TREATMENT PROGRAMS

The following codes are used to help you pick out appropriate programs quickly. However, please be sure to read the descriptions also. Dates following entries reflect the last date information was checked for accuracy. 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; Ad = adolescents; C = children

Cottonwood de Tucson
4110 W. Sweetwater Drive
Tucson AZ 85745
Phone: 800-877-4520 Ask for Admissions ; Extensions 2505 and 2503
Fax: 520-743-2191
Email: General.information@cottonwooddetucson.com
Website: www.cottonwooddetucson.com
Intake/Contact Person: Linda Barela, Director of Admissions
Clinical Director: Kathleen Parrish, LPC
Treatment: T, A, SI, O Programs: IP, EC Population: A, Ad (Females)
JCAHO/CARF accredited. 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
Clinical Director: Shari Corbitt, PsyD
Treatment: T, E, A, O Programs: IP Population: A
Accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). Dually licensed by the state of Arizona as a Special Hospital and a Level 1 Psychiatric Hospital with behavioral health services, Sierra Tucson is committed to the prevention, education, diagnosis, and treatment of addictions and mental and behavioral disorders. Specializes in Mood disorders, trauma, addictions, eating disorders and sexual recovery. Uses The Sierra Model® of treatment which recognizes a simple truth: all
of us exist as mind, body, spirit, and emotions. Only when the whole person is healed—not just the symptoms, but the underlying problems—can recovery begin. Has 95 patient beds and a 2.5 to 1 staff to patient ratio. Sierra Tucson applies traditional and integrative therapies to assist in the recovery process. Psychodrama, EMDR, Somatic Experiencing®, acupuncture, chiropractic services, and yoga, as well as more traditional group and cognitive-behavioral therapies, are utilized to provide a diverse, effective treatment experience.

The National Treatment Center for Trauma-Based Disorders
Del Amo Hospital
23700 Camino Del Sol
Torrance CA 90505
Phone: 800-533-5266
Website: www.delamotreatment.com
Trauma Program Director: Colin A. Ross, M.D.
Treatment: T, D, A, SI, O Programs: IP, D Populations: A
The Trauma Recovery Program at Del Amo specializes in treating PTSD, Dissociative Disorders (DID), Borderline Personality Disorder and Dual Diagnosis. Uses the “Trauma Model” of treatment. This model utilizes cognitive therapies to guide the client towards self awareness and trauma resolution. 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.

Alternative Treatment International
300 S. Duncan Ave.
Suite 263
Clearwater, FL 33755
Phone: 800-897-8060
Fax: 727-461-3651
Email: info@alternative2rehab.com
Website: http://www.alternative2rehab.com/staff.html
Contact Person: Dr. Alan Meyers, PhD Director: Charles Robinson, LMHC
Treatment: T, D, E, A, SI, O Programs: IP, OP Population: A (18 and up)
Licensed by the State of Florida. JCAHO Accredited. The program is Non 12-step/Non AA. ATI is a clinically based, holistic and dual diagnosis program. We treat the cause of the problem, not just the symptoms. Individual psychotherapy and group psychotherapy are predominant program features. Medical services available include psychiatric evaluation, nursing assessment, and referral to detox or ancillary medics care.

Trauma Resolution Integration Program (TRIP)
Nova Southeastern University
3301 College Avenue
Fort Lauderdale, FL 33314
Phone: 954-262-5851
Fax: 954-262-3857
Email: gold@nsu.nova.edu
Website: http://www.nova.edu/trip
Intake/Contact Person: Monica Monahan Director: Steven N. Gold, Ph.D.
Treatment: T, D, SI, A, O Programs: OP Population: A (18 and up)
Specializes in treating PTSD, Dissociative Disorders, Self Injury, Borderline Personality Disorder, Sleep Disorders, Depressive Disorders, Anxiety Disorders, Substance Abuse/Dual Diagnosis and Sexual Orientation/Identity Issues. This outpatient treatment program is geared towards individuals 18 and over who are experiencing difficulties related to a history of child abuse, other traumatic experiences or dissociative experiences. The treatment philosophy adhered to at TRIP is that many of the difficulties experienced by
survivors of prolonged child abuse are not due solely to discrete incidents of abuse. Often ongoing abuse occurs in an interpersonal environment that fails to teach many of the abilities needed to cope effectively with the complexities of adult living. Therefore, the model of therapy employed at TRIP, rather than focusing primarily on confronting and processing abusive experiences, emphasizes the acquisition of the abilities needed to live comfortably and effectively. This treatment approach, called contextual therapy, is described in detail in the book Not Trauma Alone. Accredited American Psychological Association Internship Site. Adjunctive Therapies: DBT Groups offered on several days and times during the week. Fees are based on a sliding scale.

