

## **MILITARY SEXUAL TRAUMA / SEXUAL TRAUMA RESIDENTIAL TREATMENT RESOURCES**

This list consists of programs identifying themselves as having expertise with MST and/or sexual trauma more generally and the ability to provide treatment targeting these issues in a residential or inpatient setting.

**Programs vary widely in the care they have available.** For example:

- Some programs identify as “MST programs” and MST-related care is a core part of their programming; others do not identify as MST programs, but do have staff with expertise in MST. In these latter programs, staff can often work individually with veterans who need MST-specific care as an adjunct to the care they receive through the more general program. In these programs, veterans may also be able to receive specialized MST-related group or individual therapy through a local outpatient clinic.
- Some programs serve women only; only one (Cincinnati) has a men’s-only program, although other programs serve very few women and often end up with men’s only cohorts. Others see both men and women concurrently but may have single-sex groups or other programming.

Please consider these variables as you think about which program will be the best fit for your client.

### **MST/Sexual Trauma Treatment Programs (Includes Specialized Women’s Treatment Programs)**

**Note: Specialized women’s treatment programs are included here, as sexual trauma treatment is often integrated into or a strong component of these programs.**

Boston, MA (Jamaica Plain)  
TRUST House

Boston, MA (Brockton)  
Women’s Integrated Treatment & Recovery Program

Batavia, NY  
Women Veterans’ Residential Program

Lyons, NJ  
Women’s Treatment Unit

Bay Pines, FL  
Center for Sexual Trauma Services

Houston, TX  
Women’s Inpatient Specialty Environment of Recovery (WISER)

Temple, TX  
Trauma Recovery Treatment Center

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Menlo Park, CA  
Women's Trauma Recovery Program

Long Beach, CA  
RENEW: Women's Trauma Recovery Program  
(NOTE: housing is with local U.S. VETS program, through the VA's Grants and Per Diem Program)

**General Programs, But Multiple Staff With Expertise in MST/Sexual Trauma**

Although these programs do not necessarily have an explicit focus on MST/sexual trauma, staff can often work individually with veterans who need MST-specific care as an adjunct to the care they receive through the more general program. Veterans may also be able to receive specialized MST-related group or individual therapy through a local outpatient clinic.

Baltimore, MD  
Dual Diagnosis PTSD/Substance Abuse PR RTP

Augusta, GA  
MST Clinic & Domiciliary Residential Rehabilitation and Treatment Program

Cincinnati, OH  
Residential PTSD Programs (separate programs for men and women)

North Chicago, IL  
Stress Disorder Treatment Unit

Topeka, KS  
Stress Disorder Treatment Program

**Please see the pages that follow for more detailed information about each program.**



*This list was produced by the MST Support Team of VA's Office of Mental Health Services. Please contact the team at [mst@va.gov](mailto:mst@va.gov) with any questions or updates.*

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**MST/Sexual Trauma Treatment Programs (Includes Specialized Women’s Treatment Programs)**

Note: Specialized women’s treatment programs are included here, as sexual trauma treatment is often integrated into these programs.

<i>VISN &amp; Facility:</i>	<b>VISN 1: VA Boston Healthcare System, Brockton Campus (Brockton, MA)</b>
<i>Category:</i>	<b>MST/Sexual Trauma Treatment Program (Specialized Women’s Treatment Program)</b>
<i>Program name:</i>	Women’s Integrated Treatment & Recovery Program
<i>Phase of treatment targeted:</i>	Emphasis on integrated treatment of substance abuse and trauma; group therapy focuses on skills building for maintaining abstinence and managing PTSD symptoms.
<i>MST-specific treatment available:</i>	Individual therapy focused on processing sexually traumatic experiences using a CPT model with and without exposure. Staff members have expertise in the area of sexual trauma.
<i>Notable admission criteria:</i>	Commitment to abstinence. Medically stable. Linked to outpatient care and have a discharge plan. No acute psychotic symptoms, suicidal or homicidal ideation.
<i>Treat both men and women?</i>	Women only.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Cohort admissions with twelve week stay. This may be extended under certain circumstances, if for example a veteran is awaiting housing or needs to meet criteria for another program before admission to that program.
<i>Contact information:</i>	Sharon L. Baker, Ph.D. – (774)826-1833 or (774) 826-1312; <a href="mailto:sharon.baker3@va.gov">sharon.baker3@va.gov</a>

