

## **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 see both men and women concurrently but may have single-sex groups or other programming. Several programs serve women only. Only two (Cincinnati and Menlo Park) have men’s-only programs, although other programs serve very few women and often end up with men’s only cohorts in practice.

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

### **MST/Sexual Trauma Treatment Programs (Includes Women-Only Treatment Programs)**

Programs explicitly identifying themselves as “MST programs” or as having a specific focus on MST or sexual trauma. This list also includes all women-only treatment programs given that treatment for MST and sexual trauma are often integrated into or are key components of these programs.

- VISN 1: Boston, MA (Brockton)  
Women’s Integrated Treatment & Recovery Program
- Boston, MA (Jamaica Plain)  
Women Veterans’ Therapeutic Transitional Residence Program (TRUST House)
- VISN 2: Batavia, NY  
Women Veterans’ Residential Program
- VISN 3: Lyons, NJ  
Women’s Treatment Unit
- VISN 6: Salem, VA  
Specialized Inpatient PTSD Treatment Program for Women Veterans
- VISN 8: Bay Pines, FL  
Center for Sexual Trauma Services
- VISN 10: Cincinnati, OH

Women's Residential PTSD Program

- VISN 16: Houston, TX  
Women's Inpatient Specialty Environment of Recovery (WISER)
- VISN 17: Temple, TX  
Trauma Recovery Treatment Center
- VISN 19: Sheridan, WY  
Residential PTSD Program for Women
- VISN 21: Menlo Park, CA  
Women's Trauma Recovery Program
- VISN 22: 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)*
- West Los Angeles, CA  
Outpatient Women's Clinic in conjunction with Domiciliary Residential Rehabilitation and Treatment Program (Women's L.I.F.E. 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.

***\*\*Prior to referring a Veteran for treatment, please be sure to discuss with the program whether the nature and extent of the MST-related services available through the program will be appropriate to your Veteran's expectations and needs.\*\****

- VISN 5: Baltimore, MD  
Dual Diagnosis PTSD/Substance Abuse PR RTP
- VISN 6: Salem, VA  
Specialized Inpatient PTSD Treatment Program for Male Veterans
- VISN 7: Augusta, GA  
MST Clinic & Domiciliary Residential Rehabilitation and Treatment Program
- VISN 10: Cincinnati, OH  
Men's Residential PTSD Program
- VISN 12: North Chicago, IL  
Stress Disorder Treatment Unit
- VISN 15: Topeka, KS

Stress Disorder Treatment Program

VISN 21: Menlo Park, CA  
Men's Trauma Recovery 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.*

**MST/Sexual Trauma Treatment Programs (Includes Women-Only Treatment Programs)**

Programs explicitly identifying themselves as “MST programs” or as having a specific focus on MST or sexual trauma. This list also includes all women-only treatment programs given that treatment for MST and sexual trauma are often integrated into or are key components of these programs.

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| <i>VISN &amp; Facility:</i>                                  | <b>VISN 1:<br/>VA Boston Healthcare System, Brockton Campus<br/>(Brockton, MA)</b>  |
| <i>Category:</i>   | <b>MST/Sexual Trauma Treatment Program<br/>(Women-Only 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;<br><a href="mailto:sharon.baker3@va.gov">sharon.baker3@va.gov</a>   |

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| <i>VISN &amp; Facility:</i>                                  | <b>VISN 1:<br/>VA Boston HCS/Jamaica Plain Campus<br/>(Boston, MA)</b>   |
| <i>Category:</i>   | <b>MST/Sexual Trauma Treatment Program<br/>(Women-Only 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>                                  | Kristin Angell, LCSW – (857) 364-2951<br><a href="mailto:kristin.angell@va.gov">kristin.angell@va.gov</a>  |

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| <i>VISN &amp; Facility:</i>                                   | <b>VISN 2:<br/>VA Western New York HCS/Batavia Campus<br/>(Batavia, NY)</b>  |
| <i>Category:</i>  | <b>MST/Sexual Trauma Treatment Program<br/>(Women-Only 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:<br/>VA New Jersey HCS,<br/>(Lyons, NJ)</b>  |
| <i>Category:</i>   | <b>MST/Sexual Trauma Treatment Program<br/>(Women-Only 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 x 5896   |