The Renfrew Centers
1. 475 Spring Lane, Philadelphia PA 19128 Programs: R, TL, EC, 8945 R. Ridge Ave, Philadelphia, PA 19128 Programs: OP
2. 7700 Renfrew Lane, Coconut Creek, FL, 33073 Programs: R, D, IOP, TL, OP
3. 436 Danbury Road, Wilton, CT, 06897 Programs: D, IOP, OP
4. 174 Union Street, Ridgewood NJ, 07450 Programs: D, IOP, OP
5. 11 East 36th Street, New York, NY, 10016 Programs: D, IOP, OP
6. 320 King of Prussia Road, Radnor, PA 19087 Programs: D, IOP, OP
7. 6633 Fairview Road, Charlotte NC 28210 Programs: D, IOP, OP
8. 1624 Westgate Circle Suite 100 Brentwood, TN 37027 Programs: D, IOP, OP
Phone: 1-800-RENFREW (736-3739)
Website: [http://www.renfrewcenter.com](http://www.renfrewcenter.com)

The Renfrew Center is a women's mental health center with locations in Philadelphia and Radnor, PA; Coconut Creek, FL; New York City, NY; Wilton, CT; Ridgewood, NJ; Charlotte, NC, and Nashville, TN, as well as a nationwide professional resource network. We specialize in the treatment of eating disorders (anorexia, bulimia, and binge eating disorder), trauma, anxiety, depression, and other women's issues. Offers residential, intensive outpatient, outpatient, transitional living and day programs for women. Different locations offer different combinations of programs. Residential program includes specialized tracks to address the specific needs of women suffering from compulsive eating, trauma, or substance abuse disorders. Renfrew has also developed a program to address the special needs of adolescents.

Reviewed

University Behavioral Center
2500 Discovery Drive
Orlando FL 32826
Phone: 407-281-7000

University Behavioral Center is located on a beautiful 14-acre campus in Orlando, Florida. The facility is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and is licensed by the State of Florida Agency for Health Care Administration. University Behavioral Center offers a 70-bed locked residential treatment program for children and adolescents with mental illness and dual diagnosis disorders. In addition to general mental health programs, specialty programs are offered for females with a history of severe trauma and youthful male sexual offenders. University Behavioral Center also provides a 30-bed specialty licensed Group Care Program for dependent youth. The foundation of the program is that healing and growth are directly related to an increase in self-awareness and knowledge. Many treatment modalities are used including individual, family, group therapy, expressive therapy, experiential therapy, written exercises, journaling, narrative therapy, and therapeutic physical exercises. All are designed to create a positive awareness of self and allow for effective expression and self-discovery.

Ridgeview Institute
3995 South Cobb Drive
Smyrna GA 30080-6397
770-434-4567, ext. 3200 (admissions)
Phone: 800-329-9775
Website: www.ridgeviewinstitute.com
Treatment: T, E, A Programs: IP, OP, PH Population: A, Ad
Ridgeview Institute, is a private, not-for-profit provider of psychiatric and substance abuse treatment, including inpatient, partial, and intensive outpatient treatment options for young adults, adults, and older adults. We offer specialty programs for Impaired Professionals, Eating Disorders, Young Adults, and Seniors. For more information on Ridgeview’s programs and services please call (770) 434-4567.

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
Treatment: T, E, A, SI, O
Programs: IP, PH
Populations: A and AD
Descrip: Located on 43 beautiful acres just outside Chicago, offering a nurturing environment of recovery for women ages 12 and older struggling to overcome eating disorders, substance abuse, mood disorders and co-occurring disorders. By serving with uncompromising care, relentless compassion and an unconditional joyful spirit, we help our residents help themselves in their recovery.

