

UCF RESTORES® Fact Sheet

[UCF RESTORES](#) – a National Center of Excellence for First Responder Behavioral Health – is a nonprofit clinical research center and treatment clinic established to change the way posttraumatic stress disorder (PTSD) and other trauma-related concerns are understood, diagnosed and treated. What began as a government-funded research initiative in 2011 has grown to serve as an invaluable resource to the Orlando community, the state of Florida and beyond.

Treatment Approach & Service Availability

UCF RESTORES' one-of-a-kind approach to treatment – including a uniquely condensed and successful intensive outpatient program – combines evidence-based exposure therapy, emerging technology (i.e., virtual reality), one-on-one and group therapy sessions to help those suffering in the wake of trauma regain control of their daily lives.

Treatment at UCF RESTORES is offered on an outpatient and intensive outpatient basis at the Rosengren Trauma Clinic at UCF RESTORES® in Central Florida.

Current programs and services include:

- Outpatient Therapy
The comprehensive Trauma Management Therapy (TMT) outpatient treatment program is designed to help those affected by trauma on a traditional outpatient basis, integrating technology into evidence-based psychological treatment for optimal results.
- TMT Intensive Outpatient Program
The UCF RESTORES two-week intensive outpatient program is structured to provide concentrated, trauma-specific treatment for those battling PTSD. This program consists of daily individualized exposure therapy, paired with daily group therapy sessions, all of which are conducted by UCF RESTORES' master- or doctoral-level mental health clinicians.
- Single-Session Consultation Program
The UCF RESTORES Single-Session Consultation Program was launched in July 2020 in response to COVID-19 and its effects on front-line medical personnel, hospital workers, first responders, educators and other essential workers. This cost-free program is designed to provide those in the front-line health care and first responder communities with accessible behavioral health support and guidance for further treatment, if needed.

Populations Served

UCF RESTORES provides its evidence-based clinical treatment services to individuals experiencing PTSD and other trauma-related concerns, including:

- First responders
- Front-line medical personnel
- Military veterans
- Active-duty military personnel
- Survivors of sexual assault
- Survivors of mass violence
- Survivors of natural disasters
- Others affected by trauma

Currently, all treatment services are available **at no cost** to Florida residents.

Organizational Impact

To-date, UCF RESTORES has treated more than 500 veterans and active-duty personnel and more than 500 first responders, as well as survivors of sexual assault, natural disasters and mass violence, including the Pulse nightclub, Las Vegas and Parkland mass shootings.

66% of participants with combat-related PTSD and 76% of first responders no longer meet the diagnostic criteria for PTSD following treatment, compared to the 40-50% national average success rate for veteran-focused treatment programs. In the 2020-21 fiscal year alone, the organization provided over \$635,000 worth of no-cost services.

Training & Education

- Understanding that our front-line heroes – those in the military or first responder professions – are more likely to open up to peers with similar experiences, background and history, UCF RESTORES provides daylong workshops through its [REACT training program](#). Through this training, first responders learn to recognize signs of emotional distress, offer peer-level support and effectively coordinate follow up when clinical assistance is warranted.
- The UCF RESTORES [TMT Online Training Program](#) for behavioral health clinicians teaches the theoretical rationale behind and specific treatment components of TMT, an evidence-based treatment for PTSD that serves as the cornerstone of UCF RESTORES' successful treatment approach. The course – which includes six hours of continuing education credit – allows practitioners to learn this evidence-based treatment method to enhance the success of their practice and recovery of their patients.
- With the understanding that education is key to breaking down stigma related to mental health, UCF RESTORES routinely develops and disseminates free, web-hosted educational series for public consumption. Recent initiatives include a 12-part, Facebook-hosted “Wellness Education” video series, designed to address common concerns and stressors unique to COVID-19 and a three-part “Power of Peer Support” Q&A series rolled out amid National Suicide Awareness & Prevention Month 2020.

Special Projects & Active Studies

While virtual reality (VR) technology has always played a role in UCF RESTORES' approach to treatment, the team is breaking new ground with the development of its own, proprietary VR technology tool with funding from the U.S. Department of Defense. This tool, which is now in the clinical trial phase, leverages state-of-the-art virtual reality that allows for customized recreation of a patient's unique traumatic experience, immersing them in the sights, smells and sounds of the original trauma. Read more about this project [here](#).

Team

UCF RESTORES is led by Executive Director Deborah Beidel, Ph.D., ABPP, recognized as [a leader in the future of health care](#) and, on a regional level, as one of the "[10 People Who Make Orlando a Better Place to Live](#)."

Beidel leads a multidisciplinary team of passionate, licensed behavioral health professionals – with backgrounds in psychology and social work – dedicated to collaboratively providing cutting-edge treatment for trauma- and stress-related disorders. Cultural competency training is required for all UCF RESTORES clinicians, equipping each team member with the skills needed to successfully treat patients of varying occupations, lifestyles and experiences.

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