



Making a Real-Life Difference



ABOUT US

Timberline Knolls Residential Treatment Center (TK) is a place of hope and healing for female patients age 12 and older who are struggling with eating disorders, substance use disorders, and mental health concerns. Treatment at Timberline Knolls is characterized by our unwavering commitment to superior care, relentless compassion, and unconditional joy.

Our main facility is located on 43 tranquil acres in Lemont, Illinois, about 30 miles from Chicago. We also offer a partial hospitalization program (PHP) for adult women in Orland Park, Illinois, which is a short drive from our residential campus.

THE TK PROMISE

We are committed to providing individualized solutions that promote the development of emotionally strong, personally responsible, and socially resilient women and girls. With treatment features that include evidence-supported therapies, compassionate support, and comprehensive discharge planning, our mission is to help change lives by offering superior services within a safe and respectful healing environment.





WHY CHOOSE TK?

The following are among the many benefits of choosing Timberline Knolls for yourself or a loved one:

- Personalized treatment that reflects the unique needs and goals of each girl or woman
- A safe, structured, and highly supportive environment created specifically for women and girl
- Compassionate care offered in an atmosphere of dignity and respect
- Superior clinical services provided by multidisciplinary teams of experienced professionals

- Comprehensive solutions that promote true and lasting healing in mind, body, and spirit
- Education about the physical, emotional, social, and spiritual impact of the disorders for which each girl or woman is receiving care
- Family-focused programming to help friends and family members learn how to best support their loved ones during and after their time with us
- Connection with a vibrant and dynamic alumnae community to support long-term progress

RESIDENTIAL TREATMENT

Residential treatment at Timberline Knolls is a comprehensive, personalized experience for girls and women who can benefi from round-the-clock care to address eating disorders, substance use disorders, and mental health concerns.

ELEMENTS OF CARE

Our commitment to individualized treatment means that no two residents will ever have identical experiences at Timberline Knolls. Each resident receives a personalized treatment plan that is based on a thorough assessment of her history, needs, strengths, and goals.

Depending on the information that is collected during this assessment, a resident's personalized treatment plan may include elements such as the following:

Detoxification We can provide ambulatory detox services for girls and women who need assistance to rid their bodies of addictive substances. Residents are encouraged to participate in therapeutic programming while they are completing detox.

Medical care: Residents may receive various basic noninvasive medical services to help them achieve stability while they are in our residential program. Medical services are provided by doctors, nurse practitioners (NPs), registered nurses (RNs), and other personnel as needed.

Medication management: If a resident's symptoms can be eased by the appropriate use of prescription medications, they can receive medication management services throughout their time at TK. Residents who receive these services will meet with a psychiatrist at least once per week. Medications are monitored and administered by members of our nursing staff.

Individual therapy: Women and girls who take part in our residential program typically have two weekly one-on-one sessions with a licensed therapist. Individual sessions are ideal opportunities to process successes and setbacks, address topics that a resident may be hesitant to discuss in a group setting, and receive focused feedback from an experienced professional.

Group therapy: We offer multiple groups during each treatment day, including process groups, psychoeducation groups, and experiential groups. Groups are supportive environments in which girls and women can share their thoughts and feelings, learn from the experiences of others, and gain valuable information about treatment and recovery, all with the guidance and supervision of an experienced professional.

Family therapy: Family therapy sessions are offered on a weekly basis within our residential program. These sessions can help family members and close friends process how they have been impacted by their loved one's struggles. Family therapy can also help heal rifts among participants, improve communication, and empower them to better support one another during and after the resident's time at Timberline Knolls.

Experiential therapies: Experiential therapies are dynamic opportunities for residents to process their emotions, view their challenges from new perspectives, and develop healthy and productive ways to manage stress and fill their leisure hours. Examples of experiential therapies at Timberline Knolls include creative arts therapy, dance/movement therapy, yoga, recreational therapy, and supported off-campus outings.

THERAPEUTIC MODALITIES

Therapy at Timberline Knolls incorporates the practices and principles of various therapeutic modalities. Two of the more prominent modalities within the residential program are acceptance and commitment therapy (ACT) and dialectical behavior therapy (DBT).

