

Sidran PsychTrauma Information and Resource Service

PO Box 436 • Brooklandville MD 21022

Phone 410-825-8888 • Fax 410-560-0134

E-mail <help@sidran.org> • Web page <www.sidran.org>

TRAUMA TREATMENT PROGRAMS

The following codes are used to help you pick out appropriate programs quickly. However, please be sure to read the descriptions also. The Sidran Institute does not endorse the resources listed. Individuals must be wise consumers and check for themselves the appropriateness of each resource.

Treatment: T = trauma; D = dissociation; E = eating disorders, A = addictions, SI = self-injury, O = other (panic/anxiety, depression, compulsive disorders, etc.).

Programs: IP = inpatient; R = Residential; IOP = intensive outpatient; OP = outpatient; PH = partial hospitalization, D = day, EC = Extended Care; TL = Transitional Living

Population: A = adults(18 and older); Ad = adolescents; C = children

Arizona

Cottonwood de Tucson

4110 W. Sweetwater Drive

Tucson AZ 85745

Phone: 800-877-4520 Ask for Admissions ; Extentions 2505 and 2503

Website: www.cottonwooddetucson.com

Treatment: T, A, SI, O

Programs: IP, EC

Population: A, Ad (Females)

We specialize in helping patients with complex, co-occurring issues such as depression, trauma, anxiety, substance abuse; self-harm, obsessive-compulsive disorder, bipolar disorder, body image issues, personality issues etc. We use group as the primary modality

although all patients meet with staff individually as well. We utilize talk therapy as well as experiential therapy such as equine therapy and psychodrama.

Sierra Tucson

35980 S. Lago del Oro

Tucson AZ 85739

Phone: 800-842-4487

Email: info@sierratucson.com

Website: www.sierratucson.com

Treatment: T, E, A, O

Programs: IP, R

Population: A

Specializes in Mood disorders, trauma, addictions, eating disorders and sexual recovery. Sierra Tucson provides comprehensive treatment for men and women who suffer from PTSD symptoms associated with adult or childhood trauma. People who experience trauma frequently struggle with co-occurring disorders such as depression, anxiety, or substance abuse. A staff of professionals uses an interdisciplinary team approach, customizing both conventional and complementary, evidence-based treatments to support each individual's unique capacity for wellness. The program applies traditional and integrative therapies to assist in the recovery process. Psychodrama, EMDR, Somatic Experiencing, acupuncture, chiropractic services, adventure therapy, climbing wall, and yoga, as well as more traditional group and cognitive-behavioral therapies, are utilized to provide a diverse, effective treatment experience. The Program for Sexual and Trauma Recovery are designed for a minimum 45-day length of stay.

California

CAST Recovery Services

1830 Lincoln Blvd

Santa Monica CA 90404

Phone: 866-283-9885

www.castrecovery.com

Treatment: T, A, O

Programs: IOP, OP, TL

Population: A

We have years of experience working with trauma survivors and the subsequent substance abuse and addiction problems that often arise. We create a system of support throughout the recovery process, working with therapists, interventionists, sober companions and a number of other treatment professionals. We are a program for adults 18 and older and believe in a long term and whole person treatment approach to recovery.

The National Treatment Center for Trauma-Based Disorders at Del Amo Hospital

23700 Camino Del Sol

Torrance CA 90505

Phone : 800-533-5266

Website: www.delamotreatment.com

Treatment: T, D, A, E, SI, O

Programs: IP, PH

Populations: A

The Trauma Recovery Program at Del Amo specializes in treating PTSD, Dissociative Disorders (DID), Borderline Personality Disorder and Dual Diagnosis. The Trauma Recovery Program is designed as a highly-structured Inpatient Program which can be stepped down to a Partial Hospitalization Program. The goal of treatment is to use the structure and therapeutic processes of the trauma model for stabilization and then to generate improved functioning and a return to outpatient therapy. Within the program clients learn to identify conflicts and to unlearn distorted thoughts related to trauma and identity. This program does not utilize regressive therapies. The National Treatment Center's Trauma Recovery Program is a provider of inpatient and partial hospitalization programs designed to meet the unique needs of active duty personnel, veterans and military family members. There are three military specialties programs for the mental health delivery system: Eating Disorders, Combat Operational Stress and Military Sexual Trauma which is treated within the Sexual Recovery Program (SRP). Del Amo is an approved provider for most insurance companies and managed care systems, including TRICARE, Medicare and MediCal (under ages 21 or over 65).

Psychological Care and Healing Treatment Center Clinic

11965 Venice Blvd #202

Los Angeles, CA 90066

Phone: 888-724-0040

Treatment: T, D, SI, O

Programs: TL, PH, D

Populations: A

Website: <http://www.pchtreatment.com>

Individual psychodynamic psychotherapy is the core of our treatment program. Clients with trauma also undergo Somatic Experiencing therapy, EMDR, Dialectical Behavioral Therapy (DBT), anger management, sleep management, psycho-education, and neurofeedback. Holistic therapies including yoga, mindfulness meditation, acupuncture and massage therapy also promote healing and recovery. Clients may choose our Intensive program with residence or Day Treatment Program. While attending the Intensive Treatment Program, clients can reside in The GrandView Residence or a local sober living house. This Intensive Program requires participation of five days per week, as well as optional evening and weekend activities, meals and outings. Both programs require a minimum one month commitment. This facility is private pay.

