

The Specialized Care Program (SCP)

What Is It?

- An intensive, three-week, multi-disciplinary rehabilitation program for patients with deployment-related chronic illness or Medically Unexplained Physical Symptoms (MUPS)
- Based on internationally recognized chronic pain and chronic illness treatment protocols
- Corresponds with the stepped care model outlined in the Post-Deployment Health Clinical Practice Guideline
- For patients who have been through guideline-based care at the local MTF and continue to present with refractory chronic illness or MUPS

What Type of Care Is Provided?

- Each SCP treatment plan is designed to meet individual patient needs
- An internist evaluates/provides needed medical treatment for physical symptoms
- Teaches patients strategies to deal with the psychosocial risks and conditions that often accompany chronic illness and the resultant consequences on social, occupational, emotional, and interpersonal functioning and quality of life
- Behavioral health and self-care strategies and treatment modalities include:
 - Physical conditioning
 - Nutritional counseling
 - Patient education
 - Occupational therapy
 - Counseling
 - Relaxation training



SCP (Side Two)

Who Can Participate?

- Available to members of all Branches of Service as well as family members affected by persistent symptoms
- For information about funding for participation in this treatment program, contact DHCC

How Are Patients Referred?

- Military health system clinicians can refer patients meeting admission criteria to the program.
Basic criteria include:
 - Patient must be ambulatory and capable of some exercise
 - Patient has been through guideline-based care at the local MTF and continues to present with refractory, deployment-related chronic illness or MUPS

For more information, to clarify admission criteria, and/or to refer patients, contact DHCC:

- Phone: (202) 782-6563, DSN: 662
- DHCC Clinicians Helpline: 1 (866) 559-1627
- Fax: (202) 782-3539

Where Is the Program Located?

DoD Deployment Health Clinical Center
Walter Reed Army Medical Center
Bldg. 2, 3rd Floor, Room 3G04
6900 Georgia Avenue, NW
Washington, D.C. 20307-5001