Acceptance & Commitment Therapy (ACT)

ACT employs strategies related to acceptance and mindfulness to help girls and women enhance their psychological fl xibility, overcome the urge to avoid or hide from distressing emotions, and eliminate suffering. ACT empowers girls and women to accept their feelings, acknowledge the challenges they are facing, and make behavioral changes that will promote improved quality of life.

Dialectical Behavior Therapy (DBT)

DBT is an evidence-based form of therapy that focuses on the following four areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. DBT helps TK residents learn to be present in the moment, respond to crises in a healthy manner, become aware of their emotions, and improve their self-esteem.

Additional Modalities

Depending on various personal factors, a girl's or woman's treatment within our residential program may also involve motivational interviewing, the 12-Step recovery model, exposure therapy, trauma-informed therapy, and other modalities as needed.

ACADEMIC & SPIRITUAL SUPPORT

TK Academy

To ensure that adolescents can make appropriate progress toward their high school diploma while they are in our care, we provide vibrant academic programming through our award-winning on-site school, TK Academy.

At the Academy, our certified teachers partner with each resident, their treatment team, and their home school district to create individualized education plans that are aligned with all relevant national, state, and district standards.

Spirituality

Timberline Knolls offers a spiritually nurturing recovery environment that welcomes women and girls of all religions, faiths, and beliefs.

Our staff designed our residential treatment program with an emphasis on empowering the spirit. Our holistic treatment approach addresses each individual's entire being and supports the potential to cultivate their own spirituality. Spiritual renewal helps each woman and girl find the strength to experience feelings in healthy and adaptive ways. Our spirituality program helps harness hope during residential treatment and throughout a lifetime of recovery.

INSURANCE ACCEPTED

Timberline Knolls accepts many major forms of insurance, and we continue to develop new partnerships with additional providers in order to best serve our residents and their families. Our team of experts can work directly with insurance providers to verify benefits, confirm authorization, and maintain coverage from admission through discharge.



PARTIAL HOSPITALIZATION PROGRAM (PHP)

Our PHP is designed for clients who meet the following criteria:

- · Adult women age 18 and older
- Experiencing eating disorders, substance use disorders, or mental health concerns
- Can benefit from step-down support after completing inpatient or residential treatment
- Need a higher level of care than can be provided via an intensive outpatient program or traditional outpatient services, but do not require round-the-clock treatment

Women may transition to our PHP after taking part in our residential program, or they may enter treatment with us directly at the PHP level.

Women who complete PHP also receive detailed discharge plans to guide their continued progress, and they are encouraged to become active members of the TK alumnae community.

PROGRAM GOALS

Our PHP places significant emphasis on personalized care and is designed to help women achieve the following:

- Identify, address, and process the underlying concerns and related obstacles that may have been preventing them from experiencing true and lasting healing
- Demonstrate motivation for change that can translate to sustained progress
- Increase their ability to perform activities of daily living such as going to work, attending school, volunteering, and otherwise interacting productively within a supportive environment
- Reduce or eliminate distressing symptoms, self-defeating thought patterns, and maladaptive behaviors
- Achieve stability in their home environment and develop an effective personal support network

FEATURES OF TREATMENT

Women who receive care at the PHP level take part in full days of structured services, but they do not live at TK. When PHP is not in session, clients return to their homes or to a supported alternative residence. This provides them with opportunities to practice their developing skills in a real-world environment while retaining a strong connection to superior clinical support. Supportive living housing is also available at an affordable cost.

Features of treatment within the TK PHP include the following:

- 6 hours of group therapy.
- Supported meals with a dietitian and clinical staff. Breakfast and lunch are provided Mon-Fri. Lunch is provided Sat-Sun.
- Weekly family therapy.
- Weekly individual therapy.
- · Weekly nutritional counseling with a dietitian.
- Weekly sessions with a case manager.
- Medication management services and medical consultation that include one weekly session with the medical director or staff psychiatrist and nursing support available daily.

Evidence-based treatment modalities used at the PHP include:

- Dialectical behavior therapy (DBT)
- 12-Step principles
- Acceptance and commitment therapy (ACT)
- Art therapy
- Crisis intervention
- Exposure therapy
- Motivational interviewing
- Solution-focused therapy
- Trauma-specific the apies
- Psychoeducation





EATING DISORDER TREATMENT

Timberline Knolls Residential Treatment Center is a premier provider of gender-specific eating disorder treatment for girls and women. Through the years, TK has earned a national reputation for excellence in the effort to help girls and women heal from anorexia, bulimia, binge-eating disorder, and other forms of disordered eating or unhealthy weight management.