Connecticut

Klingberg Family Centers

370 Linwood Street

New Britain, CT 06052

Phone: 860-832-5504

email: lynnner@klingberg.org

website: <http://klingberg.org/>

Treatment: T, O

Programs: R, OP, IOP, D, EC

Populations: A, AD, C

Our mission is to extend hope and healing to children and families whose lives have been traumatized by abuse and/or neglect in its various forms, severe family problems and mental health issues. Through an array of group care, special education, foster care and community programs, children and parents are given the encouragement and skills they need to function more effectively at home, in school and in their community. Offers free services for children and adolescents who are victims of physical or sexual abuse, or witness to domestic violence, as well as their families. Offers extended day treatment for children ages 5-12 and group homes for children and adolescents. Offers specialized evaluations for youth with significant emotional and psychiatric challenges, especially those with histories of trauma and those with sexual behavior problems.

District of Columbia

The Center at the Psychiatric Institute of Washington

4228 Wisconsin Ave, NW

Washington, DC 20016

Phone: 800, 369-2273, 202-855-5783

Treatment: T, D, O

Programs: IP, PH, IOP

Population: A

A national model in the treatment of adult post-traumatic syndromes, The Center's innovative program provides rapid stabilization and essential training in self-management skills through the use of stage oriented, cognitive and behavioral strategies. Our problem and skill-focused continuum of care is designed to meet the individual needs of patients at different stages of treatment in a rapidly changing healthcare environment. Treatment is offered inpatient, partial hospitalization in which patients attend 3 or more days per week, or intensive outpatient. The Center accepts Medicare, BC/BS and many other private insurance plans.

Florida

The Refuge

14835 SE 85th,

Ocklawaha, FL 32179

Admissions: 866.473.3843

Website: www.therefuge-ahealingplace.com

Treatment: T, A, O

Programs: IOP, R, TL

Populations: A

The Refuge, a Healing Place is a 30 day to one year residential treatment program that specializes in PTSD, Trauma, Depression, Substance Abuse and Process Addictions. We believe that chemical dependency, trauma/PTSD, mood disorders and process addictions are treatable illnesses and that recovery and remission can occur with proper treatment. The focus of the program is on physical, spiritual, and emotional healing through client centered care using a combination of addiction treatment cognitive behavioral therapy, 12 step recovery and holistic modalities and approaches. The use of education, group and individual counseling, behavior management and peer support are ways to introduce and reinforce abstinence and move the patient into a productive lifestyle with ongoing involvement in recovery. Our approach can best be described as long term, experiential treatment. We believe that trauma is centered in the nervous system. Telling the story in a nature setting like The Refuge, and not a hospital setting, helps the nervous system process the trauma and lessen trauma reactivity.

Trauma Resolution and Integration Program (TRIP)

Nova Southeastern University

3301 College Avenue

Fort Lauderdale, FL 33314

Phone : 954-262-5851

Email: gold@nsu.nova.edu

Website: <http://www.nova.edu/trip>

Director: Steven N. Gold, Ph.D.

Treatment: T, D, SI, A, O

Programs: OP

Population: A

This outpatient treatment program is geared towards individuals 18 and over who are experiencing difficulties related to having experienced trauma- such as a history of child abuse, criminal assault, rape, life-threatening accidents, political torture, or natural disasters. Whether or not they have experienced a traumatic incident, we also treat

individuals with dissociative experiences that disturb them or that interfere with their ability to function effectively. A combination of individual psychotherapy and participation in coping-skills training groups form the core of the treatment package we offer. We also provide couples and family therapy to individuals with trauma-related and dissociative symptoms as needed.

University Behavioral Center

2500 Discovery Drive

Orlando FL 32826

Phone: 407-281-7000, 800-999-0807

website: <http://www.universitybehavioral.com>

Treatment: T, D, A, E, O

Programs: IP, R

Population: A, Ad, C

University Behavioral Center's Treatment Program is an intense, highly structured program. Our interdisciplinary team combines group, individual and family therapies to guarantee that residents receive the most effective treatment. We also believe in utilizing creative arts and recreational therapies, in particular team building activities using low and high ROPES. We work with many sexually reactive individuals, as well as substance abuse problems that arise in addition to their psychiatric diagnosis. The adult acute inpatient program is for crisis stabilization. Medicare and most insurance plans accepted. There are two trauma treatment programs for adolescents:

The Sexual Trauma Adolescent Recovery Services (STARS) is a program designed for females 17 and under with a history of severe psychological trauma, which can be physical, sexual or emotional in nature. The program's goal is to treat the issues associated with trauma, including depression, dissociative disorders, self-injurious behaviors and Post-Traumatic Stress Disorder.

The Adolescent Sexual Abuse Prevention Program (A.S.A.P. Program) is designed for males 17 and under that are in crisis due to inappropriate sexual behavior. Generally the sexual behavior has been defined by family, school or law enforcement as abusive or inappropriate. The program enables youth to understand and gain control over such behaviors and readjust back into the community.

Women's Institute for Incorporation Therapy (WIIT) at Hollywood Pavilion

1201 North 37th Avenue

Hollywood, FL 33021

Phone: 800-403-4208, 954-962-1355

Website: www.wiit.com

Email: recovery@wiit.com

Treatment: T, D, O

Programs: IN, IOP

Populations: A

Our WiiT Program is a specialized, proactive, stabilization program for women exhibiting acute symptoms associated with psychological trauma, abuse, Post Traumatic Stress Disorder (PTSD) and dissociative disorders, including Dissociative Identity Disorder (DID). WIIT promotes a safe environment where women can experience the support and assistance they need to regain their lives. Hollywood Pavilion offers inpatient and intensive outpatient WIIT treatment. The IOP program is about four hours long, Monday to Friday. The IOP staff will help you by providing a list of short term residences which patients have used while attending the program. The hospital will provide transportation within the Broward County and north Miami-Dade area. Our inpatient women's unit is small and maintained separately from the rest of the hospital. The unit is not run in a strictly traditional manner. All of our patients are voluntary; there are no restraints used and there is no time out or isolation room. We treat the results of trauma in women: Depression, grief, loss, compulsive behaviors, self harm, Dissociative Disorders and PTSD. We support recovery and 12 step involvement for those with addiction or eating disorder problems, but we do not do primary treatment in those areas. We do not initiate abreactive work on the unit. We do not allow acting out or self destructive behavior.