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| <i>VISN &amp; Facility:</i>                                  | <b>VISN 6:<br/>Salem VAMC</b>  |
| <i>Category</i>  | <b>MST/Sexual Trauma Treatment Program<br/>(Women-Only Treatment Program)</b>  |
| <i>Program name:</i>   | Specialized Inpatient PTSD Treatment Program for Women Veterans  |
| <i>Phase of treatment targeted:</i>                          | Flexible, ranges from skill-development to trauma processing. Focus is on a holistic approach to healing and recovery.   |
| <i>MST-specific treatment available:</i>                     | Multiple staff with expertise in the treatment of sexual and combat trauma. Primarily group-based treatment with an emphasis on Acceptance and Commitment Therapy within a therapeutic community setting. Treatment includes psychoeducation, skill building, in vivo exposure work, trauma processing sessions and expressive arts therapies.   |
| <i>Notable admission criteria:</i>                           | Must have history of combat and/or military sexual trauma (though may focus on any trauma while in the program). Must be alcohol and illegal substance free; not in need of detox; free of benzodiazepines. Medically stable with no acute psychosis; no current self-mutilation; no medically acute eating disorders; not a danger to self or others. No significant cognitive impairment. No pending legal issues; no untreated sex offenders; no court mandated admissions. Able to return to stable housing. Must be linked to established outpatient mental health care and willing to return to outpatient mental health provider for followup care. Ability to function independently in daily life; able and willing to work intensively in group setting. Some flexibility in working with veteran to meet some criteria. |
| <i>Treat both men and women?</i>                             | Women only. Also have a separate program for men (see listing further below).  |
| <i>Rolling vs cohort admissions &amp; length of program:</i> | Cohort admissions. Length of stay of 6.5 weeks.  |
| <i>Contact information:</i>                                  | Kay Montgomery, MSW- (540) 982-2463 x 2548   |

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| <i>VISN &amp; Facility:</i>                                  | <b>VISN 8:<br/>Bay Pines VAHCS<br/>(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;<br><a href="mailto:ruth.harter-mcbride2@va.gov">ruth.harter-mcbride2@va.gov</a> or<br>Carol O'Brien, Ph.D. – (727) 398-6661 x7579;<br><a href="mailto:carol.obrien1@va.gov">carol.obrien1@va.gov</a>  |

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| <i>VISN &amp; Facility:</i>                                  | <b>VISN 10:<br/>Cincinnati VAMC<br/>(Cincinnati, OH)</b>  |
| <i>Category:</i>   | <b>MST/Sexual Trauma Treatment Program<br/>(Women-Only Treatment Program)</b>   |
| <i>Program name:</i>   | Women's PTSD Residential Treatment Program; also a separate program for male veterans and 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>                             | Women only. Also have a separate program for men (see listing further below) – programs are separate and have 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><br>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 16:<br/>Michael E. DeBakey VA Medical Center<br/>(Houston, TX)</b>  |
| <i>Category:</i>   | <b>MST/Sexual Trauma Treatment Program<br/>(Women-Only 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>                                  | Wendy Smitherman Leopoulos -- 713-791-1414 x4693;<br><a href="mailto:wendy.smitherman@va.gov">wendy.smitherman@va.gov</a>   |

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| <i>VISN &amp; Facility:</i>                                  | <b>VISN 17:<br/>Central Texas Veterans HCS<br/>(Temple, TX)</b>  |
| <i>Category:</i>   | <b>MST/Sexual Trauma Treatment Program<br/>(Women-Only 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 – 254-778-4811 x 43201   |

