Child and Adolescent Services

ABBHH.org
**Philosophy**

AMITA Health Behavioral Medicine offers an array of child and adolescent specialties that span the continuum from prevention to inpatient treatment. Specialists include child/adolescent psychiatrists, psychologists, clinical social workers, nurses, expressive therapists, mental health counselors, teachers, school liaisons and consulting physicians. Our treatment is based on the latest research and is evidence-based, solution-focused, and family systems oriented. Treatment of children and adolescents must be understood in the context of their development, family and cognitive/behavioral strategies.

Our programs are located throughout the northwest suburbs in Arlington Heights and Hoffman Estates. We are committed to prevention, teaching/training of professionals, and social issues that include preventing bullying, suicide and violence in our community. As a part of this commitment to youth, we offer many of these community-based programs at no charge.

When you think of child and adolescent behavioral health services in the region, think of AMITA Health Behavioral Medicine. You can begin by calling 855.383.2224 or ABBHH.org.
**Inpatient Services for Youth**
- 20 bed dedicated unit for youth ages 11 – 17
- Child/adolescent psychiatrists
- Focus on family involvement including working family visits and multi-family nights
- Cognitive-behavioral groups/skills acquisition groups
- Anti-bullying group
- Two-tiered chemical dependency programming
- Insurance and Medicaid accepted

**Adolescent Partial Hospitalization Program**
- Serves adolescents ages 12 – 18, Monday – Friday, 8:45 am – 2:45 pm
- Family centered, highly intensive and structured skills-oriented group therapy
- Family therapy and aftercare services
- Weekly meetings with child/adolescent psychiatrist
- Coordination of educational needs with school
- Parent support
- Insurance and Medicaid accepted

**Adolescent Chemical Dependency Partial Hospitalization Program**
- Serves adolescents ages 12 – 18, Monday – Friday, 8:45 am – 2:45 pm
- Treatment for adolescents with primary chemical dependency issues or who have co-occurring psychiatric problems
- Addiction treatment including 12 step support, family therapy, and sober social support/relapse prevention
- Random drug screens
- Educational programming
- Insurance and Medicaid accepted

**Self-Injury and Eating Disorders Inpatient Services**
- Dedicated unit for adolescents and young adults who have significant eating disorder and/or self-injurious behaviors
- Cognitive Behavior Therapy Model – Enhanced (CBT-E) and Emotion Regulation Group Therapy (ERGT)
- Psychiatrists specializing in eating disorders and self-injury
- Evidence-based treatment protocols
- Skills groups, relapse prevention, and family involvement
- Insurance, Medicare, Medicaid and Tri-care accepted
Eating Disorders Partial Hospitalization Program
• Serves ages 12 and up, Monday – Friday, 8 am – 3 pm
• Cognitive Behavior Therapy – Enhanced (CBT-E), including skills groups to increase adaptive coping skills
• Specializations in child and binge eating disorders available
• Binge eating specialty track for males
• Education and transition back to school
• Family Therapy and Parent Education Groups
• Dedicated psychiatrists who specialize in eating disorders
• Insurance, Medicare, Medicaid and Tri-care accepted

Self-Injury Partial Hospitalization Program
• Serves ages 12 and up Monday – Friday, 8:30 am – 2:30 pm
• Emotion Regulation Group Therapy (ERGT), including groups to increase adaptive coping skills
• Manages adolescents with any type of self-injuring behaviors
• Family and multi-family therapy
• Dedicated psychiatrists for self-injuring patients
• Insurance, Medicare, Medicaid and Tri-care accepted

Child Partial Hospitalization Program
• Serves 8 – 12 year old youth, Monday – Friday, 8:30 am – 2:45 pm
• Cognitive behavioral therapy and behavioral management including contracting and point sheet
• Family systems approach including parent education/support groups, resource materials, and family therapy
• Educational services/transition planning
• Consultation on childhood anxiety, school refusal, eating disorders, and self-injury
• Dedicated child psychiatrists
• Music/drumming and pet therapy
• Insurance and Medicaid accepted

