

Are you a veteran of OIF, OEF, or OND?

Join Sitrin's Military-Civilian Coalition (MCC) for a series of free activities!

Joining forces to empower and educate individuals through social and athletic endeavors!

Sitrin's MCC is designed to promote:

- ▶ Camaraderie
- ▶ Advocacy
- ▶ Educational Opportunities
- ▶ Transitional Support to Civilian Life

Monthly gatherings take place at 1700 at various locations in the community.

MCC activities include:

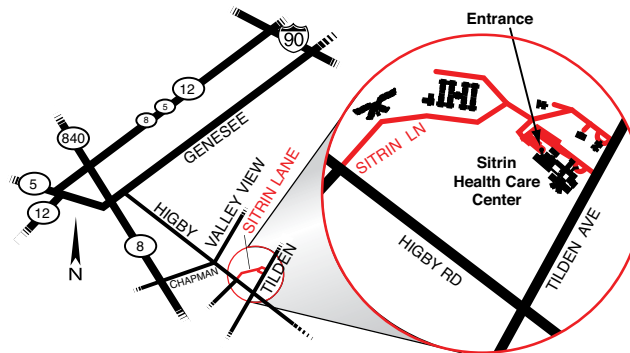
- ▶ Land Navigation
- ▶ TRX Suspension Training
- ▶ Educational Opportunities
- ▶ Fly Fishing
- ▶ Archery
- ▶ Shooting
- ▶ And More!



Contact Information

To learn more about Sitrin's Military Rehabilitation Program, contact:

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SITRIN

The Help. The Hope. The Healing.

Sitrin Medical Rehabilitation Center

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www.sitrin.com

In accordance with federal law, affiliates of the Sitrin Network of Homes & Services, Inc., admit, retain and provide care for participants and residents, if eligible, without regard to age, disability, gender, national origin, physical characteristics, religious preference, race, or sexual orientation.

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Outpatient Military Rehabilitation



This complimentary program for OIF, OEF or OND veterans is funded by Sitrin's annual Stars & Stripes Run~Walk and other generous donations.



Do you experience any of the following symptoms that may require treatment intervention?

- Sleep Disturbances/
Poor Sleep Pattern/Insomnia
- Anger/Hostility
- Depression
- Anxiety with Loud Noises
- Pain Management Needs
- Cognitive Impairments
- Anxiety
- Traumatic Brain Injury
- Cognitive Fog
- Vestibular Disorder
- Panic
- Phobias
- Bipolar Disorder
- High Risk Behaviors
- Intrusive Thoughts
- Avoidance
- Mood Swings
- Problems with Concentration
- Hypervigilance
- Fractures
- Back Pain
- Spinal Stenosis
- Tendon Injuries/Hand Injuries
- Orthopedic Injuries
- Knee/Hip/Shoulder Replacement
- Spinal Cord Injuries
- Amputation
- Speech or Swallowing Problems
- Hearing Difficulties



Who should participate in the program at Sitrin?

Sitrin's program is specifically designed to treat individuals with:

- ▶ Orthopedic Diagnoses
- ▶ Musculoskeletal Injuries
- ▶ Post-Traumatic Stress Disorder
- ▶ Post-Acute Substance Abuse
- ▶ Traumatic Brain Injuries requiring minimal supervision
- ▶ Spinal Cord Injuries
- ▶ Multiple Trauma
- ▶ Central and Peripheral Vestibular Disorders, such as Vertigo and Disequilibrium

What does Sitrin's outpatient treatment regimen include?

- ▶ Individual Psychology Intervention (one-on-one sessions with an experienced psychologist)
- ▶ Family Integration Therapy (led by trained therapists and/or a psychologist)
- ▶ Occupational Therapy (brain fitness, anger management, relaxation training, stress management, aquatic therapy, etc.)
- ▶ Physical Readiness Training (meets physical fitness standards focusing on strength and conditioning)
- ▶ Speech Pathology and Audiology (evaluation and treatment of cognitive communication skills, hearing evaluations and balance assessments, Tinnitus management, etc.)
- ▶ Planned Helpfulness (goal-oriented projects tailored to specific interests of soldiers)
- ▶ Massage Therapy (promotes relaxation, stress and pain relief, etc.)
- ▶ Equine-Assisted Therapy
- ▶ Adaptive Sports (competitive and recreational sporting opportunities)
- ▶ Military-Civilian Coalition (MCC)
- ▶ Audiology (CAP Testing and Auditory Processing Evaluations, Custom Ear Molds/ Noise Protection, Hearing Aid Evaluations and Fittings, Hearing Evaluations, Vestibular Evaluation)