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<i>VISN &amp; Facility:</i>	<b>VISN 1: VA Boston HCS/Jamaica Plain Campus (Boston, MA)</b>
<i>Category:</i>	<b>MST/Sexual Trauma Treatment Program (Specialized Women’s Treatment Program)</b>
<i>Program name:</i>	Women Veterans’ Therapeutic Transitional Residence Program (TRUST House)
<i>Phase of treatment targeted:</i>	Flexible, ranges from skill-development to trauma processing. Focus is on psychosocial rehabilitation, not acute stabilization.
<i>MST-specific treatment available:</i>	Veterans receive weekly individual therapy through the Boston Women’s Stress Disorder Treatment Team, an outpatient clinic with an explicit emphasis on treating sexual trauma. TRUST House staff also have expertise in this area. Dialectical Behavior Therapy (DBT) skills groups are another core component of the program.
<i>Notable admission criteria:</i>	Ability to work at least 20 hours/week. Able to independently manage medications. Prefer veterans coming from another program (e.g., DOM, SAR RTP) or who are established outpatients. This is not typically a good referral from acute inpatient or for those requiring intensive treatment. Prefer 60 days without suicidal behavior. Some criteria are flexible depending on the individual case.
<i>Treat both men and women?</i>	Women only.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Rolling admissions. Ask for commitment of at least 3 months though prefer veterans to stay for at least 6 months; maximum stay is one year.
<i>Contact information:</i>	Erica Sharkansky, PhD – (857) 364–4925; <a href="mailto:erica.sharkansky@va.gov">erica.sharkansky@va.gov</a> ; Kristin Angell, LCSW – (857) 364-2951 <a href="mailto:kristin.angell@va.gov">kristin.angell@va.gov</a>

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<i>VISN &amp; Facility:</i>	<b>VISN 2: VA Western New York HCS/Batavia Campus (Batavia, NY)</b>
<i>Category:</i>	<b>MST/Sexual Trauma Treatment Program (Specialized Women’s Treatment Program)</b>
<i>Program name:</i>	Women Veterans’ Residential Program
<i>Phase of treatment targeted:</i>	Emphasis on trauma processing as well as intensive self-regulatory and interpersonal skill development.
<i>MST-specific treatment available:</i>	Individual and group therapy focused on processing sexually traumatic experiences. Staff members have expertise in the area of sexual trauma and co-morbid substance abuse. Currently have mixed-trauma cohorts, though at times cohorts end up being entirely composed of veterans with sexual trauma histories.
<i>Notable admission criteria:</i>	Do not currently meet criteria for acute psychiatric or medical admission. Have tried a less restrictive treatment alternative, or one was unavailable. Require the structure and support of a residential treatment environment due to lack of stable lifestyle or living arrangement that is conducive to recovery. Not a significant risk of harm to self or others. Be capable of self preservation and basic self care. Have identified treatment and rehabilitation needs which can be met by the program.
<i>Treat both men and women?</i>	Women only.
<i>Rolling vs. cohort admissions &amp; length of program:</i>	Utilize a cohort system with a eight week length of stay. If the cohort has openings, short-term stays of one to two weeks are possible for veterans wishing to focus on skill-building and supportive therapy.
<i>Contact information:</i>	Lauretta Lascu, PsyD – (585) 297-1226; <a href="mailto:Lauretta.Lascu@va.gov">Lauretta.Lascu@va.gov</a>

