

Adolescent Intensive Outpatient Program

This Intensive Outpatient program is designed to meet the needs of adolescents (ages 13-17) who are suffering from emotional, behavioral or family system problems which are impacting their ability to function at their optimum level at home or at school. This intensive outpatient program is an intermediate level of care for adolescents who do not meet criteria for inpatient hospitalization yet are too complex for traditional outpatient therapy.

Lawrence Center
850 W. Lawrence
Chicago, IL
800-888-0560

Adolescents today are challenged to navigating new and uncharted territory of high school or college. They may be subjected to increased demands on their physical, mental, and emotional resources. Social and peer relationships have exponentially increased with the introduction of technology, including social networking such as Instagram, Twitter, and Facebook.

The Program: Group therapy is a core component of treatment utilizing a CBT model. Group content may include, but is not limited to; appropriate expression of feelings, appropriate boundaries, mindfulness, self-esteem building, relaxation techniques, communication skills, body image, art therapy, conflict resolution skills, healthy choices/wellness, time management techniques, and anger management.

Call 800-888-0560 or visit www.chicagolakeshorehospital.com



Chicago
Lakeshore
Hospital

Chicago Lakeshore Hospital

Lawrence Center

850 W. Lawrence
Chicago, IL

Phone 800-888-0560

www.chicagolakeshorehospital.com