

MILITARY SEXUAL TRAUMA / SEXUAL TRAUMA RESIDENTIAL TREATMENT RESOURCES

This list consists of programs identifying themselves as providing MST or sexual trauma-specific treatment in a residential or inpatient setting. Only programs open and actively accepting referrals are included, such that programs under development are not listed. Programs range from those solely dedicated to the treatment of sexual trauma; to those with a special track emphasizing the treatment of sexual trauma; to those with two or more staff members with expertise in sexual trauma who, in the context of a larger program not focused on sexual trauma, provide treatment targeting this issue.

More detailed information about each program is provided on the pages following this summary list.

VISN 1

VA Boston HCS/Jamaica Plain Campus, Boston, MA:
Women Veterans' Therapeutic Transitional Residence Program (TRUST House)

VA Boston HCS/Brockton Campus, Brockton, MA:
Women's Integrated Treatment & Recovery Program

VISN 2

VA Western New York HCS/Batavia Campus, Batavia, NY:
Women Veterans' Residential Program

VISN 3

VA New Jersey HCS, Lyons, NY:
Women's Military Sexual Trauma Residential Program

VISN 5

VA Maryland HCS/Baltimore Division, Baltimore, MD:
Dual Diagnosis PTSD/Substance Abuse PR RTP

VISN 7

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

VISN 8

Bay Pines VAHCS, Bay Pines, FL:
Center for Sexual Trauma Services

VISN 10

Cincinnati VAMC, Cincinnati, OH:
Residential PTSD Program

VISN 12

Clement J. Zablocki VAMC, Milwaukee, WI:
Rehabilitation and Transition Unit – Trauma Track

North Chicago VAMC, North Chicago, IL:
Stress Disorder Treatment Unit

VISN 15

VA Eastern Kansas HCS/Topeka Division, Topeka, KS:
Stress Disorder Treatment Program

VISN 16

Michael E. DeBakey VAMC, Houston, TX:
Women’s Inpatient Specialty Environment of Recovery (WISER)

VISN 17

Central Texas Veterans HCS, Temple, TX:
Women’s Trauma Recovery Center

VISN 21

VA Palo Alto HCS/Menlo Park Division, Menlo Park, CA:
Women’s Trauma Recovery Program

VISN 22

VA Long Beach Healthcare System, Long Beach, CA:
“Renew” & “Bridges”

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 Margret Bell, Ph.D.
(margret.bell@va.gov) with any questions or updates.*

VISN 1

<i>Facility:</i>	VA Boston HCS/Jamaica Plain Campus (Boston, MA)
<i>Type of program:</i>	PTSD Transitional Residence
<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, a clinic with an explicit emphasis on treating sexual trauma. TR staff also have expertise in this area. Also are required to participate in DBT skills groups.
<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, SARRTP) or established outpatient. This is not typically a good referral from acute inpatient or for those requiring intensive treatment as much of time is spent in 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 & 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; erica.sharkansky@va.gov

<i>Facility:</i>	VA Boston Healthcare System, Brockton Campus (Brockton, MA)
<i>Type of program:</i>	Women's Residential Program
<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 & length of program:</i>	Rolling admissions with 8-week length of stay which may be extended to 90 days under certain circumstances, if for example, a veteran awaiting admission to a subsequent program needs to meet criteria for a length of sobriety greater than 56 days or is awaiting housing.
<i>Contact information:</i>	Sharon L. Baker, Ph.D. – (774) 826-1312; sharon.baker3@va.gov

VISN 2:

<i>Facility:</i>	VA Western New York HCS/Batavia Campus (Batavia, NY)
<i>Type of program:</i>	Women's Residential Program
<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. 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>	30 days sobriety; medically stable; linked to outpatient care and have a discharge plan; no acute suicidal or homicidal ideation.
<i>Treat both men and women?</i>	Women only.
<i>Rolling vs cohort admissions & length of program:</i>	Utilize a cohort system with a 10 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>	Terri Julian, Ph.D. – (585) 297-1205; terri.julian@va.gov

