NEW Adolescent Behavioral Medicine Programs in Crystal Lake

Monday - Friday
8:30 am - 2:30 pm

AMITA Health Behavioral Medicine Institute
500 Coventry Ln. Ste 250
Crystal Lake, IL 60014

For more information or to schedule an assessment, please call 855.383.2224

AMITA Health Behavioral Medicine Institute is now offering Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs for adolescents at the new Crystal Lake location. Adolescent PHP/IOP provides a safe and structured environment for teens ages 12-18. These evidence-based programs are for teens who are experiencing a range of emotional and behavioral difficulties interfering with life at home, school and/or within the community. Symptoms can include depression, anxiety, mood disorders, impulse control and substance use/abuse.

This program is intended to help teens navigate through difficult times with the help of a strong medical and clinical support staff trained to work with adolescents and families.
NEW Adolescent Behavioral Medicine Programs in Crystal Lake

Adolescent PHP/IOP provides an atmosphere for daily goal setting, parent feedback and accountability, as well as an opportunity for teens to structure their own success. Families are encouraged to attend multifamily groups to understand effective approaches in their interactions and relationship with their teen. The program’s treatment approach will consist of the AMITA Health Behavioral Medicine Treatment Framework, adapted from Barlow’s Unified Protocol (UP) which includes interventions from Acceptance Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Exposure Response Prevention (ERP), Motivational Enhancement and Mindfulness.

Unique Program Highlights:

• Daily goal setting, accountability and skill building
• Family therapy
• Medication management with an adolescent psychiatrist and nurse
• Structured school time - 1 hour with a certified teacher
• Re-entry “back to school” meeting with school liaison
• Expressive Therapy
• Catered lunch

For more information or to schedule an assessment, please call 855.383.2224