

# SOUTHWOOD INTERVENTIONS

Substance Abuse Treatment Services  
for Adult Men & Women

Medically Monitored Detox

Residential Programming

Outpatient Services



Licensed by the Illinois Department of Human Services,  
Division of Alcoholism & Substance Abuse (DASA)

# 25 YEARS OF SERVICE TO THE COMMUNITY

Since 1990, Southwood Interventions has been serving men and women from all over the Chicago area and its surrounding suburbs by treating a wide variety of addictions and co-occurring disorders in an urban residential setting.

Located in the Englewood community on the south side of Chicago, Southwood is a neighborhood oasis for individuals seeking respite and help in their struggles with addictions.

Southwood offers a continuum of substance abuse treatment services including detox, residential, and outpatient programming, as well as an array of self help and support programs that are open to our patients and to our community.

## OUR TREATMENT APPROACH

Programming at Southwood is based on a cognitive-behavioral team approach to treatment and case management.

Our treatment programs incorporate best practices in the field of addictions and evidence-based curriculum, including *Seeking Safety* and the *TCU Treatment System* (an Integrated Approach to Treatment for Addiction from the Institute of Behavioral Research at Texas Christian University).

We utilize a multi-disciplinary team consisting of specially trained physicians, nurses, certified clinicians and a recreation therapist to care for our patients and clients.

Our comprehensive clinical assessment process places each individual at the best level of care to safely address his or her needs. Levels of care, staffing, and discharge all follow the criteria established by the American Society of Addiction Medicine (ASAM).

## LEVELS OF CARE at SOUTHWOOD

### Medically Monitored Detoxification Program

Southwood offers one of only two detox programs in Chicago that operate outside of a hospital.

Our patients are monitored 24 hours a day by a physician and team of nurses who manage symptoms associated with alcohol and opiate withdrawal.

Counseling, education, relapse prevention and aftercare groups are provided daily with an emphasis on transitioning patients to their next level of care.

### Residential Programs

Southwood offers separate residential programs to the following populations:

Adult men who are court-mandated to receive treatment as an alternative to incarceration

Dually diagnosed men and women in need of MISA services

Adult women who are residents of the city of Chicago

Adult women referred by the Department of Corrections;

Men and women involved with the Illinois Department of Children and Family Services (DCFS)

Each residential program offers individual and group counseling on drug education, relapse prevention, cognitive behavioral therapy, parenting skills, health education, and more.

Each program resident works individually with a primary counselor to address specific goals and case management issues in order to prepare him or her for the next level treatment.

### Outpatient Substance Abuse Treatment Programs for Adults

Level I (Outpatient)

Level II (Intensive Outpatient)

DUI Re-evaluation and Treatment

## KEY SERVICES

Individualized treatment planning

Individual and group counseling

Family education and counseling

Vocational training and counseling

HIV/AIDS education

Violence prevention, conflict resolution, behavior management

Developmental skills counseling

Relapse prevention counseling

Cognitive skills therapy

Parenting classes

Family Therapy

Trauma Focused Therapy

Health Awareness

## ADDITIONAL SERVICES

**Family Program:** Through multi-family groups and individual family counseling sessions, Southwood educates clients and their families on the process of addiction and how it affects all members of the family.

**Special Therapies:** Southwood provides an array of special therapies and programming including recreation therapy, dance/movement therapy, expressive art therapies, fitness education, leisure education, and outings.

**Self Help Groups:** Weekly on-site AA, CA, NA, and DRA (Dual Recovery Anonymous) meetings open to all clients and to the community.

**Food Services:** Select clients are provided a hands-on working experience in the Southwood foodservice department, giving them insight to working in the foodservice industry and allowing them to work in a constructive and positive work environment.

**Trauma and Domestic Violence Services:** Providing individual and group services for those who have been impacted by domestic violence, sexual assault or abuse, or community violence and trauma.