Georgia

Providence Residential & Outpatient PTSD Services (PROPS)

6576 Church Street

Douglasville, GA 30134

Phone: 770-577-PTSD, 770-577-7872, 1-855-97-PROPS

Email: info@propsforptsd.com

Website: www.propsforptsd.com

Treatment: T, O

Programs: OP, R, IOP

Populations: A

Providence Residential & Outpatient PTSD Services (PROPS) provides proven trauma-focused treatments for Veterans, first responders, and adults diagnosed with PTSD. These treatments are provided in serene settings which allow the Client to focus on his or her recovery in order to rebuild their lives. Each phase of treatment includes individual and group therapy utilizing evidenced-based psychotherapies, as well as coping strategies, adjustment and transition counseling, family therapy, life skills, and education. Utilizing evidence-based treatments is important because it signifies that an abundance of research has been conducted to prove the effectiveness of a treatment. We have staff trained and certified in Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE). The length of stay for residential treatment is 6 weeks to 6 months depending on the treatment plan and collaborative care defined by the client and his or her provider. An intensive outpatient program (IOP) consists of intensive therapy 3 to 4 days a week for either 3 or 6 hours a day. IOP is an alternative to hospitalization or after discharge for continued

intensive treatment. The length of treatment can range from 30-60 days and is determined by the Client and his or her provider as clinically necessary.

Illinois

Timberline Knolls Residential Treatment Center

40 Timberline Drive

Lemont, IL 60549

Phone 630.257.9600, 877.257.9611; fax 630.257.9708

Medical Director: Dr. Kimberly Dennis, MD

Website: <http://www.timberlineknolls.com/>

Treatment: T, E, A, SI, O

Programs: R

Populations: A (females only), AD (females only)

Timberline Knolls Residential Treatment Center is respected nationwide for its treatment of eating disorders, substance abuse and addiction, and mood disorders. Our residents - adult women and adolescent girls - come to us when they need immediate, life-saving and life-changing help. Our vision is to help residents achieve lifelong recovery by bringing together clinical treatment with spiritual and emotional growth. Treatment is holistic, individualized, and nurturing. The treatment environment at Timberline Knolls is "trauma aware." That means everyone who works on our campus has training in sensitivity towards trauma - which some women and girls may not realize or acknowledge. We also integrate the use of DBT (Dialectical Behavior Therapy) skills, along with experiential therapies to help women with unresolved trauma learn to release feelings of shame, fear and anxiety in a constructive way. This awareness reassures them of their ability to make recovery-oriented choices in the future when they are confronted with reminders of trauma. Timberline Knolls offers a spiritually-nurturing recovery environment that welcomes women of all religions, faiths, and beliefs. There is a Christian Treatment Path. Women following the Christian Treatment Path also receive therapy in small groups that foster community among Christian residents and staff.

Louisiana

The New Orleans Institute

River Oaks Psychiatric Hospital

1525 River Oaks Road West

New Orleans LA 70123

Phone: 504-734-1740, 800-366-1740

Website: www.riveroakshospital.com

Treatment: T, D, E, A, SI, O

Programs: IP, PH, OP

Population: A, Ad, C

Specialized treatment is available for individuals suffering from trauma-based disorders (childhood or adult onset), compulsive behaviors, trauma-based eating disorders and post-traumatic stress. Treatment is available in three levels of care: inpatient, partial hospitalization, and outpatient. Impaired Professional evaluations are available for compulsive-behavior disorders. The New Orleans Institute Programs offer seven-day-a-week specialized treatment within a supportive environment. Our multidisciplinary treatment team has over fifteen years of experience in the stabilization of a broad spectrum of trauma-related symptoms including depression, anxiety, compulsive behaviors, dissociation, somatic distress, self-injury, and relational issues. The Trauma Recovery and Trauma Stabilization Programs provide individual, group, and expressive therapies as a means of facilitating the focused expression of strong emotion.

Psychoeducational modules address primary recovery skills creating safety and decreasing crisis-generating and maladaptive thinking and behavior. Containment groups allow clients to identify their interfering behavior cycles that prevent them from benefitting from therapy. Finally, trauma group allows clients to share their individualized treatment gains and struggles with peer and therapist support. Specialized treatment for eating disorders, chronic chemical dependency, Military-specific treatment, and sexual compulsivity is also available.

