ROSECRANCE MCHENRY COUNTY

Adolescent Trauma Recovery Group

Rosecrance Adolescent Trauma Recovery Group helps youth work through past trauma to improve recovery and reduce symptoms, such as intrusive memories, hyperarousal and numbing.

Group utilizes skills based from the following therapies

- **Trauma-Focused Cognitive Behavior Therapy (TF-CBT)** (addresses thoughts, behavior, and emotions associated with trauma)
- **Cognitive Behavior Intervention for Trauma in Schools (CBITS)** (uses psychoeducation, relaxation, social problem solving, cognitive restructuring, and exposure)

Day and time
Tuesdays, 5–6 p.m.

Location
Groups are held at Rosecrance McHenry County at 620 Dakota Street, Crystal Lake, IL 60012

Target population
Male and female youth ages 13-19.

Specific trauma addressed
- Traumatic grief
- Sexual abuse
- Childhood abuse and assault
- Witnessing interpersonal violence

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.

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.

rosecrance.org