S.A.F.E. Alternatives (Self Abuse Finally Ends)
10 Bergman Court
Forest Park, IL 60130
Phone: 800-DONTCUT (800-366-8288);
Fax: 708-366-9065
Email: info@selfinjury.com
Website: www.selfinjury.com
Intake/Contact Person: Joni Nowicki Director: Dr. Wendy Lader, Ph.D.
Treatment: SI Programs, IP, PH, IOP OP Population: A, AD (12 & Up)
This is not a crisis line. It is an information line. You can order information on self-injury or leave your number/name if you want someone to call you back about entering their treatment program. This is voice mail only. Program locations in Illinois and Denton TX. Primarily treats Self-Injury. Also treats: PTSD, Dissociative Disorders, Eating Disorders, Borderline Personality Disorder, Depressive Disorders, Anxiety Disorders, Substance Abuse/Dual Diagnosis and Sexual Orientation/Identity Issues. Offers both inpatient and outpatient services. Inpatient services are a 30 day intensive program, including 15 days inpatient and 15 days partial hospitalization. Patients must be voluntary. Outpatient services offered include: SAFE Choice, a weekly group psychotherapy program for adults and adolescents who self-injure.

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, 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, 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 and sexual compulsivity is also available.

The Trauma Center
1269 Beacon Street
Brookline, MA 02446
Main Phone: 617-232-1303
Intake/Contact Person: Michelle Harris, LMHC
Medical Director: Dr. Bessel Van der Kolk
Website: www.traumacenter.org
Email: moreinfo@traumacenter.org
Treatment: T, D, SI Programs: OP Population: A, Ad, C
Specializes in treating: PTSD, Dissociative Disorders, Self-Injury and Sexual Orientation/Identity issues with a trauma focus. Also specializes in trauma-informed psychological and neuropsychological assessment and runs therapy groups including DBT-Based coping skills groups and Yoga groups for trauma survivors.

Our highly trained staff and supervisors have broad experience providing trauma-informed therapy to a range of trauma survivors and their families, as well as expert consultation to agencies seeking to enhance their trauma-focused service delivery. Treatment and consultation are individualized based on the specific needs and preferences of each client/agency. Treatment typically begins with a careful evaluation to determine the relative contributions of trauma, temperament, biology, and other factors to each client's presenting concerns and to help us gain a complete picture of each client's strengths, resources, and areas of need. Based on this evaluation, and in close collaboration with the client, our clinicians develop an individualized treatment plan. Our clinicians utilize an integrative approach to treatment that draws on psychodynamic, cognitive-behavioral, interpersonal/relational, experiential, family systems, and other clinical frameworks. Our general philosophy recognizes both the physiological and psychological impacts of trauma and the importance of paying attention to both through treatment that bridges mind and body. In addition, trauma center clinicians have extensive training and experience in a variety of specialized treatment modalities, which may be integrated into treatment or offered on an adjunctive basis as appropriate. These include: For All Ages: EMDR- Level II, DBT Based Individual and Group Interventions, Expressive Arts, Cognitive-Behavioral Therapy Approaches to Trauma Treatment, Sensorimotor Psychotherapy, Accelerated Experiential Dynamic Psychotherapy (AEDP), Structured Approaches to the Treatment of Clinical Dissociation including Internal Family Systems (IFS) and Ego-State Therapy and Yoga Services. For Children/Families: Attachment, Self-regulation, and Competency (ARC), and Parent-Child Interaction Therapy (PCIT). Affiliated with Boston University Medical Center. Accepts Mass Health (MBHP), Tufts, some forms of BCBS, and Commonwealth Care insurance. Reviewed

Women's Treatment Program at McLean Hospital
115 Mill St., Hill Center
Belmont MA 02178
Phone: 617-855-2595
Fax: 617-855-3738
Email: women@mclean.harvard.edu
Website: www.mclean.harvard.edu
Intake/Contact Person: Linda Larson
Clinical Director: Sherry Winternitz, M.D.
Treatment: T, D, SI, O Programs: R, PH Population: A (females only 18+)
JCAHO, DMH, DPH Accredited. We treat women struggling with acute destabilization of PTSD symptoms, dissociation, 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.
Treatment: T, D, Programs: IP 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.

