



rosecrance
life's waiting®

ROSECRANCE MCHENRY COUNTY

Adolescent IOP Program



Rosecrance Intensive Outpatient Program (IOP) helps adolescents achieve abstinence from drugs and alcohol and develop new coping skills.

Choosing a drug and alcohol program is a tough decision. You want to do what's right. And you want it to work, so you and your child/loved one can move on with life. We can help. At Rosecrance, we're focused on offering the best opportunity for lasting recovery.

Group therapy will utilize:

- **Cognitive Behavior Therapy** (thoughts, behavior, and emotions)
- **Dialectical Behavior Therapy** (mindfulness, emotional regulation, distress tolerance, interpersonal effectiveness, and values)
- **Life skills and recovery education**

Rosecrance is a leading provider of treatment services for individuals with substance use and mental health disorders. More than 40,000 children, teens, adults, and families receive help each year.

Program day and time

Monday, Wednesday, Thursday
from 4 to 7 pm.

Family component

Family Night will be held from 6 to 7 p.m. every Wednesday night. Involvement of supportive family members can improve treatment outcomes.

Location

Groups are held at Rosecrance
Crystal Lake at **422 Tracy Court,
Crystal Lake, IL**

Target population

Adolescents abusing substances who may also struggle with mental or emotional health concerns.

Contact information

- **Current Rosecrance clients:**
Please inform your primary counselor of interest in this group for a referral.
- **Potential Rosecrance clients:**
Please contact the Access Department at 815.363.6132 to schedule an assessment to engage in services.

Partially funded by

