Northern Illinois

RECOVERY CENTER

HEALING BEGINS HERE

Levels of Care



At Northern Illinois Recovery Center we believe in a long continuum of care and a blended approach to recovery. We offer this through our extended care program.

Our extended care method increases the length of time clients are able to engage in treatment, thus helping transition through the program in a healthy and individualized fashion.

We also offer boarded housing for our adult programming, pairing treatment with a living environment that fosters accountability, support, and additional resources to ensure patients are moving through the levels of care successfully and are prepared for life in recovery.

PROGRAMS OFFERED

- Medically Monitored Detox
- Residential
- Partial Hospitalization (HIOP)
- Intensive Outpatient (Day and Evening)
- Virtual IOP
- Outpatient
- Alumni Groups
- Spirituality
- Student Assistance Program
- Adolescent IOP

The Northern Illinois Recovery Center Difference

Client to Staff Ratio
We offer an unmatched client to staff ratio which allows for greater individualized care.

Individualized Care
Clients are assigned a care team based on specific needs. Together a unique plan of care is designed for a customized approach to treatment.

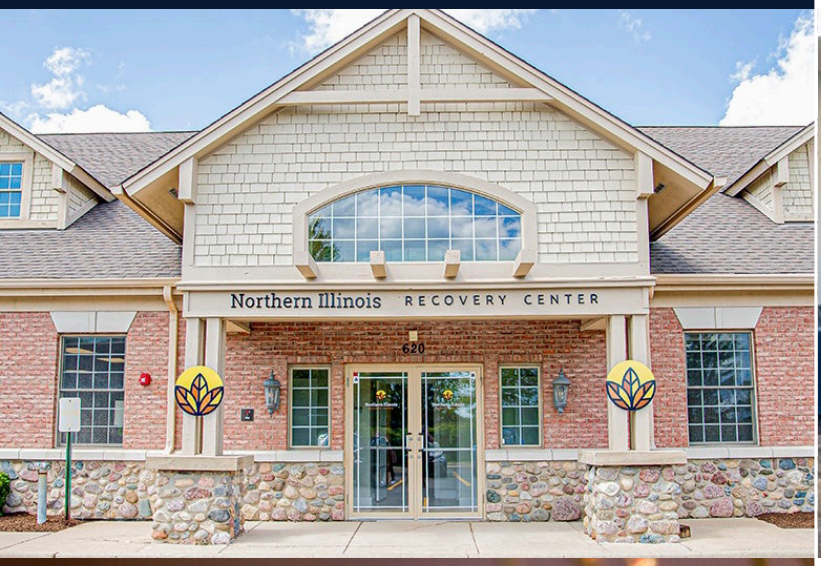
A Fresh Perspective
We take an innovative approach to proven modalities.

Licensed Staff
Our masters level clinicians maintain relevant licensure and certifications to best treat co-occurring substance use and mental health issues.

Well Rounded
We provide thoughtfully constructed treatment that encapsulates various elements of a recovery driven life including outside recovery meetings, recreational activities, life skills and clinical content.

Full Continuum of Care
Our program includes medically monitored detox, residential, partial hospitalization (HIOP), intensive outpatient, virtual IOP, outpatient, alumni services and family programs with a housing option when needed.

Facilities



At Northern Illinois Recovery we understand that a positive environment helps create the ideal situation for change.

Our team has taken extensive time in selecting all of our home and clinical settings. The spaces prioritize privacy, safety, and comfort.







Individualized Treatment



Each person with a substance use disorder has unique needs, which is why we provide personalized attention. Northern Illinois Recovery Center has an unmatched staff-to-client ratio, which allows us to meet with each client on a regular basis. Through one-on-one time and group work with therapists and staff, clients have time to talk about the source of their addiction and to learn coping strategies and recovery tools to overcome their addiction.

Insurance

Most insurances and private pay are accepted. Contact us today to verify your insurance and get started on your new life.

Cigna
BlueCross BlueShield
beacon health options
UnitedHealthcare
aetna
ValueOptions

Clinical Programming

Northern Illinois Recovery Center utilizes a blended approach to develop and implement meaningful clinical programming infused with evidence-based modalities and interventions. Our blended programming involves groups in three broad categories: holistic, content, and process. Individuals collaborate with their care team to determine the right balance of topics and skills best suited to their identified treatment needs and goals, allowing for the opportunity to go in depth in particular areas as well as experience a variety of treatment approaches.

HOLISTIC GROUPS

We believe that healing requires honoring the mind-body connection as it relates to substance use disorders. As a result, we offer groups such as yoga, reflective writing, tai chi, animal-assisted therapies, art, nutrition and diet, breathwork and others. Our hope is that individuals can develop the ability to recognize and regulate body sensations that contribute to triggers, cravings and discomfort.

CONTENT GROUPS

We believe that providing education, tools and strategies is essential in creating a firm foundation for long-term recovery. For this reason, we offer modality-specific groups such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT) among others in order for individuals to determine the approaches that work best for them. Further, clinical staff provide specific topic-based groups such as Relationships, Self-Compassion, Shame Resilience, Grief and Loss, Trauma Recovery and others to assist with integrating the concrete tools of various modalities into particular areas of therapeutic work.

PROCESS GROUPS

We believe that deeply understanding and implementing skills is the crux of effective treatment. For this reason, we offer the opportunity for multiple process groups per week, some of which focus on gender-specific issues. These types of groups allow for individuals to make sense of the information they are gathering while in care, apply it and obtain immediate feedback. Often, process groups are where the various elements of treatment crystallize and individuals are able to distinguish their personal values and gains from the larger treatment process.



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GET HELP TODAY

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