

Specialized mental health treatment for
children and adolescents

ROGERS
Behavioral Health



Request a free screening

800-767-4411

rogersbh.org

Putting children, adolescents, and families on the path to a healthy future

At Rogers Behavioral Health, we've been helping people find a path to recovery for more than 110 years. We're here to do the same today by providing highly effective treatment and compassionate care for children, adolescents, and families struggling with mental health.

Individualized treatment plans

At Rogers, we value the unique qualities of each child and develop individual treatment plans to address their needs. Daily communication between parents or guardians and the child's treatment team helps share and monitor progress.

Expertise

Patients receive evidence-based, individualized treatment led by board-certified psychiatrists and a multidisciplinary team of experts.

Treatment approach

- Cognitive behavioral therapy (CBT)
- Exposure and response prevention (ERP)
- Dialectical behavior therapy (DBT)
- Behavioral activation (BA)
- Prolonged exposure
- Individual, group, and family therapy
- Medication management



What we treat

Depression and Mood Disorders

Adolescents with a primary diagnosis of depression or other mood disorders, participate in individual and group therapy that includes a focus on CBT, DBT, and BA.

Eating Disorders

In a space separate from adult patients, adolescents focus on CBT with an emphasis in exposure and response prevention (ERP) to address anorexia nervosa, bulimia, binge eating, ARFID, and other eating disorders as well as family based therapy.

Mental Health and Co-occurring Addiction

Offers comprehensive, evidence-based therapies to address substance use and the mental health challenges that are often at the root of the dependence. Experiential therapy and addiction education complement regular programming.

Nashotah Center for DBT (female adolescents)

A small, 12-person residential program for teen girls suffering from emotional dysregulation and self-harming behaviors. Teens are immersed in DBT to gain skills that improve safety, relationships, self-esteem, quality of life, and resilience.

OCD and Anxiety

Rogers is a leader in the treatment of obsessive-compulsive disorder and anxiety disorders. We offer a range of treatment for children and adolescents that empowers patients to gain control over their symptoms. Patients receive a mix of CBT, DBT, ERP, and BA.

Trauma and PTSD

The effects of trauma and untreated PTSD cause those affected to relive events, avoid them entirely, or experience heightened emotions—all of which prevent carrying on with day-to-day life in a safe and fulfilling way. At Rogers, patients learn to develop successful coping strategies to address their trauma and reclaim life.

For a directory of specific program schedules, visit rogersbh.org/directory.



Levels of care

Inpatient Care

Three Wisconsin locations: Brown Deer, Oconomowoc, West Allis

Short-term treatment for crisis, acute psychiatric symptoms and diagnoses. Primary focus is on assessment, stabilization, and transition to a less intensive level of care.

Residential Care

Two Wisconsin locations: Oconomowoc, West Allis

A supportive, home-like setting for intensive treatment surrounded by serene woods and lakefront. Patients receive around-the-clock care to reduce symptoms and focus on long-term recovery.

Outpatient Care

Available nationwide

Partial Hospitalization Care (PHP)

6 to 6.5 hours a day, 5 days a week

Intensive, structured treatment that provides more hours of therapy in a week and allows patients to remain connected with their social support network.

Intensive Outpatient Care (IOP)

3 to 3.5 hours a day, 4 to 5 days a week

Specialized, short-term treatment to alleviate symptoms, and to assist patients with the transition between PHP care and traditional outpatient treatment.



Treatment that works

Learn about Rogers' industry-leading use of clinical outcomes and see results at rogersbh.org/outcomes.

To get started

Admission starts with a free, confidential phone screening. To request a screening, call **800-767-4411** or visit **rogersbh.org**.

Our Mission

We provide highly effective mental health and addiction treatment that helps people reach their full potential for health and well-being.

Locations

For more information on the services nearest you, visit **rogersbh.org/locations**.

California

Los Angeles
San Diego
San Francisco

Florida

Miami
Tampa

Georgia

Atlanta

Illinois

Hinsdale
Skokie

Minnesota

Minneapolis
St. Paul

Pennsylvania

Philadelphia

Tennessee

Nashville

Wisconsin

Appleton
Brown Deer
Kenosha
Madison
Oconomowoc
West Allis