Our residential programming for girls and women who are struggling with eating disorders combines superior clinical care with nutrition education, dietary support, behavioral interventions, and an array of additional services.

BENEFITS OF RESIDENTIAL RECOVERY

Residential treatment at TK connects girls and women with the power and promise of community. Girls and women are assigned to lodges based on their age and need, so they have the opportunity to live with others who have been experiencing similar challenges and are working toward common goals. This has the twofold benefit of eliminating the sense of isolation that can be characteristic of eating disorders while also introducing residents to the many benefits of the rec very community.

MEAL SUPPORT & NUTRITION

At TK, we believe that meal support is one of the most critical components of a resident's treatment. To support residents during what can be the most challenging parts of their day, all staff members model appropriate eating behaviors and provide encouragement during meals and snacks.

In addition to nutrition education and dietary support, we also offer consultations with experts and meal monitoring for residents who can benefit from such services. As with all aspects of residential treatment at TK, our meal support services are

customized to best meet the unique needs of each girl or woman who is entrusted to our care.

PERSONALIZED CARE & COMPASSIONATE SUPPORT

At TK, there is no such thing as "just another resident." Each woman or girl who heals with us is viewed as a unique individual whose voice, experiences, perspective, and innate strengths are valuable components of the treatment process.

Our residents work in active collaboration with the members of their treatment teams, and they are empowered to take ownership of their recovery. Every step of the way, each resident and her loved ones can expect to be treated with nothing less than the utmost dignity and respect.

HEALING FOR MIND, BODY, & SPIRIT

Residential treatment for eating disorders at TK is a holistic experience that is designed to help girls and women achieve sustained healing in mind, body, and spirit. We understand how eating disorders can impact an individual's physical, emotional, and social development, and we are prepared to provide the focused solutions that will lead to significant improvements in all aspects of our residents' lives.

SUBSTANCE USE TREATMENT

Timberline Knolls provides a supportive gender-specific environment where adolescent girls and adult women can receive comprehensive, personalized care for substance use disorders (which is the clinical term for addiction).

Residents who take part in treatment for substance use disorders at TK have access to the full array of program features that are described in the "Residential Treatment" section of this publication. They can also benefit from various services that are of particular value to girls and women who have been struggling with an addiction to alcohol or other drugs. Examples of these addiction-specific services include the following

ADDICTION GROUPS

Group therapy is an important part of all residents' treatment at TK. For those who are receiving care for a substance use disorder, we offer a variety of recovery-focused groups that are led by certified alcohol and drug counselors (CADCs). These groups address a variety of topics that are relevant to addiction treatment and recovery, including emotional learning, principles of recovery, the disease of addiction, moms in recovery, and The Big Book of Alcoholics Anonymous.

Addiction groups at TK are supportive forums where participants can discuss their experiences with substance use and addiction, practice healthy recovery skills, and benefit from the community of others who are walking a similar path.

12-STEP EDUCATION & PARTICIPATION

The 12-Step recovery model has helped countless individuals learn to manage the symptoms of addiction and achieve long-term abstinence from alcohol and other substances. At TK, we incorporate many of the practices and principles of the 12-Step

model into therapeutic activities for adolescent girls and adult women who are struggling with substance use disorders.

We also offer significant 12-Step education and support, including opportunities for residents to participate in both on- and off-site 12-Step groups. Depending on individual need, residents may take part in meetings for Alcoholics Anonymous, Narcotics Anonymous, Al-Anon, Adult Children of Alcoholics, and other support groups.

As with group therapy, 12-Step participation is valuable both for the information that residents gain from the meetings and for the sense of community and shared purpose that they experience during and after the gatherings.

MEDICATION-ASSISTED TREATMENT

Depending on the nature and severity of an individual's struggle with a substance use disorder, certain medical interventions may be beneficial as they work to establish a solid foothold in early recovery. If a resident can benefit from medication-assisted treatment to ease cravings, alleviate withdrawal pain, or otherwise enhance their quality of life, they may receive this service from a member of our medical staff.

DETOXIFICATION

For women and girls who have been incapable of ending their active substance use prior to starting treatment, we provide ambulatory detoxification within our residential program. Ambulatory detox helps residents rid their bodies of addictive substances while they engage in the therapeutic activities that will empower them to achieve successful long-term recovery.





