

## UCF RESTORES® Fact Sheet

[UCF RESTORES](#) 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' first-of-its-kind approach to treatment – including a highly successful intensive outpatient program – combines evidence-based individual exposure therapy, virtual reality technology, and group treatment sessions to help those suffering in the wake of trauma.

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

*UCF RESTORES' outpatient treatment program is designed to help adults affected by trauma, using evidence-based psychological treatments for PTSD, anxiety, and/or depression, and it integrates technology (e.g., virtual reality) when appropriate, for optimal results.*

- TMT Intensive Outpatient Program

*The UCF RESTORES three-week intensive outpatient program delivers our comprehensive Trauma Management Therapy for those battling PTSD. This three-week 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 is designed to provide the front-line health care and first responder communities with a one-hour consultation session, at no cost, to help develop a three-point plan to manage occupational stress.*

## Populations Served

UCF RESTORES provides its evidence-based clinical treatment services to adults 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.

## First Responder Regional Support Center

UCF RESTORES received a \$1.4 million [First Responder Regional Support Grant](#) from the Florida Department of Children and Families in 2022 to expand its nationally recognized peer support and suicide prevention training for first responders in a 12-county region in Central Florida. This award established UCF RESTORES as one of only five First Responder Regional Support Centers in the state, and enables the organization to reach more first responders and their family members to provide them with peer-support training focused on suicide prevention and behavioral health resources.

As a First Responder Regional Support Center, UCF RESTORES is holding strategic planning summits with first responder agencies across the region to facilitate the development of comprehensive behavioral health access plans specific to each agency's needs.

To support first responders seeking trauma treatment options in their area, UCF RESTORES is developing a network of clinicians and providing free training on first responder culture and treatments that work for treating PTSD. This will expand first responders' access to well-trained and culturally competent clinicians who work in Central Florida.

## Organizational Impact

To-date, UCF RESTORES has treated more than 517 veterans and active-duty personnel, and more than 661 first responders, as well as survivors of sexual assault, natural disasters and mass violence, including the Pulse nightclub, Las Vegas and Parkland mass shootings.

Research conducted in 2017 showed that 76% of first responders and 66% of those with combat-related PTSD no longer met the diagnostic criteria for PTSD following treatment, compared to the 40-50% national average success rate for veteran-focused treatment programs.

In the 2021-22 fiscal year alone, UCF RESTORES provided no-cost services valued at more than \$577,428.

## 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.
- 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.

## Recent Studies

While virtual reality (VR) technology has always played a role in UCF RESTORES' approach to treatment, the team recently developed its own proprietary VR technology tool with funding from the U.S. Department of Defense. This tool 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. UCF RESTORES tested this new system in a clinical trial over the last several months and will report its findings later this year.

## Team Bios

### **Deborah Beidel, Ph.D., ABPP**

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](#)." Dr. Beidel is the author of over 300 scientific publications including journal articles, book chapters and books on the treatment of anxiety disorders and posttraumatic stress disorder. She has received over \$31 million in federal research funding throughout her career, developing effective treatments for anxiety and PTSD and then disseminating them into standard clinical practice. She 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.

### **Clint Bowers, Ph.D.**

Pegasus professor and director of resilience and prevention at UCF RESTORES, Clint Bowers, Ph.D., focuses on the use of technology in training, prevention, and treatment. Dr. Bowers led the development of the popular REACT peer support training program, which has been used to train over 1,500 peer supporters in the Florida first responder community. He has published several studies on acute stress in 911 telecommunicators and initiated UCF RESTORES's new efforts in the area of emergency medical personnel. He was also a member of the International Association of Chiefs of Police working group on post-stress interventions. He is currently working on building and testing a new virtual reality system for the treatment of PTSD.

### **Amie Newins, Ph.D.**

As the director of clinical operations at UCF RESTORES, Amie Newins, Ph.D., also serves as the director of the Center for Research and Education in Sexual Trauma (CREST) and an associate professor in the Department of Psychology. Her research interests are broadly focused on the relationship between anxiety and behaviors, and events that are associated with health risk. In particular, she is interested in the identification of risk factors for sexual assault victimization, as well as the development of risk reduction programs. Her research has particularly focused on the relationship between social anxiety and alcohol-related consequences, as well as PTSD and substance use.

### **David Rozek, Ph.D., ABPP**

Assistant professor at UCF RESTORES, David Rozek, Ph.D., ABPP, is also the director of the National Center of Excellence for First Responder Behavioral Health and director of the Regional Support Center. As an international expert in the treatment of PTSD and suicide prevention, Dr. Rozek leads the team that will be transforming behavioral health access for first responders in the state of Florida. He has helped expand the peer support training programs, as well as behavioral health services offered at UCF RESTORES and has been deployed to multiple critical incidents.

### **Kimberly Neisler, RN**

Kimberly Neisler, RN, serves as the fire/EMS outreach coordinator for UCF RESTORES and dedicated nearly 37 years to the Maitland Fire Rescue Department after retiring from her position as fire chief in 2019. Neisler educates members of the first responder community on issues surrounding serving the community during crisis and has also worked to develop REACT peer support training for firefighters.

### **Nancy Rosado, MSW**

Nancy Rosado, MSW, is a retired New York Police Department sergeant and clinical social worker and serves as an outreach consultant for UCF RESTORES. Rosado has served as an advocate for many underrepresented populations, including the Latino, LGBTQ+ and first responders, and continues working directly with our community to identify their needs and how UCF RESTORES can most effectively deliver essential services.

## Contact

- General inquiries and treatment consultations: (407) 823-3910
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For media inquiries, please contact:

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