



RRTP Resident Council Resource Guide

1501 San Pedro Dr, Albuquerque, NM 87108

Your stay here in RRTP is primarily focused on recovery and rehabilitation. It is also a great opportunity to take advantage of opportunities the VA has to offer. Many of us may have just put off or avoided taking advantage of these opportunities. There are also likely many benefits and opportunities that you'll learn of here at the program that you had no idea existed.

Take advantage of the benefits you've earned.

- **Get enrolled with a Primary Care Physician (PCP)**

Follow-up care is important after you finish the program. To get enrolled with a PCP, see the enrollment team in building 41 on the 1st floor. Make you bring your VA ID. Speak to your social worker if you have any questions about getting a PCP.

- **Financial assistance opportunities with the DAV**

If you are not retired or classified as 100% Service-Connected, the volunteers at the DAV can help you with filing the necessary paperwork with the VA for temporary 100% disability. This program is designed to help cover your stay here at the RRTP. **Do this early** so they have time to review it. You can contact the DAV at www.dav.org, at 500 Gold Ave, or here at the VA from 1000-1200 in building T62.

- **Obtaining medical records**

Copies of your medical records with VA are available through the Privacy Office (building 41 in basement). **Make sure you bring your ID.** Some of your records are also available on the www.va.gov website (sign up required).

- **Pharmacy**

The pharmacy is located in building 41 on the first floor. Bring your VA ID to pick up any outpatient medications when you become "independent" on day 28 of your stay. You'll also get your meds here after you discharge from the program.

- **Eye Exam**

It is recommended that you schedule eye exams with the Optometry Clinic while in the program.

**Optometry Clinic: 505-265-1711 ext. 7950
Building 41, 2nd floor B135**



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- **Dental**

If you are not 100% Service-Connected (making you eligible for dental care), you have the opportunity to receive dental care while here in the program. After you have been inpatient for **60 days**, you are eligible for dental care services. (this includes time spent in "Ward 7", if applicable).

Dental Clinic: 505-265-1711 ext. 7950

Building 41, 2nd floor B135

- **Sleep Study**

If you're having trouble with sleep or have concerns about sleep disorders such as sleep apnea, talk with your RRTP provider about scheduling with Sleep Therapy for a sleep study.

- **Clothing Closet**

Your RRTP provider can provide you with a voucher to visit the Clothing Closet. They are typically open from 1100-1300 Monday-Thursday. This is a free service in building 53.

You are allowed 2 visits per month. **Each visit allows you:** 2 shirts, 2 pairs of pants, 2 pairs of socks, and 2 pairs of underwear. Shoes and jackets are also given out on a once-a-year basis.

- **Medication while in RRTP**

If you have concerns about, or need more support in regards to your medications, the staff is here to help. Don't hesitate to reach out to nursing staff or your RRTP provider for help. You can also request a meeting with your team to discuss any topics you feel need to be addressed.

- **VA.gov (formerly myHealtheVet)**

Download the VA app and create an account. This app can be used to message providers, view medical records and other VA benefit documents, check/manage appointments, refill prescriptions and more. Request help from Resident Council members should you have issues setting up the app or account.

- **Vocational Rehabilitation Services**

"Voc-rehab" offers assistance for employment and education. Compensated Work Therapy (CWT), Employment Assistance, and Education Assistance are available through this program. Ask your RRTP Provider for a referral- it will require medical clearance.



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- Housing Assistance - HUDVASH/VIC

HUDVASH provides assistance with housing for independent living. The Veteran's Integration Center (VIC) is another resources for housing. Ask your RRTP Provider for more information.

- Discharge Planning

It's never too early to start planning for your discharge (especially housing). Take a few minutes each day/week to review your recovery plan. Your recovery plan is a work-in-progress by design and must be continually adapted and reviewed. Speak with your providers about outpatient care options post-discharge. It is important to have a plan to maintain the progress you've made after graduating the program.

****RRTP aftercare group is also available every Wednesday at 3pm (bldg 1 rm 116****

- Nursing is Available 24/7

Any issues, concerns, comments, etc. can be brought up nursing at any time. Whether you need equipment like mattress-toppers or questions about your meds, the nursing staff and fellow residents are all here to help you succeed. Please do not hesitate to reach out and ask questions or voice your opinion. .