

### **Adolescent Programs**

Like adults, adolescents may find treatment in a variety of programs which include age-appropriate group, individual, and family sessions. Partial Hospitalization Programs and Intensive Outpatient Programs for both Chemical Dependency and Dual Diagnosis patients provide a range of treatment alternatives. Adolescent programs also use a formal Contingency Management program drawn from behavioral research models to provide incentives that reward program participation and abstinence.

### **Detour Program**

Linden Oaks offers a Detour Program for adolescents, ages 11 to 18, who are experimenting with alcohol and other drugs. It is designed for junior high and senior high school students and their parents to explore attitudes and behavior related to substance abuse.

### **Outpatient Group Therapy**

Viewed as an integral aspect of the total treatment process, these psychotherapy groups provide the discharged patient with significant support and continued education. Groups meet on a weekly basis.

### **Staff**

Our multidisciplinary team includes a board-certified addiction specialist, licensed clinical professional counselors, social workers, certified alcohol and drug counselors, nurses, and psychiatrists, with a variety of training backgrounds and experiences. Several staff hold faculty appointments at Chicago-area universities.

Linden Oaks offers a variety of 12-step programs including Alcoholics Anonymous, Narcotics Anonymous, and Gamblers Anonymous, as well as support groups for families. For more information visit [www.edward.org/support](http://www.edward.org/support).

...✦ **Help is only a phone call away.**  
**For an assessment or more information,**  
**please call the Linden Oaks Help Line**  
**at (630) 305-5500.**



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[www.lindenoaks.org](http://www.lindenoaks.org)

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# Addiction Services

LINDEN OAKS  
at  
EDWARD

Adults and adolescents struggling with addictions turn to Linden Oaks at Edward for help. From start to finish, Linden Oaks is a leading provider in addiction treatment, offering services at each stage of the process.

### Overview

Our team of psychiatrists, nurses, licensed professionals, and counselors work together to achieve the best possible outcomes. Meeting regularly to review each patient's progress, we continuously reassess and tailor our treatment to meet each individual's needs.

Our hospital environment is conducive to healing and makes individuals feel safe and comfortable. At the core of our program are proven, effective treatments including cognitive-behavioral therapy (CBT) and motivational interviewing. Mindfulness exercises help patients to stay focused during the transition to abstinence. Acceptance and Commitment Therapy and Dialectical Behavior Therapy are incorporated into our programs from our specialized doctoral training program. In addition, we embrace a 12-step philosophy, a time-honored and proven approach to recovery.

New patients first complete a comprehensive assessment with a counselor. The information gathered during the assessment is used to determine the most appropriate treatment. After entry into programming, additional sessions help identify the range of ongoing treatment needs for each individual.

### Detoxification

Frequent use of drugs or alcohol can result in physical dependence on them. When stopping their use, people often experience withdrawal symptoms such as tremors, sweating, pain, and nausea. More dangerous symptoms such as seizures may also occur. Detox, or detoxification, refers to the process of treating these withdrawal symptoms with medication, which improves safety and eases the transition into recovery. Often hospitalization is needed to provide the necessary support and safety as one begins this process.

Our Chemical Dependency Unit (CDU) is a separate hospital unit that offers treatment for those undergoing withdrawal as they stop the cycle of addiction. Specialized staff provide the medication, monitoring, and support needed during the withdrawal process and patients are detoxified under the care of a psychiatrist. At the same time, patients participate in intense therapy to help support their transition to sobriety. Our full-spectrum of services include psychosocial assessment, psychiatric assessment, medical evaluation and monitoring, individual counseling, group therapy, on-site 12-step meetings, and referral to ongoing treatment resources.

### Partial Hospitalization Program (PHP)

PHP is an outpatient program that offers six hours of structured programming each day to address addiction and relevant life issues. Patients participate in group, individual, and family therapy and receive education about addiction and relapse prevention. A psychiatric assessment offers the opportunity to consider additional psychiatric or medication treatment options.

### Intensive Outpatient Program (IOP)

Like the Partial Hospitalization Program, the IOP consists of individual, group, and family counseling sessions, which are offered during the day. Programming lasts 3-1/2 hours each day and offers an alternative to PHP.

An evening outpatient program (EOP) is also available for working individuals or those attending school. This program meets three evenings a week and also includes a family component on Saturday mornings.

### Dual Diagnosis

Individuals with addiction may be facing depression, anxiety, or other conditions. The Dual Diagnosis program is unique because it helps the individual address both chemical dependency and other behavioral health issues at the same time. Patients participate in group, individual, and family therapy, daily meditation, and receive education about addiction and relapse prevention. The multidisciplinary team also treats and evaluates the other conditions. This allows for a comprehensive and effective treatment for all relevant issues.

### Family

Linden Oaks recognizes substance abuse and alcoholism as a disease that affects the entire family. A family needs to recover to get well, too. In addition to individualized family sessions during treatment, family members and significant others are also strongly encouraged to attend the Saturday Family Program, which provides educational components from the 12-step support group for individuals affected by an addicted family member.



Linden Oaks' Addiction Services – awarded a **Center of Excellence** by Joint Commission.