



ADOLESCENT RESIDENTIAL PROGRAM

Adolescence is a complicated stage of life for any young woman to navigate. For adolescents who are struggling with an eating disorder, substance use disorder, trauma, mood disorder, or co-occurring disorder, it's even more challenging. It's important to seek treatment as soon as possible.

HOLISTIC CARE FOR ADOLESCENTS

At Timberline Knolls, we take a comprehensive, compassionate, and multidisciplinary approach to treating adolescent girls ages 12–17. Our residential program provides individualized, intensive treatment that utilizes our core clinical approaches, including:

- Dialectical behavior therapy (DBT)
- Spirituality
- Recovery principles
- Expressive therapy
- Family systems
- Trauma-informed environment

LODGE-BASED ACCOMMODATIONS

We provide a serene therapeutic environment that's conducive to healing. Our three adolescent lodges — Sequoia, Oak, and Elm — are located on our beautiful, 43-acre campus. We provide our adolescent residents with a multidisciplinary team approach, including:

- Psychiatrists
- Primary & family therapists
- Eating disorder specialists
- Addiction specialists
- Dietitian/nutrition support
- Therapeutic community manager
- Aftercare planning

TK ACADEMY

We also have an on-campus school, TK Academy, which offers our adolescent residents a full education curriculum in a traditional school setting with licensed educators and a TK Academy director. Keeping up academically while receiving treatment has never been so easy.



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Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago, Illinois. We offer a welcoming environment for women and girls age 12 and older who are struggling with eating disorders, substance use or mood disorders, trauma, and co-occurring conditions. An adult partial hospitalization program (PHP) and intensive outpatient program (IOP), with supportive housing, are available for step-down and for women to directly admit. By serving with uncompromising care, relentless compassion, and an unconditional joyful spirit, we help our residents and clients help themselves in their recovery.