

*Specialized mental health treatment for*  
**children and adolescents**

**ROGERS**  
Behavioral Health



**Request a free screening**  
[rogersbh.org](http://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 skills, 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, 16-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 skills, 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](https://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](https://rogersbh.org/outcomes).

# To get started

Admission starts by completing a free, confidential screening. To request a screening, visit **rogersbh.org** or call **800-767-4411** for inpatient, residential, or outpatient care in Brown Deer, Oconomowoc, and West Allis or **888-927-2203** for all other locations.

## 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

### **Washington**

Seattle

### **Wisconsin**

Appleton  
Brown Deer  
Kenosha  
Madison  
Oconomowoc  
Sheboygan  
West Allis