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<i>VISN &amp; Facility:</i>	<b>VISN 3: VA New Jersey HCS, (Lyons, NJ)</b>
<i>Category:</i>	<b>MST/Sexual Trauma Treatment Program (Specialized Women’s Treatment Program)</b>
<i>Program name:</i>	Women’s Treatment Unit
<i>Phase of treatment targeted:</i>	Emphasis on skill building and trauma processing. Group treatment is central with individual psychotherapy for processing of traumatic material. PE and CPT available.
<i>MST-specific treatment available:</i>	Program as a whole is devoted to MST treatment. Childhood trauma, combat-related PTSD, and SUD also addressed as needed.
<i>Admission criteria:</i>	No psychotic symptoms. Not in need of detox from drugs or alcohol. Ability to work intensively in group format No recent violent behavior and do not present a danger to self or others. Must be medically stable.
<i>Treat both men and women?</i>	Women only.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Rolling admissions. Average length of stay 6-8 weeks
<i>Contact information:</i>	Suzanne Loftus, Psy.D. – (908) 647-0180 ext 5896

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<i>VISN &amp; Facility:</i>	<b>VISN 8: Bay Pines VAHCS (Bay Pines, FL)</b>
<i>Category:</i>	<b>MST/Sexual Trauma Treatment Program</b>
<i>Program name:</i>	Center for Sexual Trauma Services, Residential Program
<i>Phase of treatment targeted:</i>	Emphasis on trauma work.
<i>MST-specific treatment available:</i>	Program as a whole is devoted to MST treatment. Patients are assigned a primary therapist who works with them to plan treatment based on individual needs and strengths. Treatment interventions may include Prolonged Exposure, Cognitive Processing Therapy, Skills Training, CBT Group, Therapeutic Recreation, Patient Education and other interventions.
<i>Notable admission criteria:</i>	<b>Note: The CSTS residential program accepts applications from outside of VISN 8 only when Bay Pines is the closest referral resource for residential MST/PTSD treatment.</b> History of MST (though can focus on any sexual trauma while in the program). Cannot present a danger to self or others and must be able to manage the residential environment.
<i>Treat both men and women?</i>	Yes. Roommates are same-sex, but men and women are housed in the same area of the Dom and share the common living areas.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Rolling admissions; variable length of stay based on the individual's treatment plan.
<i>Contact information:</i>	Ruth Harter-McBride, MA – (727) 398-6661 x7381; <a href="mailto:ruth.harter-mcbride2@va.gov">ruth.harter-mcbride2@va.gov</a> or Carol O'Brien, Ph.D. – (727) 398-6661 x7579; <a href="mailto:carol.obrien1@va.gov">carol.obrien1@va.gov</a>

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<i>VISN &amp; Facility:</i>	<b>VISN 16: Michael E. DeBakey VA Medical Center (Houston, TX)</b>
<i>Category:</i>	<b>MST/Sexual Trauma Treatment Program (Specialized Women's Treatment Program)</b>
<i>Program name:</i>	Women's Inpatient Specialty Environment of Recovery (WISER)
<i>Phase of treatment targeted:</i>	Emphasis on stabilization and serving as a step-down after acute inpatient care or as a step-up from outpatient therapy. Strong trauma processing component.
<i>MST-specific treatment available:</i>	Staff with expertise in the treatment of sexual trauma, particularly given the high prevalence of sexual trauma among veterans in the program. Evidence-based group and individual psychotherapy that utilizes an adapted cognitive processing therapy approach focusing on exposure therapy, dialectical behavior skills, and trauma-informed empowerment modules (developed by SAMHSA).
<i>Notable admission criteria:</i>	<b>Note: Referrals currently limited to VISN 16 only.</b> Diagnosis of PTSD, substance dependence, mood or anxiety disorder; able to accommodate certain personality disorders. Veterans who are actively psychotic and unable to tolerate or commit to intensive treatment are generally ineligible for admission. Veterans with strong intent for suicidal or homicidal behavior but who otherwise meet admission criteria are potentially admissible but will be first admitted to the local psychiatric intensive care unit for stabilization and evaluation. Veterans must be able to live independently while on the unit and willing to participate in group therapy; must have an outpatient mental health provider for follow-up care. Veterans needing nursing care for medical conditions may be admissible.
<i>Treat both men and women?</i>	Women only.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Cohort admission. Length of stay 21 days.
<i>Contact information:</i>	Marcian Parker, LCSW-- (713)791-1414 ext 6317, <a href="mailto:Marcian.Parker@va.gov">Marcian.Parker@va.gov</a>

