

**S. 3235, Veterans Posttraumatic Growth Act**

As reported by the Senate Committee on Veterans' Affairs on September 15, 2020

| By Fiscal Year, Millions of Dollars  | 2021 | 2021-2025                           | 2021-2030     |
|--|------|-------------------------------------|---------------|
| Direct Spending (Outlays)  | 0    | 0                                   | 0             |
| Revenues   | 0    | 0                                   | 0             |
| Increase or Decrease (-)<br>in the Deficit   | 0    | 0                                   | 0             |
| Spending Subject to<br>Appropriation (Outlays)   | 0    | 2                                   | not estimated |
| Statutory pay-as-you-go<br>procedures apply?   | No   | <b>Mandate Effects</b>              |               |
| Increases on-budget deficits in any<br>of the four consecutive 10-year<br>periods beginning in 2031? | No   | Contains intergovernmental mandate? | No            |
|  |      | Contains private-sector mandate?    | No            |

S. 3235 would require the Department of Veterans Affairs (VA) to establish a two-year pilot program to study and provide posttraumatic growth therapy. Posttraumatic growth therapy helps veterans recover and experience personal growth after experiencing traumatic events such as combat. VA would be required to provide that therapy in at least two locations and to at least four groups consisting solely of female veterans. The bill also would require VA to collaborate on the program with nonprofit organizations that have expertise in posttraumatic growth therapy and experience working with veterans. The department would be required to report to the Congress on the differences between the results from care provided under the pilot program and from clinical care provided under VA's existing practices.

VA spent \$3 million on a non-traditional therapy program that spanned three years to study the benefits of equine therapy in four states. CBO expects that VA would spend a proportional amount studying posttraumatic growth therapy. On that basis, CBO estimates that implementing the two-year pilot program required by the bill would cost \$2 million over the 2020-2025 period; such spending would be subject to the availability of appropriated funds.

The CBO staff contact for this estimate is Etaf Khan. The estimate was reviewed by Leo Lex, Deputy Director of Budget Analysis.