Maryland

The Trauma Disorders Program- Sheppard Pratt Health System

6501 N. Charles Street

Baltimore, Maryland 21285

410-938-3584

Website: www.traumaatsp.org

Medical Director: Richard J. Loewenstein, MD

For further information & Outpatient Resources: 410-938-3584

For Inpatient Admissions & Referrals: 410-938-5078

Treatment: T, D, SI, E, O

Programs: IP, OP

Population: A, Ad, C

The trauma disorders program provides both inpatient and outpatient treatment services for individuals with a primary diagnosis of trauma related conditions: PTSD, Complex PTSD, Dissociative Disorders, and self injury. The Trauma Disorders Program is genuinely dedicated to the mission of serving our patients, their families, and those who treat them. The treatment philosophy is based on the importance of restoration of functioning to the overall individual. The treatment is based in each patient taking responsibility for the management of problematic symptoms and behaviors and maladaptive life strategies. It emphasizes the containment of severe symptoms through the enhancement of the patient's

own capacities to manage symptoms and life difficulties in a progressive, adaptive and self-generated fashion. With a commitment to assessment and evaluation, we provide clinical evaluation, and the administration of standardized assessment measures which include the careful evaluation and treatment of co-morbid disorders. The program utilizes a multi-disciplinary team approach through individual psychotherapy, psychopharmacological treatment, process-oriented, experiential and psycho-educational group therapies. The focus of treatment is on safety and stabilization, and the development of skills for safety and symptom management. Sheppard Pratt Health System participates with the Medicare Program, Maryland Medical Assistance Program (out-of-state MA not accepted as primary insurance), CHAMPUS, most managed behavioral health plans, many HMO networks, and all major insurance plans. Please note that all policies differ; benefits and coverage will be verified prior to admission.

Massachusetts

Arbour HRI Hospital- Women's Partial Hospitalization Program (WPHP)

Program director: 617-731-3200 ext. 193

Intake Department: 617-390-1320

27 Babcock Street

Brookline, MA 02446

website: www.arbourhealth.com

Treatment: T, D, E, A, SI, O

Programs: IP, PH, IOP, OP

Population: A

Arbour-HRI Hospital in Brookline provides a comprehensive system of care, specializing in the treatment of women with psychological or addictive disorders including trauma, dissociative and eating disorders. The Women's inpatient program is housed on a separate unit; our multi-disciplinary treatment team provides needed evaluation, treatment and discharge planning. As an effective alternative to inpatient treatment or as a transition from inpatient care, the Women's Partial Hospitalization Program at Arbour-HRI Hospital enables women to receive intensive therapy while they live at home. The WPHP Program operates Monday through Friday from 9:45 a.m. until 3 p.m. Patients may also participate in our half-day PHP, Intensive Outpatient Program (IOP), depending upon their clinical need and insurance authorization and coverage. The Women's Intensive Outpatient Program offers three hours of group therapy three times a week, focusing on stabilization and symptom management. Our network of Arbour Counseling Services' clinicians, who have expertise in treating trauma issues, addictions and dual diagnosis, are available for individual and group outpatient therapy for those patients who do not already have an outpatient therapist. Accepts most insurances.

Hill Center for Women**Women's Treatment Program at McLean Hospital**

115 Mill St., Hill Center

Belmont MA 02178

Phone: 617-855-2595

Fax: 617-855-3738

Website: <http://www.mcleanhospital.org/programs/hill-center-women>

Treatment: T, D, E, SI, O

Programs: R, PH

Population: A (females only)

We treat women struggling with acute destabilization of PTSD symptoms, dissociation, BPD symptoms, and self-injurious/impulsive behaviors. Our focus is thus on safety and stabilization, helping women to re-integrate into their communities with empowerment and improved, expanded repertoire of coping skills. We are also founded on the premise that women heal and find strength in relationship, and believe that a safe, supportive therapeutic milieu is essential to our treatment. Offers a 16 bed residential and partial hospitalization program for women ages 18 and over. Functions as an alternative to inpatient care, as a transition from inpatient care, or for additional support and intensive work on issues related to managing trauma and its sequel in present-day life. Must be referred by a clinician, able to adhere to safety and respect policies and able to maintain sobriety. DBT skills training and symptom management are primary components of the treatment. Affiliated with an inpatient unit specializing in trauma/dissociation.

McLean Hospital Dissociative Disorders & Trauma Program

115 Mill Street, Proctor House

Belmont MA 02178

Phone: 1-800-333-0338,

Clinical Director: Sherry Winternitz, M.D.

website: <http://www.mcleanhospital.org/programs/dissociative-disorders-and-trauma-program>

Treatment: T, D, O

Programs: IP, OP

Population: A

The Dissociative Disorders and Trauma Program at McLean Hospital provides a comprehensive range of services for adults who suffer from the effects of childhood abuse or other painful traumatic events. A pioneer in the treatment of trauma survivors, the program maintains a strong reputation among patients and referring clinicians for its balanced emphasis on stabilization and healing. The program has extensive experience with individuals who have presented with difficulties, including depression, post-traumatic disorders, dissociative disorders and personality disorders. Patients may suffer from intrusive thoughts and feelings related to traumatic events, emotional numbing and social isolation, memory difficulties, altered perceptions and personality fragmentation. Many trauma survivors also experience intense difficulties with trust and relationships,

shame and negative self-images, and self-destructive or suicidal impulses that further complicate treatment. Our staff is comprised of a multidisciplinary group of board-certified psychiatrists, licensed clinical social workers, registered nurses and expressive therapists. This highly trained and experienced team provides rapid, accurate diagnosis, thorough treatment planning, after-care planning and high-quality care tailored to each individual's needs. McLean accepts Medicare, Massachusetts Medicaid and many private insurance and managed care plans.