VISN 3:

<i>Facility:</i>	VA New Jersey HCS, (Lyons, NJ)
<i>Type of program:</i>	MST Residential Treatment Program
<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; cannot present as danger to self or others; must be medically stable.
<i>Treat both men and women?</i>	Women only.
<i>Rolling vs cohort admissions & 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

VISN 5

<i>Facility:</i>	VA Maryland HCS/Baltimore Division (Baltimore, MD)
<i>Type of program:</i>	Psychosocial Residential Rehabilitation Treatment Program with Focus on Comorbid PTSD & Substance Use Disorders
<i>Program name:</i>	Dual Diagnosis PTSD/Substance Abuse PR RTP
<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 & length of program:</i>	Rolling admissions. 45 – 56 day stay.
<i>Contact information:</i>	Lorie Morris, Psy.D. -- (410) 605-7418; lorie.morris@va.gov

VISN 7

<i>Facility:</i>	Augusta VAMC (Augusta, GA)
<i>Type of program:</i>	MST Clinic in conjunction with Domiciliary Residential Rehabilitation and Treatment Program
<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 & length of program:</i>	Rolling admissions. Length of stay for up to 120 days.
<i>Contact information:</i>	Lorraine Braswell, Ph.D. -- (706) 733-0188 x7735; lorraine.braswell@va.gov

VISN 8

<i>Facility:</i>	Bay Pines VAHCS (Bay Pines, FL)
<i>Type of program:</i>	MST Residential Program
<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>	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 & length of program:</i>	Rolling admissions; variable length of stay based on the individual's treatment plan.
<i>Contact information:</i>	Judith Connelly, PsyD. (727) 398-6661, x 7297; Judith.Connelly2@va.gov or Carol O'Brien, Ph.D. – (727) 398-6661 x7381; carol.obrien1@va.gov

VISN 10

<i>Facility:</i>	Cincinnati VAMC (Cincinnati, OH)
<i>Type of program:</i>	PTSD Day Hospital with lodging
<i>Program name:</i>	Residential PTSD Program
<i>Phase of treatment targeted:</i>	Emphasis on trauma processing.
<i>MST-specific treatment available:</i>	Most staff have expertise in sexual trauma. Individual and group treatment; veterans working on sexual trauma get one extra individual therapy session a week as needed.
<i>Notable admission criteria:</i>	PTSD; 30 days sobriety (will, however, take veterans on benzodiazepines and/or methadone); no active mania or psychosis; no medical or legal issues; no registered sex offenders; able to tolerate group treatment and share trauma accounts in individual therapy.
<i>Treat both men and women?</i>	Yes. Men and women with separate living areas but eat in the cafeteria together. No mixed-sex therapy groups.
<i>Rolling vs cohort admissions & length of program:</i>	Cohort admissions. Length of stay of 7 weeks.
<i>Contact information:</i>	For referrals, Jennifer Lewis – (513) 861-3100 x3310; jennifer.lewis2@va.gov

VISN 12

<i>Facility:</i>	Clement J. Zablocki VAMC (Milwaukee, WI)
<i>Type of program:</i>	PTSD DOM
<i>Program name:</i>	Rehabilitation and Transition Unit – Trauma Track
<i>Phase of treatment targeted:</i>	Flexible, depends upon veterans' previous trauma work.
<i>MST-specific treatment available:</i>	Staff with expertise in sexual trauma by virtue of the high prevalence of it in the program. Veterans attend general programming but individual and group treatment would be focused on the sexual trauma.
<i>Notable admission criteria:</i>	30 days sobriety; need to be capable of independent living and able to manage living with others.
<i>Treat both men and women?</i>	Yes. Mixed-sex groups and living arrangements. One all-female support group where all participants have a history of sexual trauma.
<i>Rolling vs cohort admissions & length of program:</i>	Rolling admissions. Length of stay of 6-9 months.
<i>Contact information:</i>	For referrals, Katie DeYoung at the Central Intake Unit – (414) 384-2000 x 41986. For more information, Vickie Wiese, Ph.D. -- x 42367; vickie.wiese@va.gov

