

### 25 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.

### WOMEN'S RESIDENTIAL PROGRAM

Woodridge offers a Level III.5 clinically managed residential substance abuse treatment program for women 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.

This program is intentionally designed to affect and guide services that reflect the realities of women's lives, and will provide the necessary interventions to the women being served. The Women's Program will provide a multi-faceted approach offering cognitive behavioral counseling and a variety of other support services to women experiencing challenges or difficulties in their daily functioning. Our holistic approach to the individual female addresses the whole person within the social context of her life, her relationships and the society and community she lives in. Our holistic model for gender-responsive programming advocates that one cannot separate substance use and needs and this must be considered together within the context of her life skills.

The Women's Program will work in partnership with participating community resources to provide the necessary education, medical care and social skills to make positive changes in their lives through a flexible, resource rich program. With the flexible resource model, we address a wide variety of social issues to direct women toward more responsible lifestyles and commitment to their recovery. Abraxas recognizes that the women attending the program are typically faced with magnified social, emotional and family challenges and require individualized approaches and emotional and behavioral support in order to assist them in their success.

### KEY FEATURES

- Trauma Informed Care utilizing components of Seeking Safety Curriculum
- Family Therapy
- Individualized Treatment Planning
- Therapeutic Recreational Therapy
- Conflict Resolution/Anger Management
- Interpersonal/social Skills Training  
*(following directions, communicating effectively, dealing with anger and frustration etc.)*
- Twelve-Step Programming
- Staff on waking duty 24/7

*Services delivered by multi-disciplinary team consisting of Licensed/certified addictions counselors and Nursing staff.*

**At Woodridge Interventions,**  
our Women'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)