The Trauma Center at JRI

1269 Beacon Street

Brookline, MA 02446

Main Phone: 617-232-1303

Medical Director : Dr. Bessel Van der Kolk

Website : www.traumacenter.org

Email: moreinfo@traumacenter.org

Treatment: T, D, SI, O

Programs: R, OP

Population: A, Ad, C

The Trauma Center offers trauma-focused assessment and residential services through our 19-day placement program for adolescents between ages 12-22. The trauma assessment service will include developmental, familial, trauma and treatment history, projective and personality testing, strengths and resources assessment, records review, collateral evaluation and initial treatment planning. Other optional assessments will be available including neuropsychological testing, educational testing, and vocational assessment. Over the course of the program, clients will receive trauma-focused individual psychotherapy, individualized educational as well as recreational programming including opportunities for horseback riding, dance lessons, art classes, music instruction, and yoga.

The trauma center also offers outpatient comprehensive trauma evaluations for adults, children, and adolescents, as well as child and adolescent sexual abuse evaluations. They offer outpatient treatment for trauma for all populations, including consultations, yoga therapy, CBT, EMDR, neurofeedback.

The VOCA Free care Services provides select free-care, trauma-focused services to eligible child and adult victims of crime and their significant others. Eligible individuals include victims of child abuse, physical and sexual violence, homicide and hate crimes.

Michigan

Forest View Hospital

1055 Medical Drive SE

Grand Rapids MI 49546

Phone: 800-949-8439, 616-942-9610

Website: <http://forestviewhospital.com/>

Treatment: T, D, E, A, SI, O

Programs: IP, PH

Population: A, Ad, C

The Psychological Trauma Program for adults is designed to treat unresolved, trauma-based issues from a multidisciplinary, evidence-based approach. Treats Post-Traumatic Stress Disorder (PTSD), Borderline Personality Disorder (BPD) and Dissociative Identity Disorder (DID). Diagnoses such as mood disorders, anxiety disorders, eating disorders and substance use disorders may also be appropriate for the Trauma Program. Patients will learn to experience and regulate emotions through the use of experiential therapies and Dialectical Behavior Therapy (DBT). Patients will learn about healthy attachment patterns and practice reducing shame-based cognitive distortions. Attention is also given to addressing the significant grief/loss issues that stem from past traumatic experiences. Patients will benefit from intensive psychotherapy (both individually and in a group setting), psycho educational groups, experiential groups and skill-building groups. This program is offered in both inpatient and partial hospital levels of care. Most health insurance plans are accepted including Medicare and Medicaid. Given the complex nature psychological trauma and its treatment, program staff will collaborate with out-patient providers.

Forest View Hospital also has a trauma and co-occurring disorders program for adolescents and children for both inpatient and partial hospital levels of care.

Missouri

S.A.F.E. Alternatives (Self Abuse Finally Ends) at CenterPointe Hospital

4801 Weldon Spring Parkway

St. Charles, MO 63304

Phone: 800-DONTCUT (800-366-8288)

Email: info@selfinjury.com

Website: www.selfinjury.com

Treatment: T, SI, A, E

Programs: R, PH, OP

Population: A, AD

S.A.F.E. INTENSIVE is a comprehensive residential treatment program for adolescents and adults who engage in repeated self-injurious behavior. The multidisciplinary treatment team uses individual, group, and family therapies to support and empower individuals to make healthier choices when dealing with emotional distress. Clients participate in programming 7 days a week with an average length of stay of approximately 30 days depending on individual needs and treatment plan for each client. The program is voluntary and, therefore, clients must be motivated to stop the self-destructive behavior. Upon admission a safety contract is signed, in which the client agrees to refrain from any self-injurious behaviors for the entire length of

treatment. This includes, but is not limited to, direct forms of self-injury such as cutting and burning, as well as indirect forms of self-injury such as restricting or purging food. If a client engages in any form of self-injury while in the program, the treatment team will determine if a written warning, probation, or discharge is warranted. Premature discharges, transfers, and extensions of programming, are determined by the treatment team and are based on individual needs and quality of participation in the program. S.A.F.E. EXPRESSIONS is a partial hospitalization program for adolescents who self-injure. Adolescent Expressions differs from the 30-day Intensive program in the following ways. Inpatient criteria require that the client has made an honest commitment to want to stop self-injurious behavior. Adolescent Expressions criteria allows for ambivalence towards having an honest commitment to stopping self-injurious behavior. The goal is to stop self-injury, however, for many, the focus will be on getting the client to the point of making that commitment.

Two Rivers Behavior Health System- The Waterfall Trauma Program

5121 Raytown Rd.

Kansas City MO 64133

Phone: 816-382-6300; 800-225-8577

Website: <http://tworivershospital.com>

Treatment: T, D, E, SI, A, O

Programs: IP, PH

Population: A

The Waterfall Program at Two Rivers Behavioral Health System provides treatment for persons who have experienced trauma in terms of physical or sexual abuse. Our programs offer assistance for those with Post Traumatic Stress Disorder, Dissociative Identity Disorder and Personality Disorders, as well. We provide a therapeutic milieu in a safe and structured environment where patients focus on stabilization, grounding and containment and medication compliance and management. Multiple types of therapeutic interventions including: Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, art and expressive therapies, role play, group and individual therapy. All patients are voluntary and typically stay about 2 weeks. We contact outpatient's therapists to provide clinical information prior to admission to the program. Safety on milieu is extremely important. We work with patients to experience and process feelings without becoming overwhelmed by them. Self harm on the unit is not tolerated and patients may be assessed for the eating disorder track. We work with internal communication and grounding techniques to attain co-consciousness with dissociated parts of self.

New Jersey.