Sheppard Pratt Health System
6501 N. Charles Street
Baltimore, Maryland 21285
410-938-3584
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. Treatment of the following secondary diagnoses (with PTSD and Dissociative Disorders as primary diagnoses): Anxiety Disorders, Mood Disorders, Personality Disorders, Eating Disorders, Somatoform Disorders and Substance Abuse.
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 comorbid disorders. A newly renovated 22 private room, inpatient unit is available for adults (age 18) who require inpatient hospitalization. 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 (e.g. Blue Cross Blue Shield, Aetna, Cigna, etc). Please
note that all policies differ; benefits and coverage will be verified prior to admission.

**Forest View Hospital**  
1055 Medical Drive SE  
Grand Rapids MI 49546-3671  
Phone: 800-949-8439  
Website: [https://www.forestviewhospital.com/home.html](https://www.forestviewhospital.com/home.html)  
Trauma Program Director: Colin A. Ross, M.D.  
Treatment: T, D, E, O  
Programs: IP, PH  
Population: A  
Inpatient and partial hospitalization. Individual and group psychotherapy. DID/DDNOS, borderline personality disorder, PTSD, acute stress disorder, co-morbid depression, substance abuse, eating disorders, panic disorder. Focus is not on diagnostic category but on the effects of trauma and unresolved attachment issues. Forest View’s Psychological Trauma Treatment Center utilizes innovative, non-regressive treatment that maintains and encourages the patient's stability while actively engaging in therapy. The treatment plan focuses on teaching the patient to regulate affect, develop healthy attachment patterns and reduce distorted thinking. The Psychological Trauma Treatment Center includes an integration of cognitive-behavioral, experiential and didactic treatment modalities essential to modifying behavior and cognition. Individual and group therapy addresses core attachment issues and emphasizes symptom reduction and improved coping ability.

**The Two Rivers National Center for Trauma-Based Disorders**  
Two Rivers Psychiatric Hospital  
5121 Raytown Rd.  
Kansas City MO 64133  
Phone: 816-356-5688; 800-225-8577  
Website: [http://tworivershospital.com](http://tworivershospital.com)  
Contact Person: Robin Moehlman  
Trauma Program Director: Nancy Harrel, LCSW  
Treatment: T, D, SI, A, O  
Programs: IP, PH  
Population: A  
Accredited by JCAHO and the state of Missouri. Has an Eating Disorder Track; also treat self-harm and addiction (as long as addiction is not the primary issue); specializes in Dissociative Disorders. Encourages spirituality but no specific groups. Utilizes stabilization techniques to increase client empowerment prior to working toward trauma resolution. Safety on milieu is extremely important. Teach tools to provide empowerment while helping survivors work through trauma. 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. Work with internal communication and grounding techniques to attain co-consciousness with dissociated parts of self. Has maximum of 22 inpatients plus an outpatient partial program. Nurses are staffed approximately 1:6. Outpatients are seen twice a week in therapy and every other day by a psychiatrist. 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. Adjunctive therapies include: Psychodrama; EMDR; expressive therapies; internal family systems trained therapists; DBT (dialectical behavior therapy).

**Princeton House Behavioral Health System**  
Women’s Trauma Program  
905 Herrontown Road  
Princeton, NJ 08540  
Phone: 800-242-2550, 609-497-3300  
Fax: 609-497-3370  
Treatment: T  
Programs: IP, PH, O  
Population: A  
The Women's Trauma Program is a comprehensive, innovative model of treatment for women who are suffering from the impact of trauma or abuse-either by history or in their present circumstances. 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 and self-sabotaging behaviors and the traumatic events in their lives.

**Princeton House Behavioral Health System**  
**Women's Trauma and Addiction Program**  
905 Herrontown Road  
Princeton, NJ 08540  
Phone: 800-242-2550, 609-497-3300  
Fax: 609-497-3370  
Treatment: T, A  
Programs: IP, PH, O  
Population: A  
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.

