

## OUTPATIENT SERVICES

### COMPREHENSIVE CARE

At Timberline Knolls, we offer a full continuum of care, from residential treatment to outpatient services. Our outpatient services, which include a partial hospitalization program (PHP) and an intensive outpatient program (IOP), are available for adult women age 18 and older for direct admission or step-down treatment.

During their time in the outpatient programs at our Orland Park, Illinois, location, individuals can benefit from the support and guidance of our highly trained and compassionate staff members, who are dedicated to helping our clients pursue healthier lives.

Our therapists, doctors, dietitians, and other staff members all possess specialized training and a deep respect for the journey of each client.

Individualized treatment plans provided in our PHP and IOP can include medication management services, individual therapy, family therapy, group therapy, and experiential therapies.

### SUPPORTIVE LIVING ENVIRONMENT

Our outpatient programs offer supportive housing options for our clients at an affordable cost. The supportive living environment can advance our clients' recovery journeys and complements our continuing care outpatient program by giving individuals the structure and support of recovery-focused living.



### SUPPORTIVE LIVING ENVIRONMENT (CONT.)

With our supportive housing, clients have access to staff support, comfortable accommodations, transportation to and from clinical programming, and 24/7 peer support. Our on-site behavioral health associates are available for check-ins and skills coaching.

### PROGRAM FEATURES

#### Evidence-based treatment modalities used in our PHP and IOP include:

- Dialectical behavior therapy (DBT)
- Recovery principles
- Acceptance & commitment therapy (ACT)
- Expressive art
- Crisis intervention
- Exposure therapy
- Motivational interviewing
- Music therapy
- Solution-focused therapy
- Trauma-specific therapies

#### Our PHP includes:

- Treatment five or seven days per week from 8:30AM–3:30PM
- Supported snacks & meals with a dietitian & clinical staff (breakfast & lunch provided Monday-Friday; lunch provided Saturday & Sunday)
- Two therapy sessions per week
- Nutrition counseling with a dietitian
- Social outings once per week to practice coping & social skills
- Grocery outings twice per week with a dietitian
- Case management to discuss aftercare planning

#### Our IOP includes:

- Treatment five days per week from 9:45AM–1:45PM
- One therapy session per week
- Social outings once per week to practice coping & social skills

#### Our Evening IOP includes:

- Treatment three days per week from 5:30PM–8:30PM
- An evening option that accommodates work or school schedules
- More structure and support than outpatient therapy alone

**(877) 257-9611 | 40 Timberline Drive, Lemont, IL 60439 | [www.timberlineknolls.com](http://www.timberlineknolls.com)**

Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago, offering a nurturing recovery environment for women and girls age 12 and older who are struggling with eating disorders, addictions, trauma, and co-occurring mental health conditions. An adult partial hospitalization program and an intensive outpatient program are available for step-down and for women to direct admit. By serving with uncompromising care, relentless compassion, and an unconditional joyful spirit, we help our residents and clients help themselves in their recovery.