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| <i>VISN &amp; Facility:</i>                                  | <b>VISN 19:<br/>Sheridan VA Medical Center<br/>(Sheridan, WY)</b>  |
| <i>Category:</i>   | <b>MST/Sexual Trauma Treatment Program<br/>(Women-Only Treatment Program)</b>  |
| <i>Program name:</i>   | Residential PTSD Program for Women   |
| <i>Phase of treatment targeted:</i>                          | Emphasis on trauma processing and skill 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. Trauma processing work occurs in individual therapy only, primarily using CPT although PE is also available. Groups include an MST support group, CPT group, women's support group, educational group about grief, loss and trauma, and equine therapy. |
| <i>Notable admission criteria:</i>                           | PTSD diagnosis.  |
| <i>Treat both men and women?</i>                             | Women only.  |
| <i>Rolling vs cohort admissions &amp; length of program:</i> | Cohort admissions. Length of stay is 7 weeks.  |
| <i>Contact information:</i>                                  | Kathy Scholljegerdes, PsyD – (307) 675-3810,<br><a href="mailto:kathlene.scholljegerdes@va.gov">kathlene.scholljegerdes@va.gov</a> ;<br>Admission Coordinator: Lora Donahue – (307) 675-3891,<br><a href="mailto:lora.donahue@va.gov">lora.donahue@va.gov</a>  |

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| <i>VISN &amp; Facility:</i>                                  | <b>VISN 21:<br/>VA Palo Alto HCS/Menlo Park Division<br/>(Menlo Park, CA)</b>  |
| <i>Category:</i>   | <b>MST/Sexual Trauma Treatment Program<br/>(Women-Only 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:<br/>VA Long Beach Healthcare System<br/>(Long Beach, CA)</b>  |
| <i>Category:</i>   | <b>MST/Sexual Trauma Treatment Program<br/>(Women-Only Treatment Program)</b><br><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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| <i>VISN &amp; Facility:</i>                                  | <b>VISN 22:<br/>West Los Angeles VAMC<br/>(West Los Angeles, CA)</b>   |
| <i>Category:</i>   | <b>MST/Sexual Trauma Treatment Program<br/>(Women-Only Treatment Program)</b>  |
| <i>Program name:</i>   | Outpatient Women's Clinic in conjunction with Domiciliary Residential Rehabilitation and Treatment Program (Women's L.I.F.E. Program)  |
| <i>Phase of treatment targeted:</i>                          | Emphasis on trauma processing and development of coping skills. Particularly appropriate for those with comorbid substance abuse and those interested in returning to work.  |
| <i>MST-specific treatment available:</i>                     | In addition to participation in Domiciliary programming, Veterans receive therapy through an outpatient women's clinic where staff members have expertise in the area of sexual trauma. Offer individual therapy as well as an MST support/psychoeducation group. Therapy includes processing sexually traumatic experiences using a CPT model. Coping and skills training are available as necessary. |
| <i>Notable admission criteria:</i>                           | Cannot be actively psychotic. Must be cognitively able to follow a schedule and attend back to back groups and independent in all activities of daily living. May accept Veterans with a history of suicidal ideation depending upon the individual circumstances involved.  |
| <i>Treat both men and women?</i>                             | Although the Domiciliary treats men more generally, specialized MST-specific programming is for women only. During the week, women are in women's only groups but participate in mixed gender groups on the weekends.  |
| <i>Rolling vs cohort admissions &amp; length of program:</i> | Rolling admissions. Average length of stay 90-120 days.  |
| <i>Contact information:</i>                                  | Mona Lam, PhD -- (310)268-3540, <a href="mailto:mona.lam@va.gov">mona.lam@va.gov</a>   |

**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. ***\*\*Prior to referring a Veteran for treatment, please be sure to discuss with the program whether the nature and extent of the MST-related services available through the program will be appropriate to your Veteran's expectations and needs.\*\****

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| <i>VISN &amp; Facility:</i>  | <b>VISN 5:<br/>VA Maryland HCS/Baltimore Division<br/>(Baltimore, MD)</b>   |
| <i>Category:</i>   | <b>General Program, But Multiple Staff With Expertise in<br/>MST/Sexual Trauma</b>  |
| <i>Program name:</i>   | Dual Diagnosis PTSD/Substance Abuse Psychosocial<br>Residential Rehabilitation Treatment Program  |
| <i>Phase of treatment<br/>targeted:</i>                              | Flexible, ranges from psychoeducation and skill-development<br>to trauma processing.  |
| <i>MST-specific treatment<br/>available:</i>                         | Multiple staff members with expertise in treating sexual<br>trauma using empirically supported treatments. Individual<br>and group therapy.   |
| <i>Notable admission<br/>criteria:</i>                               | PTSD and substance abuse/dependence. Prefer 30 days<br>sobriety and that have had at least one significant period of<br>sobriety within the past year. Ability to function<br>independently in daily life. Psychiatrically and medically<br>stable. |
| <i>Treat both men and<br/>women?</i>                                 | Yes. Have both mixed and single-sex groups. Women stay in<br>individual rooms with private, non-attached bathrooms.   |
| <i>Rolling vs cohort<br/>admissions &amp; length of<br/>program:</i> | Rolling admissions. 45 – 56 day stay.   |
| <i>Contact information:</i>  | Andrew Santanello, PsyD – (410) 605-7419;<br><a href="mailto:andrew.santanello@va.gov">andrew.santanello@va.gov</a>   |