**Life Healing Center of Santa Fe**  
P.O. Box 6758  
Santa Fe NM 87502  
Phone: 1-800-989-7406  
Fax: 505-820-8161  
Website: [http://www.life-healing.com](http://www.life-healing.com)  
Director: Linda Hortter, RN, LPAT-ATR, LADAC  
Treatment: T, E, A, O  
Programs: Residential & Day  
Population: A  
Licensed for 'Adult Residential Care' from the state of New Mexico. Specializes in trauma recovery, chemical dependency, eating disorders, and sex addiction. Trauma often results in distorted relationships with oneself, one's body and with others. We support our clients to identify how these current distortions are based in the past, while learning new strategies and skills. The treatment incorporates community, group and individual elements. There is one primary therapist for every 4 clients. Maximum of 39 residents living at LHC. A day program is available for clients who complete the regular program. They continue with the same therapist and attend program Monday through Friday but live off-site. Adjunctive therapies include: EMDR, Hakomi, Breathwork, acupuncture, massage, equine-assisted therapy, career counseling, Sensorimotor, Family weekend.

**Key Stone Center Extended Care Unit**  
2000 Providence Rd.  
Chester PA 19013  
Phone: 1-800-733-6840  
Fax: 610-876-2217  
Website: [https://www.keystonecenterecu.net/indexnew.html](https://www.keystonecenterecu.net/indexnew.html)  
Director: Susan J. Campling, PsyD  
Treatment: T, A  
Programs: IP  
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 compulsion 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.

**Children's Home of York- Girls Center**  
77 Shoehouse Road  
York, PA 17402  
United States  
Contact- Toshia M. Shearer, BS, MSW  
Phone: 717-755-1033 ext- 307  
Fax: 717-718-9727
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 and 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.

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
Fax: 214-388-6453
Website: www.timberlawn.com
Email: eric.reynolds@uhsinc.com
Contact Person: Peyton Orr
Director: Colin Ross, M.D.
Treatment: T, D, O
Programs: IP, PH
Population: A
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 utilized 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 Menninger Clinic
12301 Main Street
Houston, TX 77035
Phone: 800-351-9058; 713-275-5000
Fax: 713-275-5107
Website: http://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.

New Dimensions Day Hospital
1345 Spacepark Drive., Suite C
Houston TX 77058
Phone: 281-333-2284
http://www.newdimensionsdayhospital.com/index.htm
Treatment: T, A
Programs: D, PH, OP
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.

**Rogers Memorial Hospital**
34700 Valley Road
Oconomowoc WI  53066
Phone: 800-767-4411
Website: www.rogershospital.org
Treatment: E, A, O Programs: IP, PH Population: A, Ad (12-17)
Rogers Memorial Hospital does not currently offer a specialized treatment center for individuals with trauma, post-traumatic stress and dissociative disorders. Does treat single episode PTSD using a strict cognitive behavioral therapy approach at the residential OCD Center and Adult Center plus the OCD partial hospitalization program. No specific treatment services for individuals with trauma or dissociative disorders. Specialized treatment programs include: The Eating Disorder Center (for adults and adolescents 12 and older); The Child and Adolescent Center (for ages 12 to 17) for cognitive behavioral therapy services for OCD and other anxiety disorders; The Obsessive Compulsive Disorder Center (for adults 18 and older); The Adult Center (for adults 18 and older) who have co-occurring eating disorders, OCD, and other anxiety disorders and the Herrington Recovery Center (for adults 18 and older) for chemical dependency and co-existing disorders.

**Intensive Trauma Therapy, Inc.**
314 Scott Ave.
Morgantown, WV 26508
United States
Phone: 304-291-2912
Fax: 304-291-2918
Email: info@traumatherapy.us
Website: http://traumatherapy.us
Intake/Contact Person: Carrie Downey, MSW, MPA, LICSW Clinical Director: Linda Gantt, PhD, ATR-BC Treatment: T, D 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. Since all of the treatment day is spent in individual sessions you can get almost a year's worth of therapy in a week (35 hours). This treatment schedule is modified for children based on their developmental stage (ex young children would be scheduled for a 2 hour session in the morning and a 2 hour session in the afternoon over three days). Our experience team of clinicians use specific therapeutic techniques to help a client process their traumatic experience and address symptoms. 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.

**CAST Recovery Services**
"CAST Recovery Services is a treatment program in Santa Monica, California. 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."

Phone#: 866-283-9885
Address: 1830 Lincoln Blvd, Santa Monica CA 90404
http://www.castrcovery.com/

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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!