<i>Facility:</i>	North Chicago VAMC (North Chicago, IL)
<i>Type of program:</i>	PTSD Residential Rehabilitation Program
<i>Program name:</i>	Stress Disorder Treatment Unit
<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>	Combat-related PTSD (combat broadly defined); SC 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 & 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; karen.paddock@va.gov

VISN 15

<i>Facility:</i>	VA Eastern Kansas HCS/Topeka Division (Topeka, KS)
<i>Type of program:</i>	Specialized Inpatient PTSD Unit
<i>Program name:</i>	Stress Disorder Treatment Program
<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 & 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; jonathan.farrell-higgins@va.gov

VISN 16

<i>Facility:</i>	Michael E. DeBakey VA Medical Center (Houston, TX)
<i>Type of program:</i>	Women's Inpatient Program
<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>	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 & length of program:</i>	Rolling admissions. Typical length of stay 3-4 weeks.
<i>Contact information:</i>	Marcian Parker, LCSW-- (713)791-1414 ext 6317, Marcian.parker@va.gov NOTE: Referrals currently limited to VISN 16 only.

VISN 17

<i>Facility:</i>	Central Texas Veterans HCS (Temple, TX)
<i>Type of program:</i>	MST Residential Treatment Program
<i>Program name:</i>	Women’s Trauma Recovery Center
<i>Phase of treatment targeted:</i>	Emphasis on trauma processing.
<i>MST-specific treatment available:</i>	Program as a whole is devoted to MST treatment.
<i>Notable admission criteria:</i>	History of sexual assault or attempted sexual assault while in military (for recently deployed women, sexual harassment only with a history of other military trauma is acceptable); no substance abuse for past 30 days; no suicidal or para-suicidal behavior for past 30 days; no acute inpatient psychiatric admission for past 30 days; no uncontrolled mania or psychosis; not significant organic impairment; no ongoing criminal or violent behavior.
<i>Treat both men and women?</i>	Women only.
<i>Rolling vs cohort admissions & length of program:</i>	Cohort admissions. Length of stay of 7 weeks.
<i>Contact information:</i>	Delicia Mclean, Ph.D. – (254) 743-1720; delicia.mclean@va.gov

VISN 21

<i>Facility:</i>	VA Palo Alto HCS/Menlo Park Division (Menlo Park, CA)
<i>Type of program:</i>	PTSD Residential Program
<i>Program name:</i>	Women’s Trauma Recovery Program (WTRP)
<i>Phase of treatment targeted:</i>	Two tracks: 1) trauma processing; and 2) intensive skills building.
<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.
<i>Notable admission criteria:</i>	Alcohol and illegal substance free for 5 days and off of benzodiazepines; problems are primarily due to PTSD; no active psychosis; no unresolved legal issues; 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 & length of program:</i>	Rolling admissions. 60 day to 90 day length of stay.
<i>Contact information:</i>	Kristen Marchak, LSW, Admissions Coordinator – (650) 493-5000 x 24692, kristen.marchak2@va.gov , Tasha Souter, MD – (650) 493-5000 x23158; tasha.souter@va.gov ; Dorene Loew, PhD – (650) 493-5000 x23237; dorene.loew@va.gov

VISN 22

<i>Facility:</i>	VA Long Beach Healthcare System (Long Beach, CA)
<i>Type of program:</i>	Sexual Trauma Residential Program
<i>Program name:</i>	“Renew”; (for information on “Bridges”, see box on ‘rolling vs cohort admissions’)
<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 & length of program:</i>	Cohort admissions. Length of stay of 12 weeks. Also, potential for participation in “Bridges”: 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; lori.katz@va.gov ; or Sandy Dee Hoague (program coordinator) -- x4820.