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<i>VISN &amp; Facility:</i>	<b>VISN 17: Central Texas Veterans HCS (Temple, TX)</b>
<i>Category:</i>	<b>MST/Sexual Trauma Treatment Program (Specialized Women’s Treatment Program)</b>
<i>Program name:</i>	Trauma Recovery Treatment Center
<i>Phase of treatment targeted:</i>	Emphasis on trauma processing and the development of emotion regulation, interpersonal effectiveness, acceptance, and mindfulness skills.
<i>MST-specific treatment available:</i>	Group and Individual Therapy are offered. Core treatment modalities include Cognitive Processing Therapy (CPT), Acceptance and Commitment Therapy (ACT), and Dialectical Behavior Therapy (DBT) skills training.
<i>Notable admission criteria:</i>	History of rape or attempted rape during active military service or during active duty training OR history of adult civilian rape or attempted rape and also has experienced some form of MST. Must be at least 6 months post most recent sexual trauma. Must be substance free for at least 30 days prior to admission. Must be 30 days post discharge from acute inpatient mental health. Must be committed to and have a plan for post-discharge continuing care and stable living environment. Must be able to actively participate in group treatment in a residential rehabilitation setting. No active psychotic symptomatology. No significant cognitive impairment. No unresolved legal issues or charges (i.e., no pending court dates and/or issues around which a legal decision has yet to be rendered). Does not present a danger to self/others. Not currently pregnant. No major medical problems that will either prevent full participation or require extraordinary medical monitoring. No history of perpetrating acts of sexual assault or violence against others.
<i>Treat both men and women?</i>	Women only.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Cohort admissions. Length of stay of 7 weeks.
<i>Contact information:</i>	Program Support Assistant – (254) 743-1711

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<i>VISN &amp; Facility:</i>	<b>VISN 21: VA Palo Alto HCS/Menlo Park Division (Menlo Park, CA)</b>
<i>Category:</i>	<b>MST/Sexual Trauma Treatment Program (Specialized Women’s Treatment Program)</b>
<i>Program name:</i>	Women’s Trauma Recovery Program (WTRP)
<i>Phase of treatment targeted:</i>	Flexible, from skills building to trauma processing.
<i>MST-specific treatment available:</i>	WTRP staff members have expertise in the treatment of sexual trauma and in the provision of gender-specific care. Group residential treatment focuses on providing cognitive behavioral therapy in the context of a therapeutic milieu. Military-related trauma experiences are processed utilizing a CPT model. Treatment interventions also include affect tolerance, anxiety management, stress management, skills building, health issues, recreation therapy, and family therapy.
<i>Notable admission criteria:</i>	Alcohol and illegal substance free for 5 days and off of benzodiazepines. No active psychosis. No major medical problems that will interfere with participation in program.
<i>Treat both men and women?</i>	Women only.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Rolling admissions. 60 day to 90 day length of stay.
<i>Contact information:</i>	Marion Gautschi, MSW, Admissions Coordinator – (650) 614-9997 x22843, <a href="mailto:marion.gautschi@va.gov">marion.gautschi@va.gov</a> , Tasha Souter, MD – (650) 614-9997 x23158; <a href="mailto:tasha.souter@va.gov">tasha.souter@va.gov</a> ; Dorene Loew, PhD – (650) 614-9997 x23237; <a href="mailto:dorene.loew@va.gov">dorene.loew@va.gov</a>

