



MOOD DISORDER TREATMENT

At Timberline Knolls, the majority of our residents enter treatment with co-occurring disorders. This often includes a mood disorder such as depression, anxiety, posttraumatic stress disorder (PTSD), bipolar disorder, obsessive-compulsive disorder (OCD), or borderline personality disorder. This is why we offer an individualized and holistic approach and take into consideration each resident's history and symptoms when creating a treatment plan.

TREATMENT APPROACH FOR MOOD DISORDERS

The core components of our mood disorders program include:

- Dialectical behavior therapy (DBT)
- Trauma-informed care
- Medication management
- Recovery principles
- Expressive therapies
- Family systems
- Spirituality
- Individual therapy

In addition, our treatment program for mood disorders provides:

- Acceptance & commitment therapy (ACT)
- Motivational interviewing
- Resilience-building
- Mood-specific emotional learning
- Mood regulation skills group
- Emotions Anonymous meetings

At Timberline Knolls, we offer two levels of evidence-based treatment that are effective in treating mood and personality disorders.

- Our residential program provides adult women & girls with round-the-clock treatment in a safe & welcoming environment. We tailor our trauma-informed approach to treatment specifically for females.
- Our partial hospitalization program (PHP) is a daylong program available to women age 18 & older. While in this program, women have the freedom to return home at the end of the treatment day, or they may choose to take advantage of supportive on-campus housing.

To find out more about each level of care, please contact us at your convenience.



(877) 257-9611 | 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.