

Mental health programs for children and adolescents in Brown Deer

Families throughout the greater Milwaukee area have a trusted resource for specialized mental healthcare at Rogers Behavioral Health. Led by board-certified psychiatrists and psychologists, Rogers' compassionate team works with families and referring providers to develop an individualized treatment plan for each patient.

Making positive change

Patients in our programs show noticeable improvement in their ability to function at the time of discharge, including:

- Increased impulse control, emotional regulation, and distress tolerance skills
- Better family, peer, and interpersonal relationships
- Ability to manage distress in a healthy manner

Year-round programming

Our half-day and full-day programs are offered year-round, five days a week.

Individualized treatment

Our team of child and adolescent behavioral health experts conducts in-depth evaluations. Treatment plans are tailored to address each patient's specific needs, and medication management is provided as needed.

Learn more

Visit rogersbh.org/BrownDeer

Main Hospital

4600 W. Schroeder Drive
414-865-2500

Outpatient Center

4555 W. Schroeder Drive
414-355-9000

ROGERS
Behavioral Health



Inpatient care for crisis mental health needs

Inpatient treatment provides 24/7 care to help patients reach a safe and stable state. Once stabilized, patients are able to step down to a lower level of care to continue making progress toward recovery.

Specialized outpatient care

DBT mental health recovery for pre-adolescents and adolescents

Partial hospitalization and intensive outpatient care

These intensive programs use dialectical behavior therapy (DBT) based off the work of Marsha Linehan, PhD, ABPP. The goal is to provide practical, healthy coping mechanisms for children and teens who have severe emotional dysregulation, experience suicidal ideation, and may be engaging in risky behaviors. DBT is an evidence-based treatment that emphasizes group skills training, as well as family and individual skills coaching to help patients learn and use new strategies. Core DBT components include: mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness.

Mental health recovery for children and adolescents

Partial hospitalization and intensive outpatient care

Patients who are struggling with a variety of mental health disorders learn skills to improve daily functioning in a safe, structured setting through the use of cognitive behavioral therapy (CBT), experiential therapy, nutritional health, and wellness education.

Mental health and addiction recovery for adolescents

Partial hospitalization and intensive outpatient care

Focused on treating adolescents who struggle with mental health and substance use disorders, the dual diagnosis program offers a variety of treatment approaches including CBT, motivational enhancement therapy (MET), and tools for recovery.

Trauma recovery for adolescents

Partial hospitalization care

Adolescents who need healing from a traumatic experience will gain the insight and tactics needed to confront and gain power over the debilitating symptoms of PTSD through a mix of prolonged exposure therapy and emotional processing, acceptance, self-compassion, and mindfulness strategies.

STRIVE program for adolescents

Partial hospitalization and intensive outpatient care

The STRIVE program uses a strengths-based, trauma-informed approach while also drawing from CBT and DBT to address behavioral concerns that often stem from underlying emotional and relational distress as well as limited skills. Adolescents learn to understand their emotions, and gain strategies for emotional regulation, communication, decision-making, and social problem solving.

OCD and anxiety for children and adolescents

Partial hospitalization and intensive outpatient care

Children and adolescents work through the challenges of OCD and related anxiety disorders to reduce symptoms through CBT and exposure and response prevention (ERP).