



# Alexian Brothers Behavioral Health Hospital

## Alexian Brothers Announces NEW Intensive Outpatient Program in Elk Grove Village

Alexian Brothers Behavioral Health Hospital is offering a new Intensive Outpatient Program (IOP) for adults age 18 and over at the Eberle Medical Office Building in Elk Grove Village.

This **evidence-based** IOP program is offered on weekday evenings and Saturday mornings to accommodate our patients' existing schedules. Our **individualized treatment** plans allow us to assess the whole picture of what is going on with each patient. While the individual is still in his/her regular environment, we are able to address the specific issues and stressors that may be causing dysfunction, pain, or turmoil. We help to bring powerful solutions to our patients' lives.



Eberle Medical Office Building  
Alexian Brothers Medical Center – Elk Grove Village, IL

### **Benefits of our Intensive Outpatient Program (IOP) include:**

- ✓ **Patient empowerment**, including the development of tools to learn new ways to cope with stress, anxiety, addictions, disordered eating and/or depression
- ✓ Programs are offered while each individual **continues to work or go to school**
- ✓ Psychoeducational treatment groups are developed to **promote coping skills**, stress management, goal achievement, and treatment compliance
- ✓ Sessions are geared toward treating the underlying causes and help **facilitate recovery**
- ✓ We target symptom stabilization and promotion of **achievable, realistic goals**

### **Clinical treatment is provided by a multi-disciplinary team of caring and experienced behavioral medicine specialists including:**

- Board Certified Adult Psychiatrist
- Clinical Psychologists
- Licensed Clinical Social Workers
- Licensed Clinical Professional Counselors
- Certified Addictions Counselors
- Expressive Therapists

**Program meets Tuesday, Wednesday & Thursday evening, 6:30 PM to 9:30 PM, and Saturday mornings, 9:30 AM – 12:30 PM**

**Call 800-432-5005 or visit our website at [www.abbhh.org](http://www.abbhh.org)**

**ACCESS & REFERRALS:** We are committed to prompt attention. Please call us at 800-432-5005.



**ALEXIAN**  
BROTHERS  
HOSPITAL NETWORK

**A Healthy Community Begins with Alexian Brothers.**

**[www.abbhh.org](http://www.abbhh.org)**

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