

## MISSION STATEMENT

The WTU will provide a safe and secure environment for women to receive quality trauma informed treatment for psychological disorders and trauma histories in combination with AODA or medical issues.

  
Women's Treatment Unit (WTU)  
*Behavioral Health Division*  
*Milwaukee County*  
9455 Watertown Plank Rd.  
Milwaukee, WI 53226

## Women's Treatment Unit (WTU)

  
Dr. Heather Martens  
Dr. Kathy Burroughs  
Dr. Mindas Siliunas  
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### *Who will be served on the WTU?*

Adult women who express a preference for an all female unit and may benefit from the treatment modalities offered may be served on the WTU. The unit staff will work collaboratively with women recovering from complex and co-occurring disorders including severe mental illness (e.g., affective and psychotic disorders), addictions, and stable medical conditions. Most of these women will have experienced trauma in their lifetimes and deserve care that is trauma informed. All women on the unit will need to be capable of safe behavior toward others. If this goal is not attainable, transfer to another unit will occur to achieve stabilization.

### UNIT PHILOSOPHY & PROGRAMMING, OPTIONS FOR DE-ESCALATION & DISCHARGE PLANNING

#### UNIT PHILOSOPHY & PROGRAMMING

The WTU will offer a combination of effective trauma informed therapies such as Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT). Principles and techniques used in Sanctuary and Seeking Safety models of care will be utilized to create an environment that is trauma sensitive and therapeutic. A wide variety of recovery modalities will be available to meet the individual treatment needs of each woman. Active treatment will occur on a daily basis and include Psychotherapy, Psychoeducation, Skills, Music, and Occupational Therapy groups as well as recovery planning and review of progress toward goals. Peer specialists will be available to assist in the recovery of each woman.

#### OPTIONS FOR DE-ESCALATION

The WTU will actively seek to use effective means to maintain safety on the unit, while ensuring that the women on the unit are not re-traumatized. There will NOT be a seclusion room on the unit. Instead, a Sensory Room and active assistance from staff (with a focus on prevention) will help achieve safety.

#### DISCHARGE PLANNING

Women will be involved in identifying post-discharge needs and given information to improve access and utilization of community resources. With psychological symptoms stabilized and more effective resources for coping, women will be better able to achieve a life worth living in the community.