

Trauma Recovery

ROGERS
Behavioral Health



Request a free screening

800-767-4411

rogersbh.org

Trauma Recovery at Rogers

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.

Triggers addressed

- Sexual and physical assaults during childhood or adulthood
- Natural disasters
- Terrorist attacks
- Military combat
- Life-threatening illness, injury, or accidents
- Secondary trauma (such as first-responder witness of the aftermath of abuse, accidents, death)

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



An evidence-based approach

At Rogers, we use therapeutic methods that research shows to be the most effective for reducing symptoms. Depending on the level of care and diagnosis, patients may engage in:



Cognitive behavioral therapy (CBT)

Research shows that CBT is highly effective in helping people make changes in their behaviors, thoughts, and emotions. Rogers is a national leader in the use of CBT.

Trauma-focused CBT (TF-CBT)

There are still exposure and trauma processing components, but in addition, TF-CBT teaches adolescents skills to cope with distressing thoughts and feelings and emphasizes making the parent or guardian an active component of treatment.

Prolonged exposure (PE)

A type of CBT, PE helps patients realize they can encounter stimuli that reminds them of the trauma without fear. Through engagement in PE alongside a compassionate therapist, patients change their experiences with the event and find safety in their environments.

Art and yoga/movement therapy

Patients learn to strengthen coping skills while connecting and expressing thoughts in many ways.

Family involvement

Having family participation is a key part of recovery that allows for more effective treatment and eases the transition after treatment. This includes psychoeducation for family members about their loved one's symptoms and treatment strategies being used.

Levels of care

Inpatient Care

To help patients with acute needs for medical stabilization, Rogers offers inpatient care at three hospital locations in southeastern Wisconsin: Brown Deer, Oconomowoc, and West Allis.

Outpatient Care

Partial Hospitalization Care (PHP)

6 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. On average, PHP treatment lasts four to six weeks.

Intensive Outpatient Care (IOP)

3 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. On average, IOP treatment lasts four to six weeks.



Treatment and level of care will be determined upon medical staff review. Program availability varies by location.

Levels of care

Residential Care

To provide those suffering with intense effects of trauma and PTSD, Rogers is proud to offer trauma recovery residential care in Oconomowoc. In this new supportive, home-like setting, patients will work with treatment teams to develop skills needed to face challenges and find the resilience to achieve and maintain recovery.





Outcomes Data

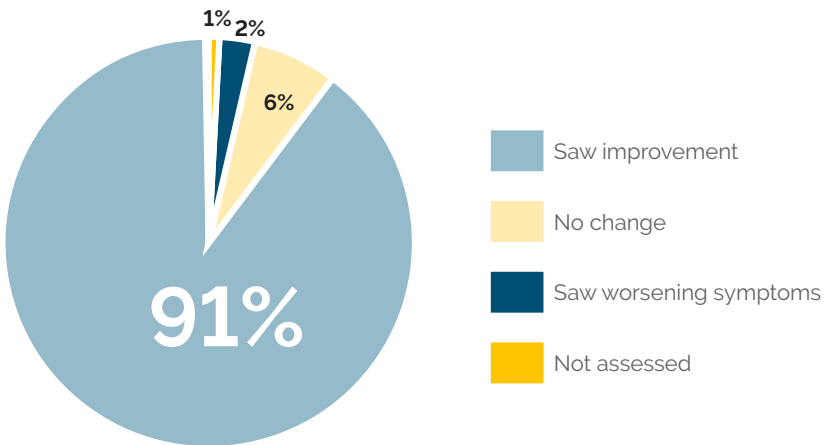
For more than 20 years, Rogers has been measuring the effectiveness of our care in the most transparent, scientifically reliable way possible.

Each year, Rogers conducts nearly a million patient assessments: taken at the start of treatment, at various points throughout treatment, at discharge, and 12 months after care.

Our research team analyzes this data to adjust individual treatment plans based on a patient's progress during treatment, evaluate the effectiveness of each program, and replicate the therapies and approaches that get the best results for our patients across the Rogers system.

Clinical Global Impressions-Improvement (CGI)

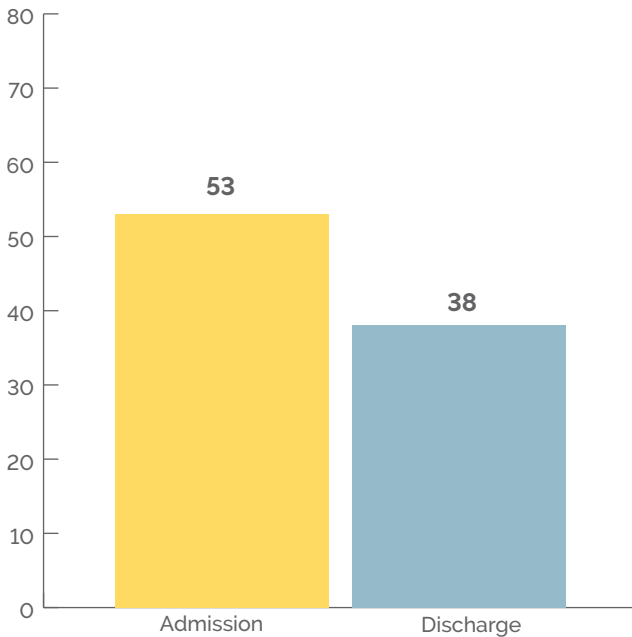
Clinician-rated assessment of patient severity upon admission and assessment of improvement at time of discharge. 91% of our patients were minimally, much, or very much improved by the end of their treatment, as rated by the attending psychologist or psychiatrist.



PTSD Symptom Checklist (Civilian) 5.0 (PCLv)

This 20-item self-report assesses the symptoms of PTSD in civilians. The goal is to decrease the severity of symptoms for those we treat. The higher the number, the more severe the symptoms. This data shows that patients see a reduction in symptoms at the time of discharge.

Adult partial hospitalization results



0-32 = Subclinical
33-80 = Clinical

To see the results of evidence-based treatment at Rogers, visit rogersbh.org/outcomes.

To get started

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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

Illinois

Hinsdale
Skokie

Minnesota

Minneapolis
St. Paul

Pennsylvania

Philadelphia

Tennessee

Nashville

Wisconsin

Appleton
Brown Deer
Kenosha
Madison
Oconomowoc
West Allis