Princeton House Behavioral Health System

905 Herrontown Road

Princeton, NJ 08540

Phone: 800-242-2550, 609-497-3300

Website: <http://www.princetonhouse.org>

Treatment: T, D, E, SI, A, O

Programs: IP, PH, IOP, OP, D

Population: A, Ad, C

Women's trauma program-

The Women's Trauma Program is a comprehensive, innovative model of treatment for women who are suffering from the impact of trauma or abuse. Traumatic experiences may include long-term psychological, sexual, physical or verbal abuse, as well as rape or domestic violence. Traditional programs for women who have experienced trauma often exclusively focus on treating psychiatric symptoms instead of addressing the underlying causes of the problems. In Princeton House Behavioral Health's program, women are encouraged to understand the relationship between their symptoms, coping strategies, and the traumatic events in their lives.

Men's Trauma Program-

The Men's Program offers Partial Hospital and Intensive Outpatient Services to men who have experienced traumatic events that may be currently impacting their sense of well-being and overall functioning. Men in the Partial Hospital Program attend six hours per day (9:30am - 3:30pm) four/ five days per week. Men in the Intensive Outpatient Program attend three hours per day (9:30am - 12:30pm) three days per week. Transportation is available within defined areas.

Women's Trauma and Addiction Program-

This program is designed to meet the needs of women who cannot achieve or maintain abstinence due to experiencing the painful emotional and relational aftermath of abuse and neglect. The program is committed to the 12-step philosophy and integrates trauma and addictions treatment.

Supporting Adolescent Girls Emotionally (SAGE) track-

The SAGE Program offers comprehensive treatment to girls ages 13 to 18 who are suffering from both mood and behavioral issues. Program goals include: Reducing symptoms of depression, anxiety, bipolar disorders, and the full spectrum of traumatic disorders, Dialectical Behavior Therapy (DBT) skills training and structure to reduce self-injurious behavior and to increase the ability to manage emotions, Psychoeducation on issues related to body image, relationships, substance abuse, and disordered eating patterns, Developing healthy communication skills and positive self-esteem, Support and education for families in a weekly psychoeducation group

New Mexico

Life Healing Center of Santa Fe

Santa Fe NM 87502

Phone: 800-989-7406

Fax: 505-820-8161

Website: <http://www.life-healing.com>

Director: Linda Hortter
Treatment: T, D, E, A, O
Programs: R, EC
Population: A

The Life Healing Center has been providing comprehensive, in-depth residential care for trauma integration since 1993. We also provide services for chemical dependence, eating disorders, depression, bipolar disorders, and we offer gender-specific treatment for sex, love and relationship addiction. The Life Healing Center offers a full menu of integrative therapies that can benefit survivors of trauma including EMDR; acupuncture; somatic therapies; breathwork therapies; Hakomi; massage; equine assisted therapy; Brain Dynamics; and a range of innovative therapy techniques. All are available from qualified, licensed or certified practitioners drawn from the rich healing environment of the Santa Fe area. Our program is designed to help tap into the natural processes of healing inherent in each person. Attendance at our Family Weekend Program assists loved ones in understanding and empathizing with the PTSD recovery process. Program length varies depending upon your unique needs, but a minimum of 35 days is requested. Our step-down programming capability allows patients to remain in treatment for significant periods of time if clinically appropriate.

Life Transition Therapy

110 Delgado Street
Santa Fe, NM 87501
505.982.4183
therapy@lifetransitiontherapy.com
website: www.lifetransitiontherapy.com
Treatment: T, D, E, A, SI, O
Programs: IOP, OP
Population: A

The treatment program at Life Transition Therapy Inc. is a ten day intensive and holistic therapeutic experience. We work with individuals, couples and families. We tailor every program according to the clinical needs of each individual client. Our caring staff will develop a comprehensive and emotionally healing recovery plan that is comprised of a minimum of 40 hours of one-on-one treatment services. Services are provided by experienced healing professionals who include a psychiatrist, master level therapists, a doctor of oriental medicine, a body worker, and a yoga teacher. Ideally our treatment programs are designed for a ten day length of stay, however, accommodations can be made for both shorter and extended periods of time. Treatment plans will generally include four to six one on one therapeutic hours per day and may include any or all of the above mentioned treatment modalities. The clinical team will design treatment plans that are highly individualized and will reflect the body, mind and spiritual needs of each of our clients.

New York

Program for Anxiety and Traumatic Stress Studies

Weill Cornell Medical College, NY Presbyterian Hospital

425 East 61st Street

New York, NY 10065

program director: JoAnn Difede

phone: (212) 821-0783

email: kar2015@med.cornell.edu

website: <http://www.patss.com/>

Treatment: T, O

Program: OP

Population: A

We offer a range of services for U.S. military personnel and their families with an emphasis on the major psychiatric issues facing those returning from combat (PTSD, Depression). Provides free treatment for Iraq and Afghanistan Veterans, and limited treatment for their families. The Program for Anxiety and Traumatic Stress Studies is pioneering the use of Virtual Reality Exposure Therapy in the treatment of a number of anxiety and stress-related disorders, including fear of flying, fear of storms, fear of heights, fear of bridges, fear of public speaking, and World Trade Center-induced Posttraumatic Stress Disorder. Offers CBT. Offers family, couples, and group therapy.

