

### OVER 20 YEARS OF SERVICE TO THE COMMUNITY

Since 1994, Woodridge Interventions has been serving adults and adolescents from DuPage and Cook County communities, as well as the surrounding collar counties, by treating a wide variety of addictions and co-occurring disorders in both residential and outpatient settings.

Located in DuPage County in the western suburbs of Chicago and tucked away on 11 acres of wooded landscape, Woodridge is a neighborhood oasis for individuals seeking respite and help in their struggles with addictions.

### OUR OUTPATIENT PROGRAMS

Our outpatient services are designed for individuals who are struggling to cope with addiction, yet are able to remain at home, are capable of continuing with work or school, and are not assessed as needing a higher level of care such as detox or other inpatient treatment.

Upon referral, each patient's appropriate level of care is determined by a comprehensive biopsychosocial assessment in consultation with the patient. At admission, he or she is assigned to a primary counselor who will work with the patient to tailor and deliver an individualized treatment plan under the guidance of our multidisciplinary treatment team, which includes a physician, psychiatrist, registered nurse, and certified addiction counselors.

Age and gender appropriate outpatient services at Woodridge typically include individual and group counseling, family therapy, and psycho-educational groups that address major lifestyle, attitudinal, and behavioral issues that have the potential to undermine an individual's treatment goals or to impair the individual's ability to cope with major life tasks without the use of alcohol or other drugs.

Our outpatient programs utilize the principles of 12 Step Recovery while incorporating a variety of evidenced based clinical treatment methods to help each patient make the transition into a continued sober lifestyle.

### TWO LEVELS OF OUTPATIENT TREATMENT

#### OUTPATIENT (Level I)

- Up to 9 hours per week structured individual and/or group outpatient therapy and education to address substance abuse and related problems.
- Group treatment may occur one or more times weekly depending on the need of the patient.
- Length of time in treatment varies and is determined by substances of use, history of use, and other biopsychosocial factors such as employment, stability, physical health, recovery environment, and ability to manage potential for relapse.

#### INTENSIVE OUTPATIENT (Level II)

- Provides a minimum of 9 hours per week of highly structured individual and/or group outpatient therapy and education to address substance abuse and related problems.
- Group treatment may occur three times, or more, weekly depending on the need of the patient.
- Medical/psychiatric consultation, medication management and other support services as needed.
- IOP treatment typically lasts approximately 4-6 weeks. IOP may be utilized at different points in treatment such as prior to, or following, residential treatment.

## At Woodridge Interventions,

our outpatient treatment programs utilize the Matrix Model in addressing a wide range of addiction related issues, including:

- Relapse prevention
- Models of addiction
- Triggers
- Managing emotions
- Physical effects of alcohol and other drugs
- The interference of addiction with parenting
- Spirituality
- Medical aspects of addiction
- Stages of change
- Thinking errors
- And other factors that influence life functioning due to the presence of addictive behaviors.

## HOW TO ACCESS OUR SERVICES

Admission to any of our programs at Woodridge Interventions may be made by professionals, family members, or self-referring patients. If you or someone you know is struggling with addiction, give us a call at (630) 968-6477.

### 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.

Services at Woodridge Interventions are covered by private insurance, self pay, Medicaid, or other government/public funding sources (e.g. DASA Global, PRU, Local Drug Courts, DUI, DCFS).

We offer flexible accommodation for assessment and admission. Our assessment specialists are available to conduct no-cost assessments at locations throughout the greater Chicago area that are convenient to referring individuals or on site at the Woodridge facility location.

## OUR LOCATION



**Woodridge Interventions**  
**2221 64th Street**  
**Woodridge, IL 60517**

For more information, or to make a confidential inquiry or referral, visit us at [www.woodridgeinterventions.com](http://www.woodridgeinterventions.com) or call (630) 968-6477

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

