Northern Illinois
RECOVERY CENTER

Teen Outpatient Programs






Overview

At Northern Illinois Recovery Center's Adolescent Center, outpatient programs include intensive outpatient (IOP) and partial hospitalization (PHP) for teens struggling with substance use, mental health conditions such as anxiety, depression, and PTSD, or co-occurring substance use and mental health concerns.

These programs provide flexible group and individual therapies that adapt to each individual's unique needs around mental health and substance use challenges. In alignment with evidence-based practices, our team collaborates with clients and their loved ones to explore options and determine the appropriate next steps in their recovery journey. With an emphasis on skill-building and therapeutic processing, treatments help teens manage their emotions, develop healthier, adaptive coping strategies, and work toward lasting recovery and long-term well-being.

Psychiatric care is available to teens in both programs, starting with an initial evaluation and continuing with medication management when clinically appropriate. For teens already working with an outside prescriber, our providers coordinate directly with them so care stays consistent.

Teen IOP is scheduled around typical school day hours so that treatment doesn't interfere with school attendance and daily life, while teen PHP provides further structured support to teens requiring additional clinical care.

Teens in PHP work with certified educators during dedicated coursework time, and coordinate with each student's school to align assignments, track progress, and keep teachers and families updated.

What to Expect

Group programming follows a structured curriculum organized by day, covering themes such as self & identity, emotions, relationships, coping & skills, and recovery & purpose. The content within each theme rotates on a six-week cycle, so a teen in the program moves through the full arc without covering the same ground twice, and teens entering mid-cycle are never disadvantaged by timing

Beyond talk therapy, the programs also include expressive arts and experiential therapies including meditation, breathwork, and music. These activities give teens the space to process emotions and practice new coping skills in different, creative ways that often offer insights that traditional conversation alone doesn't surface.

When clinically appropriate, family therapy is also encouraged as part of programming. Parents and family members may take part in sessions and activities that focus on communication, boundaries, and building healthy habits at home.

Family sessions provide everyone involved with:

- √ A structured place to work through challenges with clinical support
- √ An understanding of what their teen is going through
- √ Tools to support lasting recovery and rebuild trust at home.

Get Help Today

NorthernIllinoisRecovery.com | (815) 369-0777

Scan to View Our Facility