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| <i>VISN &amp; Facility:</i>                                  | <b>VISN 6:<br/>Salem VAMC</b>  |
| <i>Category</i>  | <b>General Program, But Multiple Staff With Expertise in MST/Sexual Trauma</b>   |
| <i>Program name:</i>   | Specialized Inpatient PTSD Treatment Program for Male Veterans   |
| <i>Phase of treatment targeted:</i>                          | Flexible, ranges from skill-development to trauma processing. Focus is on a holistic approach to healing and recovery.   |
| <i>MST-specific treatment available:</i>                     | Multiple staff with expertise in the treatment of sexual and combat trauma. Primarily group-based treatment with an emphasis on Acceptance and Commitment Therapy within a therapeutic community setting. Treatment includes psychoeducation, skill building, in vivo exposure work, trauma processing sessions and expressive arts therapies.   |
| <i>Notable admission criteria:</i>                           | Must have history of combat and/or military sexual trauma (though may focus on any trauma while in the program). Must be alcohol and illegal substance free; not in need of detox; free of benzodiazepines. Medically stable with no acute psychosis; no current self-mutilation; no medically acute eating disorders; not a danger to self or others. No significant cognitive impairment. No pending legal issues; no untreated sex offenders; no court mandated admissions. Able to return to stable housing. Must be linked to established outpatient mental health care and willing to return to outpatient mental health provider for followup care. Ability to function independently in daily life; able and willing to work intensively in group setting. Some flexibility in working with veteran to meet some criteria. |
| <i>Treat both men and women?</i>                             | Men only. Also have a separate program for women (see listing above).  |
| <i>Rolling vs cohort admissions &amp; length of program:</i> | Cohort admissions. Length of stay of 6.5 weeks.  |
| <i>Contact information:</i>                                  | Kay Montgomery, MSW- (540) 982-2463 x 2548   |

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

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| <i>VISN &amp; Facility:</i>                                  | <b>VISN 10:<br/>Cincinnati VAMC<br/>(Cincinnati, OH)</b>   |
| <i>Category:</i>   | <b>General Program, But Multiple Staff With Expertise in<br/>MST/Sexual Trauma</b>   |
| <i>Program name:</i>   | Men's PTSD Residential Treatment Program; also a separate program for women veterans and 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>                             | Men only. Also have a separate program for women (see earlier listing) – programs are separate and have 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><br>Intake Coordinator: Andrea Williams, LISW (513-861-3100 x3134); <a href="mailto:andrea.williams5@va.gov">andrea.williams5@va.gov</a> |

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

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

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| <i>VISN &amp; Facility:</i>                                  | <b>VISN 21:<br/>VA Palo Alto HCS/Menlo Park Division<br/>(Menlo Park, CA)</b>  |
| <i>Category:</i>   | <b>General Program, But Multiple Staff With Expertise in<br/>MST/Sexual Trauma</b>   |
| <i>Program name:</i>   | Men's Trauma Recovery Program  |
| <i>Phase of treatment targeted:</i>                          | Emphasis on trauma processing and development of coping skills.  |
| <i>MST-specific treatment available:</i>                     | Staff members have expertise in the area of sexual trauma. MST survivors participate in general CPT group with men with combat trauma; to prepare for this, MST survivors meet as a subgroup to discuss issues related to disclosure. MST and combat trauma are given equal space and discussion in group. Peer support is a strong focus, with MST survivors in particular encouraged to form supportive relationships with each other. |
| <i>Notable admission criteria:</i>                           | Must have five consecutive days free of substance use. No severe cognitive impairment. No active psychosis. No active suicidality.   |
| <i>Treat both men and women?</i>                             | Men only. Usually 2-3 MST survivors in the program at any given time.  |
| <i>Rolling vs cohort admissions &amp; length of program:</i> | Rolling admission. Typical length of stay is 60-90 days.   |
| <i>Contact information:</i>                                  | Sherry Riney, LCSW – (650) 614-9997 x2-22965, <a href="mailto:sherry.riney@va.gov">sherry.riney@va.gov</a> ; Tasha Souter, MD, Medical Director of Trauma Recovery Program – (650) 614-9997 x2-23158, <a href="mailto:tasha.souter@va.gov">tasha.souter@va.gov</a>   |