School Anxiety/School Refusal Program
• Daily treatment for children and adolescents who exhibit significant school anxiety and/or school refusal behaviors. Monday – Friday, 7:30 am – 3 pm
• Cognitive behavioral model of therapy including exposure and response prevention therapies
• Skills groups including bullying modules
• Expanded school programming including transition back to school
• Family therapy and parent support groups
• Insurance and Medicaid accepted
After School Intensive Outpatient Program (IOP)
• Serves ages 12 through high school senior, Monday – Thursday, 4 pm - 7 pm (including summer)
• Program is for students who can manage structure of the school day but needs additional skills support after school
• Dialectical Behavior Therapy Skills Model, including skills groups to increase adaptive coping skills
• Multi-family therapy with focus on coping skills and weekend planning

Chemical Dependency Intensive Outpatient Program (IOP)
• Program is for adolescents ages 12 – 18 that are experiencing problems with substance use/abuse
• Program is Monday – Thursday, after school, from 4 pm – 7 pm
• Highly intensive and structured skills – oriented group therapy
• Identification of risky patterns
• Sober social support/relapse prevention/self-help groups
• Random drug screens or breathalyzer tests
• Family therapy/multi-family group
• Insurance and Medicaid accepted

Child/Adolescent Anxiety and OCD
• Research based therapies to decrease anxiety and maladaptive coping strategies
• Cognitive behavioral/exposure and response prevention therapies
• Goals are to decrease child’s need for reassurance or engaging in avoidant behaviors
• Goal is to increase child’s desire to be social, attend school, and engage with others
• Children under 13 – parent attends programming to understand principles of cognitive behavioral/exposure response therapies to utilize at home
• Insurance and Medicaid accepted

Autism Spectrum & Developmental Disorders Resource Center
• Clinical navigator provides screening and assessment by phone, e-mail, or in person at no charge
• Clinical recommendations made for services either through AMITA Health Alexian Brothers Health System or in the community
• Brief counseling
• Access to educational resources such as DVDs, books, and internet
• Advocacy
• Offered free of charge
**Educational Services**
- Education department to serve the needs of youth including certified teachers and school liaison staff
- Provide transition planning/staffing back to school including clinical recommendations
- Supports all AMITA Health Alexian Brothers Behavioral Health Hospital child and adolescent programs
- Teachers with special education certification

**Outpatient Group Practice Services**
- Comprehensive outpatient services for children ages 3 – 18
- Diagnostic evaluations
- Medication evaluation and management with child and adolescent psychiatrists
- Individual and family therapy for issues ranging from ADHD, depression, anxiety, school issues, behavioral problems, bipolar disorders, family issues, grief and divorce

**AMITA Health Alexian Brothers Center for Mental Health: Child and Adolescent**
- Comprehensive outpatient services for children and adolescents ages 5 – 18
- Board certified child/adolescent psychiatry
- Individual, family and group therapy
- School mental health staff – counseling, prevention, outreach, social/emotional programming, and student support groups
- Crisis intervention and linkage
- Mission based services to the underserved with specialized needs
- Located in Arlington Heights
- Insurance and Medicaid accepted

**Pediatric Neuropsychology**
- Fellowship trained pediatric neuropsychologist
- Assessment, diagnosis, and treatment planning for children between 18 months and 18 years of age
- Neurological, psychiatric, medical, autism and learning disorders
- Hoffman Estates and Elk Grove Village
- Insurance accepted
Coalition for a Psychologically Healthy Community
• Alternatives to bullying, suicide, and violence
• Community coalition that includes schools, mental health therapists, law enforcement, agencies, and local government
• Sponsoring workshops, forums, and information on bullying programs

AMITA Health Alexian Brothers Center for Professional Education
• Professional workshops/training for psychological/psychiatric issues impacting children and adolescents
• Topics include suicide prevention, anxiety, depression, bipolar disorder, bullying, school refusal, self-injury, eating disorders, and chemical dependency
• Community/school consultation
AMITA Health Alexian Brothers Behavioral Health Hospital, Hoffman Estates is located approximately a quarter mile east of the intersection of Barrington Road and Higgins Road (72) (east of the AMITA Health St. Alexius Medical Center campus).

To learn about the services offered at AMITA Health Alexian Brothers Behavioral Health Hospital and AMITA Health Alexian Brothers Behavioral Group Practice visit us online at ABBHH.org.

**AMITA Health Alexian Brothers Behavioral Health Hospital**
1650 Moon Lake Blvd.
Hoffman Estates, IL 60169
855.383.2224

**AMITA Health Alexian Brothers Center for Mental Health**
3436 N. Kennicott Ave.
Arlington Heights, IL 60004
847.952.7460

**AMITA Health Alexian Brothers Behavioral Group Practice**
1786 Moon Lake Blvd.
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