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<i>VISN &amp; Facility:</i>	<b>VISN 22: VA Long Beach Healthcare System (Long Beach, CA)</b>
<i>Category:</i>	<b>MST/Sexual Trauma Treatment Program (Specialized Women’s Treatment Program)</b> <i>(NOTE: housing is with local U.S. VETS program, through the VA’s Grants and Per Diem Program)</i>
<i>Program name:</i>	RENEW: Women's Trauma Recovery Program
<i>Phase of treatment targeted:</i>	Emphasis on skill development and trauma processing.
<i>MST-specific treatment available:</i>	Program as a whole is devoted to treatment of sexual trauma. Individual and group treatment. Holistic focus.
<i>Notable admission criteria:</i>	6 months sobriety. 6 months without psychiatric hospitalization. 6 months without suicide attempt or self-injury. Ability to remain for the duration of the program.
<i>Treat both men and women?</i>	Women only.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Cohort admissions. Length of stay of 12 weeks. After completion of program, may be eligible for participation in “Bridges” program: 12 week, rolling admissions residential and/or outpatient aftercare program consisting of 12 hours/week of community activity and support groups.
<i>Contact information:</i>	Lori Katz, PhD (program director) -- (562) 826-8000 x4380; <a href="mailto:lori.katz@va.gov">lori.katz@va.gov</a> ; or Sandy Dee Hoague (program coordinator) -- x4820.

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**General Programs, But Multiple Staff With Expertise in MST/Sexual Trauma**

Although these programs do not necessarily have an explicit focus on MST/sexual trauma, staff can often work individually with veterans who need MST-specific care as an adjunct to the care they receive through the more general program. Veterans may also be able to receive specialized MST-related group or individual therapy through a local outpatient clinic.

<i>VISN &amp; Facility:</i>	<b>VISN 5: VA Maryland HCS/Baltimore Division (Baltimore, MD)</b>
<i>Category:</i>	<b>General Program, But Multiple Staff With Expertise in MST/Sexual Trauma</b>
<i>Program name:</i>	Dual Diagnosis PTSD/Substance Abuse Psychosocial Residential Rehabilitation Treatment Program
<i>Phase of treatment targeted:</i>	Flexible, ranges from psychoeducation and skill-development to trauma processing.
<i>MST-specific treatment available:</i>	Multiple staff members with expertise in treating sexual trauma using empirically supported treatments. Individual and group therapy.
<i>Notable admission criteria:</i>	PTSD and substance abuse/dependence. Prefer 30 days sobriety and that have had at least one significant period of sobriety within the past year. Ability to function independently in daily life. Psychiatrically and medically stable.
<i>Treat both men and women?</i>	Yes. Have both mixed and single-sex groups. Women stay in individual rooms with private, non-attached bathrooms.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Rolling admissions. 45 – 56 day stay.
<i>Contact information:</i>	Lorie Morris, Psy.D. -- (410) 605-7418; <a href="mailto:lorie.morris@va.gov">lorie.morris@va.gov</a>

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<i>VISN &amp; Facility:</i>	<b>VISN 7: Augusta VAMC (Augusta, GA)</b>
<i>Category:</i>	<b>General Program, But Multiple Staff With Expertise in MST/Sexual Trauma</b>
<i>Program name:</i>	MST Clinic & Domiciliary Residential Rehabilitation and Treatment Program
<i>Phase of treatment targeted:</i>	Emphasis on trauma processing.
<i>MST-specific treatment available:</i>	Veterans receive therapy through the outpatient MST clinic where staff have expertise in the treatment of sexual trauma.
<i>Notable admission criteria:</i>	No pending legal issues. No physical assaults in past six months. Current sobriety. Not taking any controlled medications more than two times/day.
<i>Treat both men and women?</i>	Yes. Women stay in lockable two- to four-person rooms. Some women-only groups, but others are mixed-sex.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Rolling admissions. Length of stay for up to 120 days.
<i>Contact information:</i>	Rebecca Jump, Ph.D. -- (706) 733-0188 x7737; <a href="mailto:rebecca.jump@va.gov">rebecca.jump@va.gov</a>

