**PHILOSOPHY**

Alexian Brothers Behavioral Health 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. The Alexian Brothers child and adolescent mental health team is a reflection of the Alexian Brothers values of compassion, holism, partnership, dignity of the person, and care of the poor. 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, Schaumburg, 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 Alexian Brothers Behavioral Health. You can begin by calling 800-432-5005 or www.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 a.m. – 2:45 p.m.
- 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 a.m. – 2:45 p.m.
- 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
- Self-regulation model
- Psychiatrists specializing in eating disorders and self-injury
- Evidence-based treatment protocols
- Skills groups, relapse prevention, and family involvement
- Insurance and Medicaid accepted
CHILD PARTIAL HOSPITALIZATION PROGRAM
- Serves 8 – 12 year old youth, Monday – Friday, 8:30 a.m. – 2:45 p.m.
- 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 a.m. – 3:00 p.m.
- 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

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
EATING DISORDERS PARTIAL HOSPITALIZATION PROGRAM
- Serves adolescents and adults Monday – Friday, 8:00 a.m. – 3:00 p.m.
- Self-regulation model including skills based groups
- Specializations in child and binge eating disorders available
- Education and transition back to school family therapy
- Dedicated psychiatrists who specialize in eating disorders
- Insurance and Medicaid accepted

SELF-INJURY PARTIAL HOSPITALIZATION PROGRAM
- Serves adolescents and adults, Monday – Friday, 8:30 a.m. – 2:30 p.m.
- Self-regulation model including skills groups to increase adaptive coping strategies
- Manages adolescents with any type of self-injuring behaviors
- Family and multi-family therapy
- Dedicated psychiatrists for self-injuring patients
- Insurance and Medicaid accepted

AUTISTIC SPECTRUM AND 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 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 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
- Insurance and Medicaid accepted

FAMILY OPTIONS PROGRAM
- Psychoeducational series free of charge every Tuesday evening from 6:30 p.m. – 8:15 p.m.
- Staff includes psychologists, licensed professional counselors, chemical dependency counselors, expressive therapists, marriage family therapists, and pastoral counselors
- Topics include family communication, peer choices/self-esteem, bullying, anger management, and chemical dependency awareness
- Schools/police may use this program as an alternative to suspension or diversion from court
- Offered free of charge

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 4:00 p.m. – 7:00 p.m.
- 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

ALEXIAN BROTHERS PARISH SERVICES: CHILD AND ADOLESCENT
- Parochial School Support Services: prevention, counseling, and screenings for K – 8 children
- Parenting classes
- Individual therapy (sliding fee schedule available) for children, adolescents, and families
- Teacher training on topics such as ADD, bullying, depression, and anxiety
- Social skills groups including assertiveness, conflict management, feelings, and communication
- Purposeful Play – a skills group for children with developmental disorders
- Rainbows – divorce and grief groups for children, 1st – 8th grade
- Retreats

**ALEXIAN BROTHERS CENTER FOR MENTAL HEALTH – CHILD/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

**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

www.ABBHH.org
Alexian Brothers Behavioral Health Hospital is located approximately a quarter mile east of the intersection of Barrington Road and Higgins Road (72) (east of the St. Alexius Medical Center campus).

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

For 800 years, the Alexian Brothers have cared for the sick, the aged, the poor and the dying. The basic Judeo-Christian beliefs that inspired the founders of this Catholic religious congregation sustain its ministry today. This heritage is espoused by the governance, management and entire health care team throughout Alexian Brothers Health System in their mutual commitment to promote the physical, mental, spiritual and social well-being of all individuals served through the health care ministry.

Alexian Brothers Behavioral Health Hospital carries out the healing mission of the Catholic Church through the Alexian Brothers ministries by identifying and developing effective responses to the health and housing needs of those we are called to serve.