



ALEXIAN
BROTHERS

Behavioral Health Hospital

FOR IMMEDIATE RELEASE

**Alexian Brothers Behavioral Health Hospital
Announces New Intensive Outpatient Program in DeKalb/Sycamore**

In collaboration with KishHealth System, Alexian Brothers Behavioral Health will begin offering a specialty services Intensive Outpatient Program (IOP) for adults age 18 and older in the DeKalb/Sycamore area in January 2011.

This evidenced-based IOP program will be offered on weekday evenings and Saturday mornings to accommodate client's existing work or school schedules. Our individualized treatment plans allow us to assess the specific behavioral health needs of our clients and address each individual's specific issues. The structure of the IOP program allows us to treat the specific issues and stressors that are causing a disruption in functioning, pain, or turmoil. Our goal is to bring powerful solutions to our patients' lives.

The Specialty Services Intensive Outpatient Program meets Tuesday, Wednesday and Thursday evenings from 6:30pm to 9:30pm, and Saturday mornings from 9:30am to 12:30pm. The program will provide group therapy, individual sessions, and family therapy, provided by experienced clinical staff. As a multi-diagnostic program, we will be able to treat complex issues such as eating disorders and self-injury, as well as co-occurring mood disorders such as anxiety and depression.

Sammi Gaspar, Psy.D, clinical manager of the Specialty Services IOP, comes back to Alexian Brothers Behavioral Health after spending the past few years as the clinical director of a residential program in California. Dr. Gaspar has significant experience in the treatment of mood disorders, eating disorders, and chemical dependency issues.

Assessments and diagnostic evaluations will also be available in this new location. This service will not only provide a point of entry into our new IOP program, but can also serve as a point of entry for the comprehensive array of behavioral health services located at our flagship behavioral health hospital in Hoffman Estates.

If you have questions regarding this program, or any of the services offered by Alexian Brothers Behavioral Health Hospital, please feel free to contact Don Mitckess, Clinical Liaison, at 847-755-8009 or Donald.Mitckess@Alexian.net.

To schedule an assessment appointment, please contact our Access Department at 800-432-5005.