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ROSECRANCE MCHENRY COUNTY

Bridge to Recovery

DBT group therapy with a substance abuse focus



Bridge to Recovery is a continuing care group for adolescents who completed intensive outpatient treatment (IOP) and require additional support to either reduce early substance abuse warning signs or strengthen recovery goals.

The group is designed to help clients develop and implement tools to regulate emotions, thoughts, and behaviors related to substance abuse disorder.

Group utilizes the following to promote lasting recovery:

- Team building activities
- Mindfulness training
- Development of insight into recovery concepts
- 12-week DBT curriculum

Rosecrance is a leading provider of treatment services for individuals with substance use and mental health disorders. More than 50,000 children, teens, adults and families receive help each year.

Day and time

This is a 12-week program (dependent on attendance and progress in recovery goals). The group is held weekly on **Tuesdays from 4:30 - 6:00 pm.**

Location

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

Target population

Adolescents who are stepping down from intensive outpatient (IOP) treatment who need a higher level of care other than individual therapy or school-based programs.

Facilitator

John Tumino, M.A., LPC

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.

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