Application for Admission  
**Stress Disorder Treatment Program**  
 [A Specialized Inpatient PTSD Unit]

Colmery-O'Neil VAMC  
 2200 SW Gage Boulevard  
 Topeka, KS 66622  
 telephone (785) 350-3111, extension 52110

Veteran's name: \_\_\_\_\_ Date of application: \_\_\_\_\_

Social Security Number: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender: Male \_\_\_ Female \_\_\_

Permanent mailing address: \_\_\_\_\_

\_\_\_\_\_

Home telephone number: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Temporary mailing address (if any): \_\_\_\_\_

\_\_\_\_\_

Temporary telephone number (if any): \_\_\_\_\_

Instructions

- Complete all parts of the application packet. You may attach additional pages if needed. Better information enables us to make an appropriate admission decision more quickly.
- Be sure to answer the specific questions asked on the application. You may attach copies of any records or other information that would help us to understand your situation better.
- Notice that a signature of your current mental health treater is required.
- If you are missing some of the required materials, please mail what you have. You can then mail the remaining materials when you are able. Please know that incomplete applications are held on file and not processed until all required information (marked \* below) is received.
- Please call if there are specific questions about how to complete the application packet.

Application Materials Checklist

|                               | <u>Enclosed</u> | <u>To be sent</u> | <u>Comment</u> |
|-------------------------------|-----------------|-------------------|----------------|
| <b>Completed application*</b> | _____           | _____             | _____          |
| <b>Copy of DD-214*</b>        | _____           | _____             | _____          |
| <b>Form 10-10EZ*</b>          | _____           | _____             | _____          |
| Other information             | _____           | _____             | _____          |

(See other side.)

*The Stress Disorder Treatment Program is designed for treatment and rehabilitation. Veterans who only wish to establish a service-connected disability should pursue that through the available administrative channels.*

**Goals for Treatment:** What (specifically) do you want to accomplish in this program?

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**Traumatic Events:** The program is designed to offer some trauma-resolution opportunities. Please describe briefly, *but specifically*, the traumatic events that you would like to focus on in the program. In this section it is necessary that you identify some specific events that bother you, describe them in enough detail that we can tell what happened *and* what your own part was in those situations. You may attach additional pages or other materials that speak to these events.

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**Loss Issues:** Are there other loss issues in your life that you want to work on in this program? What are they?

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**Family History:** Describe your "growing-up" years. (Who raised you? Who lived in your household? Where were you raised? Did you move? Did your parents work? Did they change jobs? Were there problems? Did your parents divorce? Were you abused? Did you have legal problems? At what age did you leave home? Etc.)

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**Education:** Did not finish high school \_\_\_\_\_ Have G.E.D. \_\_\_\_\_ High School Graduate \_\_\_\_\_  
Describe any further education you have.

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**Marital History:** Please list all marriages or significant relationships (name of spouse or significant other, dates, etc.). Please list all children and describe your current relationship with them.

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**Employment History:** Working \_\_\_\_\_ Unemployed \_\_\_\_\_ Unable to work \_\_\_\_\_ Retired \_\_\_\_\_  
What is your usual type of work? List your jobs, employers, and reasons for leaving jobs you have had since your discharge from the military.

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(See other side.)

**Previous Treatment:** What inpatient or outpatient treatment have you had for PTSD, substance abuse, or other mental health problems? Please list past and current treatment. Include place, dates, reason for treatment, and type of treatment. Did you complete these programs? If not, what was your reason for leaving? What was helpful to you in these treatment programs?

