

OUR MISSION

The Women's Trauma Recovery Center (WTRC) is located at the Central Texas Veterans Health Care System (Building 202) in Temple, Texas.

The vision of the WTRC is to improve the quality of life and physical/emotional health of women with military sexual trauma by providing the highest quality services for all eligible veterans by committing to appropriate, timely, and compassionate health care at this center.

The mission of the WTRC is three-fold:

- To provide treatment for the effects of military sexual trauma,
- To provide education and consultative services to practitioners and veterans, and
- To engage in research activities to further the understanding and treatment of the sequelae of sexual trauma and improve the services provided at the WTRC.

Women's Trauma Recovery Center

Phone: 254-743-1711

or toll free in Texas

1-800-423-2111, ext. 41711

Fax: 254-743-1807

For an application or more information,

visit our website at:

[www.central-texas.med.va.gov/
womenstraumarecoverycenter/](http://www.central-texas.med.va.gov/womenstraumarecoverycenter/)



1901 Veterans Memorial Drive
Temple, Texas 76504

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WOMEN'S TRAUMA RECOVERY CENTER



RESIDENTIAL TREATMENT PROGRAM



OVERVIEW

The Woman's Trauma Recovery Center (WTRC) Residential Treatment Program is a seven week, residential, full-time program designed to provide intensive, time-limited treatment for the effects of Military Sexual Trauma (MST) for those patients who are not responsive to outpatient care alone. Veterans will complete a domiciliary medical screening prior to beginning the treatment program to assure medical appropriateness. Urine drug screens are given upon intake and randomly throughout the duration of the program.

The primary components of the program include trauma work, skills training, therapeutic recreation, health education, personal safety skills, goal-setting, relapse prevention, and aftercare planning.

Referrals via completed application packet are accepted from Mental Health Professionals from any VA, DoD, or Vet Center facility, and require an agreement to provide or arrange appropriate aftercare services. Travel arrangements are the responsibility of the veteran and/or referring facility.



TARGET POPULATION

The WTRC is a patient-centered residential program that is dedicated to improving the physical and emotional health of women veterans with a history of military sexual trauma. Sexual trauma is defined as sexual assault, rape, and other acts of sexual violence. Furthermore, the after effects of military sexual trauma have not and are unlikely, to be resolved solely by outpatient therapy.

The after effects of sexual trauma can include:

- Avoidance of places or objects which recall memories of the traumatic incident
- Feelings that something is missing or not right
- Depression, alcohol and/or substance abuse
- Suicidal thoughts
- Recurring and intrusive thoughts and dreams about the trauma incident
- Non-specific health problems
- Relationship problems

INCLUSION CRITERIA

- History of military sexual trauma,
- At least 6 months post most recent sexual trauma,
- The veteran's current problems must be due, primarily, to military sexual trauma,
- Veterans must be substance free for at least 30 days,
- The veteran must be 30 days post discharge from acute inpatient mental health,
- Referral from a Mental Health provider who judges that the veteran is likely to benefit from treatment,
- Referring mental health provider makes a commitment and plan for post-discharge continuing care,
- Ability to live independently and to interact appropriately with others,
- The veteran has had some mental health treatment that has proven to be insufficient, and
- The veteran must be able to actively participate in group treatment in a residential rehabilitation setting.

EXCLUSION CRITERIA

- Active psychotic symptomatology,
- Significant cognitive impairment,
- Unresolved legal issues and charges (i.e., no pending court dates and/or issues around which a legal decision has yet to be rendered),
- Presents a danger to self and/or others,
- Major medical problems that will either prevent the veteran from full participation or require extraordinary medical monitoring (Note: A physical prior to referral and included in the packet will expedite the medical clearance aspect of screening), or
- History of perpetrating acts of sexual assault or violence against others.

TREATMENT

Treatment for sexual trauma often requires the veteran to directly review and confront the details of the actual trauma and its associated emotions. For most veterans, this is the most difficult part of the treatment process because of the strong feelings of vulnerability and the fear of becoming overwhelmed.

The WTRC Residential Program addresses these issues in a safe environment in which the group format is used for the psychoeducational component of the program and an individual therapy format is used for processing of traumatic experiences.

Accommodations for the WTRC Residential Program are located in the Domiciliary Residential Rehabilitation Treatment Program (DRRTP), and provides a supportive environment for women veterans while in treatment at the WTRC.