



ADDICTION PROGRAMMING

TREATMENT FOR WOMEN

Whole-Person Approach

Timberline Knolls Residential Treatment Center specializes in addiction treatment tailored specifically to women and their unique recovery needs. We offer residential addiction treatment for girls and women age 12 and older and partial hospitalization programming (PHP) for women age 18 and older.

Our addiction programming supports women who are struggling with a primary substance use disorder diagnosis. However, we also provide treatment for women who have a co-occurring condition, which may include a mood, anxiety, or eating disorder. This whole-person approach to addiction treatment can reduce a woman's chances for future relapse and improve her overall recovery outcomes.

Personalized Treatment

Our multidisciplinary team is highly experienced in helping each woman find a path to recovery that is uniquely her own. We provide treatment for addictions to a variety of substances, including alcohol, opioids, heroin, cocaine, and prescription drugs. Before starting treatment, each woman completes a detailed assessment of her past and current substance use, presenting concerns, and treatment goals. This process allows us to gain a detailed understanding of how a woman's struggles with addiction have been impacting her life and health.



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WHAT TO EXPECT

Focus on Recovery

We designed every aspect of our addiction programming to empower women to set the groundwork for sustained recovery. Group therapy is foundational to the treatment process, as it allows each woman to learn healthier ways to cope with painful emotions, triggers, and stressors.

Depending on the recommendations her care team makes in her personalized treatment plan, each woman may also take part in family therapy or work one-on-one with a therapist.

TREATMENT MODALITIES

- Dialectical behavior therapy (DBT)
- 12 Steps of recovery
- Art & music therapy
- Dance/movement therapy

Ambulatory, nonmedical detoxification services are available for women who need professional assistance to complete the withdrawal process. We also offer medication management for women whose recovery may be supported by certain prescription medications. Our addiction programming is licensed by the Illinois Division of Substance Use Prevention and Recovery (SUPR), and this programming occurs in lodges that are also licensed by SUPR.



TIMBERLINE KNOLLS RESIDENTIAL TREATMENT CENTER

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TIMBERLINE KNOLLS OUTPATIENT SERVICES | PHP & IOP

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