



life's waiting

ROSECRANCE ADOLESCENT SERVICES

**At Rosecrance we're focused on one thing: providing the best opportunity for lasting recovery**

Addressing an adolescent's struggle with substance use and mental health concerns means understanding all the factors involved in their condition.

We have developed an evidence-based program that incorporates clinical, medical, educational, and experiential therapies into a comprehensive individualized treatment plan. Our programs are family-centered and focus on helping the adolescent and his/her loved ones develop the tools needed to rebuild their lives and reclaim what has been lost.

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# Rosecrance Adolescent Services\*

Rosecrance adolescent programs serve youth 12-18 years of age who are exhibiting signs or symptoms of alcohol or other drug involvement. The unique and individual needs of adolescents and their families are our primary concern.

## RESIDENTIAL PROGRAMS

Some teens may benefit from the intensive approach of our residential programs. The recommended length of stay is based on the individual's needs. Services include:

- Initial biopsychosocial assessments
- Residential inpatient treatment
- Partial hospitalization
- Gender-specific programs
- Dual diagnosis counseling
- Licensed on-site teachers
- Primary mental health diagnosis treatment

## EXPERIENTIAL THERAPIES

The goal of experiential therapies is to establish a holistic understanding of personal health through art, music, recreation, fitness, horticulture, team building, and life skills activities. Clients learn to break down barriers, increase self-esteem, identify personal goals, establish healthy relationships, and work toward stabilization.

## FAMILY SUPPORT SERVICES

Our adolescent family support services help the family learn about the disease of addiction and mental health concerns in a holistic manner. Our family programs are designed to provide answers to questions—not only how to cope with a loved one's addiction, but how the experience has affected the whole family. Highlights include: family support groups, family education weekends, on-site visits, family counseling, and discharge planning.

## MEDICALLY MONITORED DETOXIFICATION

At Rosecrance Griffin Williamson Campus (RGW), we are able to provide detoxification services for our adolescents. During the client's referral and assessment process, our medical staff will determine whether detoxification can be safely managed within the program. Rosecrance will assist the family in exploring other available medical options, when the adolescent requires a higher level of medically monitored detoxification services than is available at RGW.

## OUTPATIENT TREATMENT

Individual, group, and family counseling are provided for adolescents with moderate to serious impairment due to chemical use. The level of care recommended is determined by individual needs. The Intensive Outpatient Program focuses on developing recovery skills while staying in the home environment. Topics of lectures and groups include coping skills to prevent use, anger management, using sober support, thinking errors, and the effect of drugs on your body. The client is required to submit a drug screen each week. The Continuing Care Program meets once a week for three hours. It focuses on supporting the adolescent as he/she establishes a sober lifestyle.

## TEEN RECOVERY LIVING

Marlowe House is a long-term residential recovery home program for teens 17–19 years of age. This program is designed to develop independent living skills and provide on-going support, safety, and counseling in a drug-free environment for adolescents who have completed a primary treatment program. Programs include:

- 12-Step meetings
- Individual and group counseling
- Family education and counseling
- Secondary/higher education opportunities
- 24-hour supervision
- Relapse prevention
- Interpersonal and independent living skills building
- Discharge planning for successful reintegration into family and community

## RESIDENTIAL MENTAL HEALTH TREATMENT

Rosecrance provides residential treatment in Northern Illinois for mental health disorders. We offer treatment services for the following challenges facing teens as a primary diagnosis:

- Mood disorder
- Bipolar disorder
- Major depression
- Anxiety disorder
- Post Traumatic Stress Disorder (PTSD)
- Poor impulse control

\* Services may vary by location.

For more information: 815.391.1000 • 1.888.9AT.LAST • [www.rosecrance.org](http://www.rosecrance.org)