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**Substance Use/Abuse:** When was your first use of alcohol or drugs? What have you used, for what periods of time, and in what amounts? Do you currently use alcohol or drugs at all? If not, when was your last use of any alcohol at all? When was your last use of any illegal or illicit drug? Do you attend self-help or support groups for substance abuse problems (AA, NA, etc.)? Have you had problems with gambling or any other addiction problems? If so, what are they and what have you done about them? **(All admissions must be alcohol-free and free of any illegal drug use for a minimum of 30 days. More clean/sober time may be required in some cases.)**

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**Legal Problems:** Please list and describe all past and present legal problems. What were the charges and the outcome of those? Give the dates, where these events occurred, etc. Have you been, or are you presently on parole or probation?

*Veterans with current or pending legal problems will be required to furnish additional information and documentation about those. Suitability for treatment in the SDTP is determined on an individual basis. Decisions are made on grounds of clinical appropriateness, but may also take into consideration the likelihood that treatment will be interfered with or otherwise compromised. Falsifying or withholding information about legal matters is grounds for denial of an application or dismissal from the program. Resolution of pending legal issues may be required prior to admission.*

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**Military History:** At what age did you enter active duty? Were you drafted or did you enlist? When was this? Describe your military service. What were the dates of your active military service? What branch of the service were you in? Where did you train and what types of training did you have? What were your duty stations, units, and job responsibilities? What was your highest rank? Did you have any legal or disciplinary problems (other than those noted in the previous section) while you were in the military? If so, describe them. If you have had any type of discharge other than "honorable", please explain why. *Remember to include a copy of your DD-214 or similar records with your application.*

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**Religious/Spiritual Beliefs:** *(This information is to help understand and support the spiritual needs of those in treatment.)* Describe your religious/spiritual upbringing. Do you have a current religious preference? What is it? Are you currently active in the practice of your faith? Have your religious/spiritual beliefs changed over the years? Describe any current spiritual concerns.

*The Stress Disorder Treatment Program does not discriminate due to a veteran's religious beliefs.*

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**Strengths:** What are some positive qualities about you as a person? What assets do you bring to treatment? What are some of your talents or abilities?

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**(See important information on reverse side!)**

**Follow-up/Aftercare resource:** If you are accepted and do attend this program, where would you do your follow-up care? Please give the name, title, address, and telephone number of the person(s) you would see for both counseling/therapy and medication prescription.

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**Financial information:** Since the inpatient PTSD program processes its own admissions, a completed form 10-10EZ is required of all veterans making application from other areas, or those not already enrolled into the VA system. This is necessary to verify eligibility, and to pre-load admission information into the computer system. Remote data is not always available to us on veterans from different areas, and what is available may or may not be accurate and current.

**Health information:** Please include a list of your current medications. Although ours is an inpatient program, we are not staffed or equipped to manage some medical issues. Any significant, current health problems that would affect availability or the ability to participate fully in the SDTP should be called to our attention and relevant information provided. We are not able to examine all the remote records to obtain this information for veterans due to the volume of applications received and the time involved.

**Travel and reimbursement:** Veterans may or may not be eligible for travel expenses to attend this program. Reimbursement for travel expenses may or may not be for the full amount of travel to Topeka. That may depend on the availability of other treatment options and must be determined at a veteran's local VA facility. The Patient Travel Office at this hospital determines reimbursement for a veteran's travel back home after treatment. Again, this is dependent on several factors and may not be for the full amount, even if a veteran is eligible for some reimbursement. Discuss this with your local VA travel office.

**If you have questions:** The Admissions Coordinator for this program can be reached by telephone at (785) 350-3111, extensions 52139 or 52110 from 8:00A.M. to 4:30P.M., M-F. Topeka, KS is in the Central Time Zone.

Return completed applications to: Admissions Coordinator  
VAMC: Stress Disorder Treatment Program (2-2C)  
at the street address on page one of the application

**Messages and contacts:** Is there someone who can get a message to you if we are not able to reach you at the addresses given at the beginning of this form?

| Name | Relationship | Address | Phone |
|------|--------------|---------|-------|
|------|--------------|---------|-------|

\_\_\_\_\_  
Veteran's signature and date

\_\_\_\_\_  
Referring therapist's signature and date