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<i>VISN &amp; Facility:</i>	<b>VISN 10: Cincinnati VAMC (Cincinnati, OH)</b>
<i>Category:</i>	<b>General Program, But Multiple Staff With Expertise in MST/Sexual Trauma</b>
<i>Program name:</i>	PTSD Residential Treatment Programs (separate programs for men and women); also a separate program for veterans with PTSD and mTBI.
<i>Phase of treatment targeted:</i>	Focus on treatment of PTSD symptoms with emphasis on trauma processing and cognitive restructuring.
<i>MST-specific treatment available:</i>	Most staff have expertise in sexual trauma. Individual and group treatment; all veterans receive Cognitive Processing Therapy in two individual therapy sessions per week with additional sessions as needed.
<i>Notable admission criteria:</i>	PTSD; no active mania or psychosis; no acute medical or legal issues; no registered sex offenders; able to tolerate group treatment and share trauma accounts in <u>individual</u> therapy; we do accept veterans on benzodiazepines and/or methadone.
<i>Treat both men and women?</i>	Yes. Two separate programs, one for males and one for females. Each has separate living areas but males and females do share cafeteria. No mixed gender groups.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Cohort admissions. Length of stay of 7 weeks.
<i>Contact information:</i>	Program Coordinator: Nicola Caldwell, PhD – (513) 861-3100 x3254; <a href="mailto:Nicola.Caldwell@va.gov">Nicola.Caldwell@va.gov</a> Intake Coordinator: Andrea Williams, LISW (513-861-3100 x 3134); <a href="mailto:Andrea.Williams5@va.gov">Andrea.Williams5@va.gov</a>

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<i>VISN &amp; Facility:</i>	<b>VISN 12: North Chicago VAMC (North Chicago, IL)</b>
<i>Category:</i>	<b>General Program, But Multiple Staff With Expertise in MST/Sexual Trauma</b>
<i>Program name:</i>	Stress Disorder Treatment Unit (PTSD Residential Rehabilitation Program)
<i>Phase of treatment targeted:</i>	Flexible, from skills building to trauma processing.
<i>MST-specific treatment available:</i>	Individual therapy; clinicians have developed expertise in working with MST, given the number of sexual trauma cases they tend to see.
<i>Notable admission criteria:</i>	Must have combat-related PTSD (combat broadly defined) and be service connected for PTSD. Minimum 30 days sobriety. Medically stable. No active suicidal ideation in the past 60 days. Admission can't be court-related. Must be in outpatient treatment. Prefer no benzodiazepines or anti- psychotic medications. Current PTSD symptoms must be too severe to be treated on an outpatient basis.
<i>Treat both men and women?</i>	Yes. Women with private room, but men and women participate in groups together.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Rolling admissions. Length of stay varies but average is around 35 days.
<i>Contact information:</i>	Karen Paddock – (847) 688-1900 x 83312; <a href="mailto:karen.paddock@va.gov">karen.paddock@va.gov</a>

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<i>VISN &amp; Facility:</i>	<b>VISN 15: VA Eastern Kansas HCS/Topeka Division (Topeka, KS)</b>
<i>Category:</i>	<b>General Program, But Multiple Staff With Expertise in MST/Sexual Trauma</b>
<i>Program name:</i>	Stress Disorder Treatment Program (Specialized Inpatient PTSD Unit)
<i>Phase of treatment targeted:</i>	Ranges from skill building to trauma processing.
<i>MST-specific treatment available:</i>	Though have ongoing admissions, try to cluster individuals with sexual trauma-related issues into “mini-cohorts.” Staff with training in treatment of sexual trauma.
<i>Notable admission criteria:</i>	30 days sobriety. Military trauma of some type. Treatment can’t be court-ordered. No acute suicidal or homicidal ideation. No acute psychosis.
<i>Treat both men and women?</i>	Yes, but see relatively few women. Women and men are potentially, but not necessarily, in the same cohort. They participate in psychoeducational groups together but decisions about participation in trauma processing groups together are made on a case by case basis, depending on the size of the female mini-cohort. Women room together as appropriate but typically have private rooms with their own bathroom.
<i>Rolling vs cohort admissions &amp; length of program:</i>	Rolling admissions. Length of stay of 7 weeks.
<i>Contact information:</i>	For referrals, Terry Falck, M.A. – (785) 350-3111 x 52139; for more information, Jonathan Farrell-Higgins, Ph.D. – x 52118; <a href="mailto:jonathan.farrell-higgins@va.gov">jonathan.farrell-higgins@va.gov</a>