MENTAL HEALTH TREATMENT

Residential mental health treatment at Timberline Knolls is designed for adolescent girls and adult women whose lives have been disrupted by a wide range of mental health concerns, such as the following:

- Anxiety disorders
- Attention-deficit/ yperactivity disorder (ADHD)
- Bipolar disorder
- Borderline personality disorder
- Depressive disorders
- Obsessive-compulsive disorder (OCD)
- Posttraumatic stress disorder (PTSD)
- Self-harm

Please note that the list above is included herefor representational purposes only. It is not intended to be a comprehensive enumeration of all the mental health concerns for which a girl or woman may receive care at TK.

PRIMARY & SECONDARY DIAGNOSES

Our residential programming can help girls and women who have a primary mental health diagnosis, as well as those whose mental health concerns co-occur alongside an eating disorder or a substance use disorder.

Many residents are not aware of the full scope of their needs until they complete an admissions assessment or begin to receive care at TK. This is one of the many reasons why our ability to provide a truly comprehensive treatment experience can be so beneficial. Regardless of what prompts a girl or woman to seek treatment with us, we can identify any underlying concerns or co-occurring disorders and adapt her personalized plan as necessary to ensure that she receives maximum benefit from her time with us

In all cases, our focus is on providing the personalized solutions that will promote long-term progress toward improved mental health.

SUPPORTIVE ATMOSPHERE

Whether they occur alone or in conjunction with an eating disorder or a substance use disorder, mental health concerns often prompt feelings of guilt, shame, and isolation among girls and women.

At TK, our caring staff works diligently to maintain a safe and supportive atmosphere where residents feel comfortable expressing their emotions and talking about the challenges they have encountered without fear of judgment or reprisal.

In addition to providing our residents with an array of clinically superior therapeutic interventions, we want to be sure they understand that they are not alone and that they have no reason to feel ashamed of what they have been experiencing.

EMPOWERING GIRLS & WOMEN

We believe that all TK residents should play an active role in their treatment and recovery. We encourage all residents to share their thoughts and preferences with the members of their treatment team, and we help them become powerful advocates on their own behalf.

In support of this effort, girls and women who receive residential care for mental health concerns at Timberline Knolls benefi from personal coaching and continued reinforcement in the key areas of interpersonal skills, distress tolerance and management, reality acceptance, and emotion regulation. As residents develop these skills, they enhance their ability to collaborate effectively with their treatment teams, and they make vital strides toward taking ownership of their recovery.



TRAUMA TREATMENT

Posttraumatic stress disorder (PTSD) and other effects of trauma are unfortunately common among girls and women who struggle with eating disorders, substance use disorders, and mental health concerns. Failing to address trauma during treatment can significantly undermine an individual's ability to experience true and lasting healing.

TRAUMA-INFORMED CARE

At Timberline Knolls, we incorporate principles of trauma-informed care into all programming at both the residential and partial hospitalization levels. Examples of this effort include the following:

- Our staff members complete significant training to ensure that our treatment environment remains a safe, supportive, and empowering space for girls and women whose lives have been impacted by PTSD and other effects of trauma.
- The professionals who lead individual and group therapies integrate elements such as sensory awareness, mindfulness, attachment, and stress-response tracking to lower trauma symptomology.
- We engage our residents in experiential body-oriented practices, psychoeducation, and dialogue to facilitate regulation of the nervous system, emotion management, and cognitive integration.

A TWO-PHASED APPROACH

At Timberline Knolls, our trauma treatment services occur in two phases.

Phase One focuses on stabilization and symptom reduction through building resources, expanding the window of tolerance, creating a mindful brain, and increasing interoceptive awareness skills.

Components of care in this first phase include the following

- Trauma-informed yoga therapy
- Dance/movement therapy
- Art therapy
- Psychoeducation
- Emotion regulation skills development
- DBT skill-building
- Individual and family therapies

Phase Two of treating trauma at Timberline Knolls is designed to help girls and women develop resilience through the treatment of traumatic memories.

This goal is achieved via the following therapeutic activities:

- Individual therapy
- Family therapy
- Process groups
- Survivors group
- Experiencing Resilience group

FINDING THE PATH FORWARD

Some girls and women come to Timberline Knolls with an understanding that their lives have been impacted by trauma. Others may not realize this reality until they complete their admissions assessment or after they have started to take part in treatment.

