



ROSECRANCE MCHENRY COUNTY SERVICES

Rosecrance provides the best opportunity for lasting recovery.

Addressing an individual's struggle with substance use and/or mental health concerns means understanding all the factors involved and developing a comprehensive treatment plan.

Rosecrance McHenry County offers mental health and substance use outpatient treatment for children, teens, adults, and families in a friendly environment. Our board certified psychiatrists, counselors, and social workers provide the highest quality of care and tools to help you live life well in recovery.

For more information or to make an appointment, please contact us at **815 363 6132**.

rosecrance.org

ROSECRANCE MCHENRY COUNTY LOCATIONS:

422 Tracy Court
Crystal Lake, IL 60014

620 Dakota Street
Crystal Lake, IL 60012

Licensed Recovery Home
Woodstock, IL 60098



rosecrance
life's waiting®

Rosecrance McHenry County Services

Substance use assessment

The assessment can be completed over the phone or in person, depending on your individual situation. This gives our team a chance to understand how your struggle with substance use disorder affects your life and your loved ones' lives, so we can determine the right steps moving forward. Addiction is a complex brain disease, and you are taking an important first step in seeking treatment from an expert clinical staff. We're here to help. We offer several levels of care, depending on your individual needs and the recommendations of our clinical staff. This is all part of our continuum of care, as part of your treatment and recovery journey.

Walk-in substance use assessments are available on Tuesdays and Thursdays.

Substance use intensive outpatient

Our intensive outpatient programs (IOP) meets three times a week for nine hours total. Rosecrance McHenry currently offers IOP in the mornings and/or evenings. Programs primarily consist of group therapy and/or individual/family counseling. IOP last approximately 90 days and includes drug testing. Some groups include:

- Adult Morning IOP
- Adult Co-Occurring IOP
- Adult Evening IOP
- Adolescent Evening IOP

Substance use continuing care

Continuing Care (CC) Groups help adults transition back into the community and daily life after completing a treatment program. Some groups include:

- Adult Morning CC
- Adult Evening CC
- Adult DBT CC

Recovery home

Rosecrance Woodstock Recovery Home is a transitional living substance use recovery program for adult men and women. Residents focus on developing essential skills necessary to maintain lasting recovery.

Mental health assessments

At Rosecrance, we're dedicated to the individuals in our care and their families. We provide personalized, coordinated services to adults living with mental health disorders. In fact, we have a passion for it. In addition, our care services are accessible and well connected to an extensive local network or premier healthcare agencies. Our comprehensive services for children and youth begin with a screening process. We evaluate each child's needs in depth and provide a diagnosis and recommendation for care. In addition to giving parents and guardians a full

explanation of the child's needs, we explain the benefits of their active involvement in treatment, recovery, and purposeful life. For needed services not offered at Rosecrance, we will make referrals to other trusted agencies, because our commitment is to the child's well-being and the realization of his/her full potential.

Walk-in mental health assessments are available on Tuesdays and Thursdays.

Mobile crisis response (MCR)

Rosecrance offers 24/7 emergency screening and assessment services for immediate treatment, up to and including inpatient hospitalization. Emergency assessments are completed in the community and are available to individuals of all ages, regardless of insurance coverage. The MCR Group helps those in a crisis situation, such as suicidal, homicidal, psychosis, aggression, and depression. It utilizes dialectical behavioral therapy (DBT) to help youth and adults develop new coping skills, combat isolation, and achieve goals within their treatment plans.

Adult outpatient services

Adult patients at Rosecrance have access to a range of services. We begin with an in-depth assessment process, then provide compassionate, evidence-based treatment and rehabilitation using both group and individual therapy techniques.

Group therapy: Group interactions are a vital part in the recovery process. Through feedback from group members, adults develop insight into recovery. Groups use behavioral and cognitive therapies.

Child/adolescent outpatient services

Our child/adolescent outpatient services provide recovery oriented, strength-based programs, counseling, and other assistance for individuals who are in need of therapy and support in their recovery journey. Services are provided in both group and individual formations.

Group therapy: Group interactions are a vital part in the recovery process. Through feedback from group members, children/adolescents develop insight into recovery and make progress in improving their condition.

Mental health partial hospitalization program

The partial hospitalization program (PHP) focuses on recovery skills while youth stay in their home environment. It uses an evidence-based curriculum to teach children to identify triggers, gain emotional literacy, and develop healthy coping strategies and communication skills to manage distress. The program includes group process and techniques, individual and family counseling, emotional coping skills, life skills, activities, art therapy, movement and sensory breaks.