



# THE STARLIGHT WOMEN'S PROGRAM

Behavioral Health Care  
for Active Duty Service Members  
and Veterans

Stonington Institute

# The Starlight Women's Program

The Starlight Women's Program is one of the first residential rehabilitation programs in the United States that is specifically designed to treat active duty women who are experiencing problems related to substance abuse and behavioral health issues. Only active duty females are admitted to this program and it is open to all active duty women across the country.

## Treatment

The Starlight Women's Program is a dual diagnosis program serving active duty female service members that are coping with substance abuse/dependence as well as psychiatric disorders such as depression and anxiety. The specialized trauma track treats women with post-traumatic stress disorder (PTSD) and military sexual trauma (MST). The treatment program follows an intensive 4-6 week track that includes the following:

- Cognitive Processing Therapy (CPT)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Eye Movement Desensitization & Reprocessing (EMDR)
- Applied Integrated Therapy (AIT)
- 12 Step Facilitation
- Individual Therapy
- Family and Couples Counseling
- Group Psycho-Education
- Life Skills Treatment Including Anger Management/Conflict Resolution/Coping Skills
- Treatment Focus on Military Specific Issues:
  - Separation Adjustment
  - Deployment Readiness
  - Loss and Grief Counseling
  - Combat/Sexual Traumatic Stress
  - Transition Adjustment

## Trauma Track

The Starlight Trauma Track provides treatment for women who suffer from trauma including combat trauma, sexual trauma and childhood or adult sexual abuse/trauma. Cognitive Processing Therapy is the primary treatment for trauma related disorders. It is an evidence based treatment that is consistent with the Department of Veteran's Affairs and Department of Defense recommendations.

The program also includes therapeutic recreational activities, including:

- Yoga
- Art Therapy
- Martial Arts
- Equine Therapy
- Fitness Center on Campus
- Kayaking
- High and Low Ropes Course

## Admission

Admission can be arranged 24/7 by calling the military liaison at (860) 235-5570 or (877) 313-0988.



The Starlight Program is located at Stonington Institute's North Stonington, CT campus on 25 wooded acres in the natural beauty of rural southeastern Connecticut.



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