

### 20 YEARS OF SERVICE TO THE COMMUNITY

Since 1994, Woodridge Interventions has been serving adults and youth from the greater Chicago area and throughout Illinois 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.

### MEN'S RESIDENTIAL PROGRAM

Woodridge offers a Level III.5 clinically managed residential substance abuse treatment program for men ages 18 and over. The program is available to individuals referred from courts, corrections, social service agencies, medical practitioners, hospitals and other treatment programs, family members, and to self-referred individuals.

Our Men's Residential Program is designed for adult males who, because of their specific functional deficits, need safe and stable living environments in order to develop their recovery skills. Treatment is highly structured with activities designed to help residents examine damaging beliefs, self-concepts, and destructive patterns of behavior, and to adopt new, more harmonious and constructive ways to interact with others.

The frequency, intensity, and length of treatment each depends on the individual patient's needs but consists of a planned regimen of clinical services for a minimum of 25 hours per week. Treatment is specific to maintaining abstinence and preventing relapse while vigorously promoting personal accountability, responsibility, and positive character change in an intense therapeutic community.

### KEY FEATURES

Individualized treatment planning

Evidence-based practices

Staff on waking duty 24/7

Services delivered by multi-disciplinary team consisting of:

- Licensed / certified addiction counselors
- Nursing staff
- Physician

Individual and group counseling emphasizing cognitive behavior techniques, life skills training and the Principles of 12-Step Recovery. Groups include:

- Cognitive behavioral groups
- Anger management groups
- Small process groups
- Life skills groups
- Drug education groups
- Wellness groups to address co-occurring disorders
- Relapse prevention groups
- Weekly family program, including family education groups and visitation

Therapeutic recreational activities

AA, CA and NA meetings

Individualized aftercare plans to promote sustained recovery and meet specific relapse prevention and continuing care needs.



**At Woodridge Interventions,** our Men's Residential Program utilizes 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. SUPR 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 Substance Use Prevention and Recovery (SUPR)



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