

EATING DISORDER TREATMENT AT TIMBERLINE KNOLLS

Timberline Knolls Residential Treatment Center is a premier provider of evidence-based treatment for women and girls (ages 12 and up) who are struggling with a variety of eating disorders and co-occurring presentations. We take a look at an individual's overall wellness and recognize how the relationship with food and body have significant impact on wellness. We examine how mood, trauma, and other addictive behaviors are connected with eating disorders in order to understand what's going on underneath the surface, rather than just focusing on decreasing behaviors.

We know eating disorders can affect people of all ages, which is why we offer a range of therapies and services that are highly effective and age-appropriate. Each individual who seeks treatment with us receives focused, multi-disciplinary care that helps them learn coping skills needed for long-term recovery.

OUR NUTRITION THERAPY AND APPROACH

Timberline Knolls believes that meal support is one of the most critical components of 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 offer consultations with experts and meal monitoring for residents who can benefit from such services. As with all aspects of treatment levels at Timberline Knolls, our meal support services are customized to best meet the unique needs of each individual.

Our recovery plan works to build balanced meals and snacks by combining various food groups and affords our residents the support and flexibility needed to achieve a sense of normalcy surrounding food.

Our Nutrition Philosophy

- All foods fit
- Balance, variety & moderation
- Embrace the non-diet approach
- Recovery is progress, not perfection
- 3 meals, 3 snacks, 3 hours apart
- Health is possible at every size (HAES philosophy)

Our Therapeutic Approach

Each individual who participates in our program receives a client-centered treatment plan with support and guidance in recovery. Personalized care includes:

- Individual & family therapy
- Process-oriented & psychoeducational group therapy
- Expressive therapies
- Meal support
- Detailed aftercare planning
- Alumnae program & services throughout the year

LEVELS OF CARE

Residential

Our residential program is for women & girls age 12 & older who can benefit from 24/7 monitoring in live-in treatment. This option allows residents to focus solely on recovery without the interference of outside distractions.

Outpatient Services

Both a Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP), with supportive housing, are available for women 18 & older who require more structure such as in our PHP or less (IOP). In our PHP, our clients participate in daylong treatment five to seven days a week depending on individual needs.

ADMISSIONS PROCESS

If you or someone you love is suffering from an eating disorder, please reach out to our admissions team by phone, email, or live chat to get help today. Our staff can conduct a prescreening to determine whether our treatment programs are the right fit for you.



(630) 257-9600 | 40 Timberline Drive, Lemont, IL 60439 | www.timberlineknolls.com

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.