

## Aurora Behavioral Health

- [Find a provider](#)  
Find a professional to access counseling services
- [Our programs](#)  
See how we can help
- [Child and adolescent services](#)  
Help for children 18 or younger
- [Adult services](#)  
Treatment and care for adults
- [Older adult services](#)  
Help for adults 65 years and older
- [Substance abuse services](#)  
Break the destructive cycle of drugs and/or alcohol
- [Facilities](#)  
Hospitals, clinics and outpatient facilities
- [Classes and resources](#)  
Education, professional development, philanthropy & more
- [Contact us](#)  
Tell us how we can help or what questions you have
- [Return home](#)  
Return to the Aurora Behavioral Health Services home page

### Related links

- [Doctors who can help](#)  
Search for Aurora physicians that specialize in this field

[Programs for chemical dependency](#) | [Find a professional who can help](#) | [Common chemical dependency problems](#) | [Find a facility that can help](#) | [Substance abuse research studies](#) | [Group therapy opportunities](#)

### The Residential Treatment Program at the Dewey Center, Aurora Psychiatric Hospital

For referrals and admissions, call 414-454-6700.



The Residential Treatment Program at the Dewey Center of Aurora Psychiatric Hospital uses a holistic and evidence-based approach to drug and alcohol rehabilitation and recovery. Located in the wooded-setting of the Dewey Center in suburban Milwaukee, WI, our residential rehab program addresses the physical, spiritual and emotional effects of drug and alcohol addiction to build the foundation for life-long recovery.

We recognize addiction to alcohol or other drugs is a disease that has biological, psychological and social causes. As with other chronic medical conditions, addictions vary in severity and complexity, involve aspects of personal choice, and progress is often complicated by relapse.

Recovery from addiction also requires a range of biological, psychological and social interventions. Medications, such as Suboxone, ease withdrawal and aid in recuperation, as well as address co-existing medical and psychiatric conditions. Group and individual therapy focuses on the psychological dependence that occurs with the use of alcohol and/or other drugs to cope with a variety of life's problems, and on rebuilding personal relationships and enhancing social support for rehabilitation and recovery.

### The client as active participant in rehabilitation

We see treatment as a collaborative process that treats clients with respect, honors their expertise and perspectives, and builds on the strengths they bring to rehab and recovery. Treatment is effective when it evokes the client's intrinsic values and goals that support their desire to change. We respect each client's personal autonomy. Clients are responsible for their own decisions: It is not a question of allowing or permitting a clients to choose but rather acknowledging and working with this autonomy.

### Evidenced-based rehab treatment

The Residential Treatment Program at the Dewey Center provides evidence-based therapy built on 3 proven treatment approaches:

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- [Related conditions](#)

- [Depression](#)
- [Alcoholism and alcohol abuse](#)
- [Drug addiction](#)
- [Bulimia nervosa](#)
- [Anxiety](#)
- [Obsessive-compulsive disorder \(OCD\)](#)
- [Bipolar disorder](#)
- [Schizophrenia](#)
- [Post-traumatic stress disorder](#)
- [Panic disorder](#)

- **Motivational interviewing**

Provides our basic philosophy of how best to join with clients and facilitate the natural process of change, and enhancing intrinsic motivation by examining and resolving ambivalence

- **Cognitive-Behavioral Therapy**

Used to build specific, pragmatic skills to live with addiction, cope effectively with life's problems and build social support for recovery

- **The Community Reinforcement Approach**

Natural social, recreational and family reinforcers are used to help clients change, while giving family and friends positive and productive ways to support the client's recovery

## Treatment components

Our program provides a full range of therapeutic activities designed to help individuals establish an effective rehabilitation and recovery plan. We offer:

- A comprehensive assessment
- Group therapy
- Individual and family therapy
- Psychiatric consultation
- Medication management
- Self study

Our program includes a focus on wellness, with activities designed to improve self-care, through stress management, exercise and nutrition. We also offer complementary medicine approaches including mindfulness, yoga and spirituality. For patients who require medically supervised detoxification prior to beginning our residential program, these services are provided on an inpatient basis at Aurora Psychiatric Hospital.

## Treatment team

We also recognize that many individuals with addictions have co-existing psychiatric and/or medical illnesses that need to be addressed at the same time to provide optimum treatment. Our treatment programs are directed and staffed by board-certified addiction psychiatrists and other licensed professionals who integrate all clinically relevant features of each individual's care into their treatment plan.

Our medical staff include some of Wisconsin's leading experts in treating addictions including Lance Longo, MD, and Michael Bohn, MD. Ashok Bedi, MD, is also involved in our program, providing expertise on some of the spiritual components of recovery.

## Referrals and admissions

Call us at 414-454-6700.

## Payment

Our extended residential program is a self-pay, 28-day program for adults

that offers a comprehensive progression through recovery. We also offer short-term residential programming that may be reimbursable through some health insurance plans.

## Ages

Our program is designed for adults who are ages 18 and older.

## About Aurora Psychiatric Hospital

[Aurora Psychiatric Hospital](#) offers an ideal setting for individuals who are struggling with mental health or substance abuse problems. Located in the Milwaukee area on a beautiful, 30-acre wooded campus, in Wauwatosa, WI, Aurora Psychiatric Hospital has been a leader in behavioral health care since 1884.

Our staff includes some of the area's leading psychiatrists, therapists and clinical nurses -- all dedicated to delivering evidence-based treatment in a caring and confidential manner. Through our high level of expertise, commitment to excellence and involvement in clinical research, our patients benefit from the most advanced and innovative treatment options available.

The mission of our Substance Abuse Treatment Services is to provide a comprehensive network of education, assessment, treatment, and referral services for individuals and family members affected by alcohol or other substance use disorders.

## Setting the standard in addiction treatment in southeastern Wisconsin and the Milwaukee area



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