers, and community partners to connect veterans with meaningful support and mental health resources.

Who We Serve

We serve veterans, active-duty service members, and military families who may be experiencing PTSD, depression, anxiety, substance use concerns, grief, stress, relationship difficulties, or challenges transitioning into civilian life. Support is also available to the people closest to veterans, including spouses, children, significant others, relatives, roommates, and friends.

What We Offer

Buddy Check 22 provides free and confidential mental health support through its partnership with the Well in Mind Program at Riverside Medical Center. Services include individual, marital, and family counseling, as well as support for PTSD, depression, anxiety, grief, parenting challenges, stress management, and alcohol or substance use concerns.

The organization also offers Mental Health First Aid training for military members, veterans, families, and community supporters. This training teaches participants how to recognize signs of mental health or substance use challenges, reduce stigma, respond appropriately, and connect someone with available resources.

Buddy Check 22 also raises awareness through community events, educational outreach, fundraising efforts, partnerships, and its veteran suicide awareness scholarship program.

Project Headspace & Timing

www.projectheadspaceandtiming.org

Who We Are

Project Headspace and Timing, also known as PHAT, is a veteran-led nonprofit organization based in Manteno, Illinois. PHAT works to promote positive mental health practices by reconnecting veterans with their communities, nature, trusted resources, and one another.

The organization was created to bridge the gap between veterans who need support but may not know how to ask for it and communities that want to help but may not know where to begin.

Who We Serve

Project Headspace and Timing serve veterans who may be:

- Experiencing a mental health or substance-use crisis
- Struggling with the transition from military to civilian life
- Becoming isolated or experiencing a decline in their overall well-being
- Looking for camaraderie, peer support, purpose, or connection
- In need of assistance navigating benefits, treatment, housing, legal services, or other community resources

Spartan Shield peer-support groups are open to all veterans.

What We Offer

Project Headspace and Timing provide veteran advocacy, peer support, resource navigation, outdoor recreation, and community-building opportunities.

Services and programs include:

- Weekly Spartan Shield veteran peer-support groups
- Crisis intervention and emergency support
- Mental health and substance-use treatment navigation
- VA benefits navigation and coordination
- Connections to housing, legal aid, healthcare, and nonprofit resources
- Troops on Trails outdoor activities, including fishing, hunting, kayaking, hiking, camping, golfing, and mountain biking
- Veiled Valor programming and community events
- Mental health awareness and opportunities for veterans to rebuild camaraderie
- Development of the Veterans Village Initiative, a planned transitional tiny-home community and treatment center for veterans