



Questions & Answers

For Patients:

1. How long is the program?
The WTRP is a 60-day residential program.
2. Can I apply on my own?
No. The WTRP does not accept self-referrals. Referrals are clinician-driven.
3. Do residents stay on the hospital grounds?
Yes. Female patients stay in an exclusively designated building on the Menlo Park, Calif., Campus of the Palo Alto Health Care System.
4. Am I allowed to leave at all while I'm there?
Weekend passes are part of the treatment curriculum. Patients are required to take weekend day passes that start on Friday afternoons. Those with families in the area are allowed overnight passes through Sunday.
5. Can I receive mail in the program?
Yes. You will be given your mailing address prior to admission.
6. Do you have computer access?
We do not currently have computers available to our patients, and for security purposes do not allow patients to bring in laptops. Weekend pass times make it possible for patients to visit libraries in the area that offer free computer time.
7. Is there a phone in my room?
Yes, there are phones available bedside. Phone cards can be used to cover communication costs.
8. Can I bring my cell phone?
Yes, although cell phone use must be of reasonable duration, and cannot interfere with group activities.
9. Will I have my own room?
Residents are required to share a room with one other person.

10. I have a young child. Are there childcare facilities available?
Unfortunately no. There are no accommodations for children or other family members.
11. Are you open during the holidays?
The WTRP is a 24-hour, 7-day a week program. We operate through all holidays, although patients are generally granted passes if holidays fall during the week.
12. How long are the classes?
Groups generally run from 8:15 am to 4:00 pm daily during the week. Mandated recreational activities and 12-step meetings occur in the evenings.
13. Are there activities with men?
Although the Women's Trauma Recovery Program falls under the auspices of the National Center for PTSD, there are currently no co-ed therapy groups conducted. There are occasional co-ed program-wide outings however.
14. Do you have male staff?
The WTRP has both male and female staff members. Women are given the opportunity to interact with both genders in a safe, therapeutic environment.

For Clinicians:

1. Who is eligible to attend the WTRP?
Women with a diagnosis of PTSD associated with or aggravated by service in the military or women who suffered military sexual trauma.
2. Are there any exclusionary criteria?
 1. **Active Psychosis**
 2. **Suicidality or homicidality**
 3. **Acting-out behaviors unmanageable on an open unit**
3. What is the application process?
An application is to be forwarded on behalf of the resident. They should all have updated H & P's and recent labs. A telephone or in-person screening will be conducted. All findings will be reviewed by an interdisciplinary clinical team.
4. What kind of treatment modalities are used?
There are two different tracks and various treatment modalities are used. One track offers more intensive exposure therapy, and the second track is more skill-based. (See program description for more details).