Pennsylvania

Children's Home of York- Girls Center

77 Shoehouse Road

York, PA 17402

Phone- 717-755-1033 ext- 307

Email: agiano@choyork.org

Website: <http://www.choyork.org>

Treatment: T, E, SI, O

Programs: R

Population: Ad (females only)

The Children's Home of York's Girls' Center is a licensed, gender-specific, trauma-focused Residential Treatment Facility (RTF). While in our care, young women between the ages of 13-18 receive individual, group, and family therapy as appropriate. Girls' Center residents also benefit from independent living skills training and learn more effective coping skills through a variety of therapeutic exercises including expressive arts, yoga, horticultural projects, and participation in our award-winning Equine Assisted Psychotherapy (EAP) program. Educational services are provided on-site in cooperation with the Lincoln Intermediate Unit No. 12. The Children's Home of York's Girls' Center provides trauma-informed care and specializes in the treatment of adolescent females who have serious emotional issues to the extent that medical services are deemed necessary. Serving as an alternative to psychiatric hospitalization, young women with

emotional disturbance can benefit from placement in this gender-specific, community-based Residential Treatment Facility and the intensive therapy offered through the Girls' Center program.

Key Stone Center Extended Care Unit

2000 Providence Rd.

Chester PA 19013

Phone: 1-800-733-6840

Website: <http://www.keystonecenterecu.net/>

Treatment: T, A

Programs: IP, IOP

Population: A

Specializes in interactive addictions and trauma with primary sexually compulsive behaviors. The ECU is a 12 step based program that integrates mental health, wellness and addiction models in treatment. The ECU is a milieu based program that uses the concept of a therapeutic community in helping clients heal from trauma and prevent traumatic re-enactment behaviors upon self and others. Our program focuses on sexual compulsivity and trauma using cognitive behavioral, addiction, family therapy, group therapy and individual therapy. Clients are medically screened for medical conditions. Individuals who need ongoing medical services are assisted with finding specialists in the immediate area. The residential center is a 16-bed treatment program located in Suburban Philadelphia. The Extended Care Unit treats multiple addictions and co-occurring disorders. Program activities are provided seven days a week. The length of stay varies in this twelve-step based program and ranges depending upon individual needs and completion of specific therapeutic tasks. The minimum length of stay is 30 days. Key Stone Center also offers the Grace program, 9 week Intensive Outpatient program. This treatment center is predominantly self-pay; it is not usually covered by insurance.

Tennessee

Onsite

1044 Old Highway 48 N.

Cumberland Furnace, TN 37051

phone: 800-341-7432

fax: 615-789-5696

email: monnie@onsiteworkshops.com

website: www.onsiteworkshops.com

clinical director: Bill Lokey

Treatment: T, E, A, SI, O

Programs: R

Population: A

Onsite provides extended care residential treatment for individuals with primary trauma and codependency. Onsite specializes in trauma, codependency, shame resiliency, process addictions, relationships, stage II recovery, ACOA issues, emotional & spiritual growth. Identify trauma and how it imprints decisions, understand how trauma is medicated & how it can block true connection, develop tools to reconnect with self & others, learn to reconcile & recover from the affects of trauma through Onsite's highly effective experiential model adjunctive therapies: Equine, music, art, spiritual, ceremony, Christian Program. This center does not accept insurance.

Texas

Cedar Crest Hospital

3500 S. IH-35

Belton, Texas 76513

Phone: 855-881-3665

Website: <http://www.cedarcresthospital.com>

Treatment: T, D, A, SI, O

Programs: R, IOP, OP, IP, PH, D

Populations: A, Ad, C

At Cedar Crest Hospital, we are committed to providing evidence-based, quality behavioral healthcare for children, adolescents, adults, older adults, and military personal who are struggling with PTSD. We understand that the trauma you have experienced has caused you to come to view the world as a bleak and unsafe place. For over 25 years we have helped many men, women, children, seniors, and military personnel work through their trauma and get the symptoms of their PTSD under control. Our inpatient program provides intensive psychiatric care designed to stabilize a person who is in crisis and in need of a caring, safe environment. We will create an individualized treatment plan for each one of our patients, always going the extra mile to ensure that all who come to us are secure and supported long after they have left our program. For military service members, there is the Military Patriot Program. The Military Patriot Program is staffed with many prior active-duty military personnel. We accept most insurances, including Medicare and Medicaid.

The Colin Ross Institute at Timberlawn Mental Health System

Timberlawn Mental Health System

4600 Samuell Blvd.

Dallas TX 75228

Phone: 800-426-4944; 214-381-7181

Website: www.timberlawn.com

Director: Colin Ross, M.D.

Treatment: T, D, E, A, O

Programs: IP, PH, OP

Population: A, Ad

Accredited by JCAHO/Texas Department of Health. Specializes in treating all trauma related disorders. The Timberlawn Trauma Program was created to provide quality treatment and education in the area of trauma and extensive comorbidity. Comorbidity is defined as an extensive history of multiple symptoms and diagnoses. The Trauma Program does not utilize regressive treatment modalities such as focusing on the retrieval of repressed memories. The treatment team members work collaboratively emphasizing acute stabilization, improved functioning and self management for the chronic, high cost, high utilization patient with extensive comorbidity. The Timberlawn Trauma Program includes acute inpatient and partial hospitalization. The average length of stay is two weeks for the inpatient program and two weeks for the partial program. We are an approved provider for Medicare, most major insurance companies, managed care plans, and Medicaid through age 20.