In either case, our goal is to meet our residents where they are and help them find the path forward to the healthier life that they both desire and deserve. To ensure that they are best prepared to make sustained progress after their time at TK, we address each resident's trauma-related needs in their detailed discharge plan.



FAMILY SUPPORT

At Timberline Knolls, we understand how friends and family members can be impacted when a girl or woman struggles with an eating disorder, a substance use disorder, or a mental health concern. We also appreciate the essential role that loved ones can play during and after an individual's time in treatment. For these reasons, we place great emphasis on providing a dynamic array of support services for family members and close friends of the girls and women who are entrusted to our care.

FAMILY THERAPY

Family therapy sessions are provided on a weekly basis for all girls and women who are taking part in residential treatment at Timberline Knolls. These sessions may take place in person, over the phone, or via videoconference. In addition to being vital components of an individual's time at TK, family therapy sessions can also help participants establish a foundation for continued progress after treatment has ended.

FAMILIES ANONYMOUS

Families Anonymous (FA) is a 12-Step fellowship program for loved ones of individuals who are struggling with substance use disorders and related behavioral health concerns. All family members of Timberline Knolls residents are invited to join us on the second Saturday of each month for a special family support meeting that is led by an FA member. This one-hour meeting is held immediately after visiting hours have ended. We strongly encourage all loved ones of our residents to attend this meeting.

FAMILY & FRIENDS EATING DISORDER SUPPORT TRAINING

Each week, we host an informative support group for friends and family members of residents who are receiving care for an eating disorder at Timberline Knolls. This group addresses topics such as supporting a loved one during and after treatment, establishing and maintaining open and honest communication, and providing effective meal support at home. Sessions are led by an eating disorder specialist and a registered dietitian.

PARENT TALK

Parents of younger residents are welcome to attend this group that addresses a wide range of issues related to parenting adolescents who are experiencing eating disorders, substance use disorders, or mental health concerns. Parent Talk is an open and supportive forum where participants can share their thoughts, learn from the experiences of other parents, and get detailed answers to important questions from the family therapist who leads the session.

CONTINUING CARE/ALUMNAE SERVICES

Treatment at Timberline Knolls can be an essential step on a girl's or woman's path toward long-term recovery from eating disorders, substance use disorders, and mental health concerns. However, we understand that an individual's time at TK will be just one part of her journey. With this in mind, we offer a variety of services, events, and opportunities that are designed to promote continued progress after a resident has transitioned out of our care.

At Timberline Knolls, we understand that there is no such thing as a single "perfect" path from treatment to long-term success. Our goal is to offer an array of options so that former residents can choose the ones that best meet their specifineeds. We offer:

DISCHARGE PLANNING

We develop a detailed discharge plan that includes:

- Referrals to a partial hospitalization program (PHP) or intensive outpatient program (IOP)
- Referrals to traditional outpatient services, such as individual, group, or family therapy
- Ongoing assistance with family relationships
- Continued support for medical needs
- 12-Step or other support group meetings
- Academic or social support services
- Relapse-prevention assistance
- Dietary counseling

RECOVERY CHOICE

All girls and women who complete residential treatment at Timberline Knolls have access to a variety of continuing support services through Recovery Choice. Features of this program include the following:

- Free aftercare support for one year
- Regular contact from a Recovery Choice coordinator
- Assistance finding additional resources, such as 12-Step meetings or other support groups, if needed

ALUMNAE PROGRAM

After residents complete treatment at Timberline Knolls, we encourage them all to become active members of our alumnae community. This vibrant and dynamic group is an excellent source of continued support. Once a month, we invite all former residents to our campus for Alumnae Night.

Each summer, we host a retreat at a gorgeous location in the Chicago area. All alumnae are invited to attend this gathering.

In addition to our public Facebook page, we also offer a private, password-protected page for alumnae only. This page provides former residents with an immediate connection to alumnae across the country and throughout the world. The private alumnae page is an ideal resource for keeping up to date on relevant news and events, getting answers to important recovery-related questions, and sharing support with others.





Making a Real-Life Difference

Serving with uncompromising care, relentless compassion, and an unconditional joyful spirit while helping our residents help themselves in their recovery.

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