

ABOUT US

A HEALING EXPERIENCE

Timberline Knolls Residential Treatment Center is located on 43 serene acres just outside Chicago, Illinois, and our outpatient location is nearby in Orland Park, Illinois. In tranquil therapeutic environments, residents and clients of Timberline Knolls receive compassionate and transformative care from a team of highly trained professionals.

WHAT WE TREAT

At Timberline Knolls, we are committed to delivering personalized, holistic treatment that meets each individual where they are on their journey to improved wellness. In doing so, we provide effective care for those who are struggling with a variety of concerns, including:

- Eating disorders
- Substance use disorders
- Mood & anxiety disorders
- Effects of trauma
- Co-occurring disorders

ADMISSIONS PROCESS

Our knowledgeable and empathetic admissions team is available 24/7 to help guide potential residents and their families through our seamless intake process.

We are in network with many insurance carriers and gladly help families navigate possible barriers to treatment. An admissions coordinator is accessible day or night to ensure that people can access the help they need promptly.



GET HELP NOW

Lasting healing is possible. If you or a loved one is in need of residential care, partial hospitalization programming, or intensive outpatient programming, please contact Timberline Knolls today at **(877) 257-9611** or **info@timberlineknolls.com**.



Timberline Knolls Residential Treatment Center

40 Timberline Drive | Lemont, IL 60439

Timberline Knolls PHP & IOP

14620 South LaGrange Road | Orland Park, IL 60462

(630) 257-9600 | www.timberlineknolls.com



*Serving with uncompromising care,
relentless compassion, and an unconditional
joyful spirit while helping our residents help
themselves in their recovery*

OVERVIEW OF SERVICES

RESIDENTIAL TREATMENT

Timberline Knolls provides exceptional live-in care for women and girls age 12 and older. Residents receive round-the-clock support and reside in safe, secure on-campus lodges. A multidisciplinary team of nurses, primary/family therapists, dietitians, and psychiatrists works collaboratively to ensure that each resident receives the focused care they need to achieve healing.

PARTIAL HOSPITALIZATION PROGRAM

Following residential treatment, an individual may require transitional care before returning home. Our partial hospitalization program (PHP) is available for women age 18 and older and features supportive housing options. People can enter the PHP directly or after completing residential programming.

INTENSIVE OUTPATIENT PROGRAM

Women age 18 and older who need more structure than traditional outpatient therapy provides or are stepping down from the PHP can participate in our premier intensive outpatient program (IOP). The IOP also offers supportive housing options as well as flexible scheduling with both day and evening sessions available.

INTEGRATED CARE

At Timberline Knolls, we follow an integrated treatment model. Our whole-person approach to care incorporates traditional modalities as well as alternative interventions. We commonly utilize dialectical behavior therapy (DBT), spirituality, family therapy, expressive therapies, and 12-Step recovery principles.

SPIRITUALITY

In line with our holistic philosophy of treating the body, mind, and spirit, we view spirituality as foundational to healing, personal growth, and transformation. As such, it plays a vital role in all treatment at Timberline Knolls.



FAMILY THERAPY

Mood disorders, eating disorders, and addictions impact the entire family and often get passed down from generation to generation. We extend specialized care to family members through a family support group as well as meal support training. Family involvement in the treatment process often contributes to a more positive outcome for our residents.

EXPRESSIVE THERAPIES

In addition to individual, family, and group therapies, residents and clients can engage in many experiential and expressive therapies throughout their time at Timberline Knolls. These include art, music, dance/movement, and yoga therapies. Each of these therapeutic activities allows residents to explore and express their feelings and emotions nonverbally.

EATING DISORDER TREATMENT

Since 2006, Timberline Knolls has been a leader in eating disorder treatment for anorexia, bulimia, binge-eating disorder, and other eating disorders. We have helped thousands of women achieve long-term recovery, and we recognize that each individual has a unique story and their own distinctive strengths and needs.

NUTRITION SERVICES

Every resident is evaluated by a dietitian to assist in developing and maintaining nutritional balance. Registered dietitians partner with each resident to create an individualized meal plan to assist in recovery and promote balanced nutrition.

TIMBERLINE KNOLLS ACADEMY

To ensure that our young residents do not fall behind academically while in treatment, Timberline Knolls created TK Academy. With certified educators, our award-winning school is located right on campus. The school staff works with each resident's home school to coordinate the approved curriculum. Residents attend classes each morning, allowing them to learn in a safe and supportive environment.

DISCHARGE PLANNING

Our commitment to those we serve does not end at discharge. Every individual is provided with a comprehensive discharge plan, which can include recommendations for a lower level of care, follow-up therapy services, and transitional living as needed.

ALUMNI SUPPORT

At Timberline Knolls, we continue to support our residents and clients even after their time in treatment ends. Our alumnae program allows us to remain in touch with every individual and encourage them on their unique healing journey. Led by our alumnae coordinator, this program is everchanging to best meet the expanding needs of our alumnae. We offer a private Facebook page and Instagram account, virtual workshops with our clinicians, a support group, speaking opportunities, alumnae nights, and yearly retreats.