DePelchin Children's Center

4950 Memorial Drive

Houston, Texas 77007

Houston: (713) 730-2335

Toll Free Outside of Houston: (888) 730-2335

E-mail: info@depelchin.org

www.depelchin.org- childrens center

Treatment: T, O

Programs: R, OP, TL

Population: C, AD

A regional leader in trauma-focused treatment, we provide comprehensive care through a multi-disciplinary team of mental health experts, including psychiatrists, psychologists and counselors. We support children and families through a full range of services, including individual and family counseling, psychological testing and psychiatric services. DePelchin Children's Center is the leading center in Texas for children's well-being, with a focus on a mental health, foster care and adoption services. For more than 120 years, DePelchin has been turning lives around with comprehensive care for children, including psychiatric services, counseling, programs for at-risk youths, parent education, residential treatment, foster care and adoption. There is also a Residential Treatment program for children and adolescents struggling with severe mental, emotional or behavioral problems that inhibit normal functioning in a family setting. Residential treatment services are short-term and typically last 90-120 days. Once a resident leaves the program, he or she may continue to receive therapy and medication monitoring if necessary.

The Menninger Clinic

12301 Main Street

Houston, TX 77035

Phone: 800-351-9058; 713-275-5000

Website: www.menningerclinic.com

Admissions coordinators are available seven days a week from 8 am – 10 pm Central Time; just call 800-351-9058, ext. 5140, or 713-275-5140.

Treatment: T, D, A, O, E

Programs: IP, OP

Population: A, Ad (12-17)

Menninger is a leading psychiatric hospital dedicated to treating individuals with mood, personality, anxiety and addictive disorders, teaching mental health professionals and advancing mental healthcare through research. When patients and families consider coming to Menninger, they often view it as the "court of last resort," since previous treatments often have not been successful. We do not require a referral. In fact, many patients admit themselves. All patients who admit to Menninger do so voluntarily; we do not accept involuntary admissions. We do not accept insurance, although we have Utilization Review coordinators ready to help support patients who attempt to collect reimbursement for out-of-network expenses.

New Dimensions Day Hospital

1345 Spacepark Drive., Suite C

Houston TX 77058

Phone: 281-333-2284

website: www.newdimensionsdayhospital.com

Treatment: T, A, O

Programs: PH, IOP

Population: A, AD

New Dimensions Day Hospital is a freestanding Psychiatric Day Hospital in the Clear Lake area of Houston, Texas. The hospital is licensed by the Texas Commission on Alcohol and Drug Abuse and is accredited by JCAHO. Since 1991, New Dimensions has helped individuals and families develop the tools they need to successfully cope with the difficult challenges of life. New Dimensions specializes in providing Intensive Outpatient and Partial Day Treatment for Adults and Adolescents. Our programs are designed to help individuals and families develop the skills they need to cope with depression, anxiety, trauma, addictions, chemical dependency issues, and behavioral problems. Our multi-disciplinary team helps individuals identify the root causes of their problems and then develop the strategies they need to maintain a healthy lifestyle and create productive relationships.

West Virginia

Intensive Trauma Therapy, Inc.

1102 About Town Place

Morgantown, WV 26508

Phone: 304-291-2912

Email: info@traumatherapy.us

Website: <http://traumatherapy.us>

Clinical Director: Linda Gantt, PhD, ATR-BC

Treatment: T, D, O

Programs: IOP, OP

Population: A, Ad, C

Specializes in treating PTSD, and Dissociative Disorders. Our program also treats self-injury, borderline personality disorder, depressive disorders, and anxiety disorders if the client has a trauma history in addition to these related symptoms. Intensive Trauma Therapy offers a brief intensive outpatient therapy to adults and children. At ITT we offer one-week and two-week programs that provide an effective and cost-efficient way to address the trauma-related disorders. Unlike other programs in a hospital or partial hospital setting, our treatment is in the less restrictive environment of an outpatient clinic. An initial screening can be done free of charge. ITT accepts clients who have been given several different diagnoses and of them seems to be appropriate, have been disappointed with inpatient programs that focus on group therapy instead of individual sessions, hear voices that are trauma-related, feel that they on a plateau in their current therapy or their therapist does not have the specific skills to treat trauma and/or those whose medication has not relieved their symptoms. We do not take people who are actively using alcohol or drugs as a way to manage their symptoms but will consider those with substance abuse histories on a case by case basis. The clinic also treats people who live within a reasonable driving distance of Morgantown WV but who, for various reasons, can not come for the full program. Clients can be seen for appointments on a weekly basis to complete the processing of their traumatic experiences using the same treatment methods over a longer period of time. The same admission criteria as the intensive outpatient program apply.

Wisconsin

Rogers Memorial Hospital PTSD Partial Hospitalization Program

11101 W. Lincoln Ave.

West Allis, WI 53227

Phone: 800-767-4411, 414-327-3000

Website: www.rogershospital.org

Treatment: T, E, A, O

Programs: IP, PH, IOP, R

Population: A, AD, C

Rogers PTSD partial hospitalization program focuses on adults with a diagnosis of PTSD and builds on our foundation of cognitive behavioral therapy, emphasizing prolonged exposure. The PTSD partial hospitalization program is offered Monday - Friday from 8:30 a.m. to 2:30 p.m. and will help patients reduce symptoms by helping to identify personal values, gain acceptance of their thoughts and feelings, and reengage in a life worth living. Our partial hospitalization programs offer patients extra support when

transitioning from inpatient to outpatient treatment, or as an alternative to inpatient treatment. The programs provide therapy, education, support and medication monitoring while allowing patients to remain connected to family and other support systems. Rogers Memorial Hospital also offers inpatient and partial hospitalization for children, adolescents, and adults for eating disorders, OCD, substance abuse, depression and anxiety.

The Sidran Institute does not endorse the resources listed. Individuals must be wise consumers and check for themselves. If you have any feedback regarding these treatment centers, feel free to email us at sidran@sidran.org. We appreciate all feedback and any assistance with updating information!