**Weekly Alumni Meetings:** Offering ongoing support for clients who have left treatment successfully.



## HOW TO ACCESS OUR SERVICES

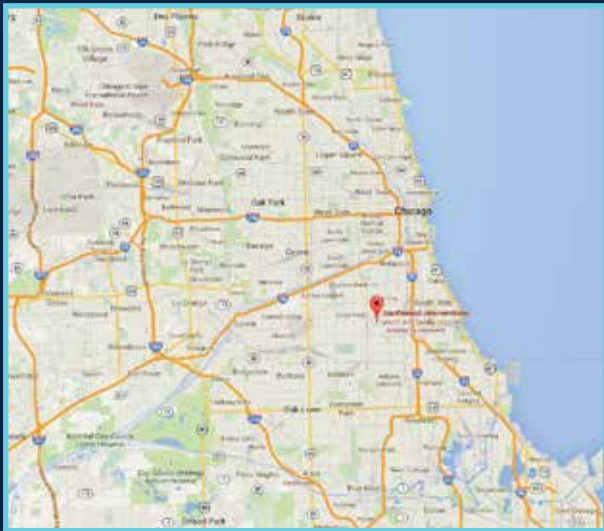
If you or someone you know is struggling with addiction, give us a call at (773) 737-4600.

Our addictions professionals are ready to help you with:

- An assessment to address treatment needs;
- Determination of an appropriate level of care; and
- Advice on eligibility for insurance, Medicaid, or related coverage.

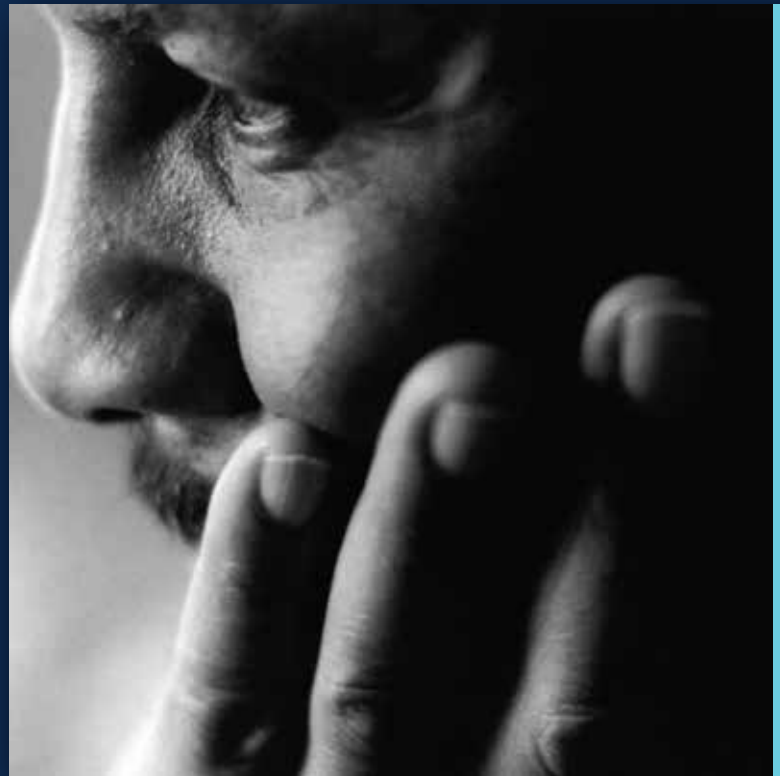
Many of the services at Southwood are covered by private insurance, Managed Care Organizations, Medicaid, or other government/public funding sources (e.g. DASA Global, Sheridan, SWICC, DUI, DCFS, MISA).

Southwood offers flexible accommodation for assessment and admission. We do admissions daily, Monday through Friday, starting at 7:00AM. Admission is often the same day as assessment.



## OUR LOCATION

Southwood Interventions  
5701 South Wood Street  
Chicago, IL 60636



For more information, or to make a confidential inquiry or referral, visit us at [www.southwoodinterventions.com](http://www.southwoodinterventions.com) or call (773) 737-4600