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ROSECRANCE MCHENRY COUNTY

Mobile Crisis Response Group (MCR)



The Mobile Crisis Response Group helps youth in a crisis situation such as suicidal or homicidal ideation, psychosis, aggression, and depression. It utilizes dialectical behavioral therapy (DBT) to help youth develop new coping skills, combat isolation, and achieve goals within their treatment plans.

DBT is an evidence-based therapy developed for people who have intense, fast reactions that feel impossible to resist whether it's stress, anger, or any other unwanted, unhelpful emotions.

Components of the program

- **Distress tolerance:** getting through a crisis situation without making it worse and accepting reality as it is
- **Mindfulness:** being aware of the present moment without judgment
- **Interpersonal effectiveness:** understanding and reducing vulnerability to emotions, and changing unwanted emotions
- **Emotion regulation:** getting interpersonal needs met, maintaining relationships, and increasing self-respect in relationships

Location

Groups are held at Rosecrance McHenry County Service—McHenry location at 4501 Prime Parkway McHenry, IL 60050

Program day and time

Tuesday and Wednesday
Noon-4 pm
7-17 years old

Target population

Children between the ages of 10-18 years old that have been called into the CARES LINE due to being in a crisis situation such as suicidal, homicidal, psychosis, aggression, depression, and other crisis situations.

Contact person

Kristina Pomagier MSW
815.298.1935

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

Partially funded by

