

# WOODRIDGE INTERVENTIONS

Substance Use Treatment Services

Residential Programming

Male and Female Adults and Male Youth

Outpatient Services

Male and Female Adults and Youth



*Licensed by the Illinois Department of Human Services,  
Division of Substance Use Prevention and Recovery (SUPR)*

# OVER 25 YEARS OF SERVICE TO THE COMMUNITY

Since 1994, Woodridge Interventions has been serving adults and youth from DuPage and Cook County communities, as well as the surrounding collar counties, 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.

Woodridge offers a continuum of substance use treatment services including residential, recovery home, and outpatient programming, as well as an array of special programs that enhance our patients' treatment process.

## OUR TREATMENT APPROACH

Woodridge Interventions utilizes an eclectic approach to treatment by combining components of best practices in the field of addictions and evidence-based curricula, including Cognitive-Behavioral Treatment (CBT), Aggression Replacement Training® (ART), Balanced and Restorative Justice (BARJ), 12-Steps, Living in Balance, Choice and Change, the Texas Christian University (TCU) Treatment System, and The Matrix Model for outpatient programming.

We utilize a multi-disciplinary team consisting of specially trained physicians, nurses, certified clinicians and a recreation therapist to care for our patients.

Our comprehensive clinical assessment process places each individual at the best level of care to safely address his or her needs. Levels of care, staffing, and discharge all follow the criteria established by the American Society of Addiction Medicine (ASAM).

## LEVELS OF CARE at WOODRIDGE

### Residential Programs

Woodridge Interventions provides a continuum of care through separate residential programs for the following populations:

**Residential Adult Programs** - For men and women referred through courts, corrections, social service agencies, medical practitioners, hospitals and other treatment programs, family members, and for self-referred individuals.

**Residential Youth Program** - For males 13 to 18 years of age

**Youth Recovery Program** - Providing a step down for males 16 to 19 years of age who have completed a residential treatment program. These individuals will have access to on-going outpatient treatment while working or attending school.

Each residential program offers group and individual counseling on drug education, relapse prevention, cognitive behavioral therapy, parenting skills, health education, and more.

Each program resident works individually with a primary counselor to address specific goals and case management issues in order to prepare him or her for the next level treatment.

### Outpatient Substance Use Treatment Programs for Adults and Youth

Level I (Traditional Outpatient) for male and female adults and youth

Level II (Intensive Outpatient) for male and female youth

DUI Services - Updates, Evaluations, Counseling, and Risk Education for adults

## EDUCATIONAL SERVICES

Woodridge Education services are non-public alternative education services provided on-site and approved by the Illinois State Board of Education. Woodridge provides ongoing academic assessments to determine each student's present level of achievement and gauge their progress. The academic curriculum is differentiated to take advantage of student strengths as well as remedy deficits. Services include:

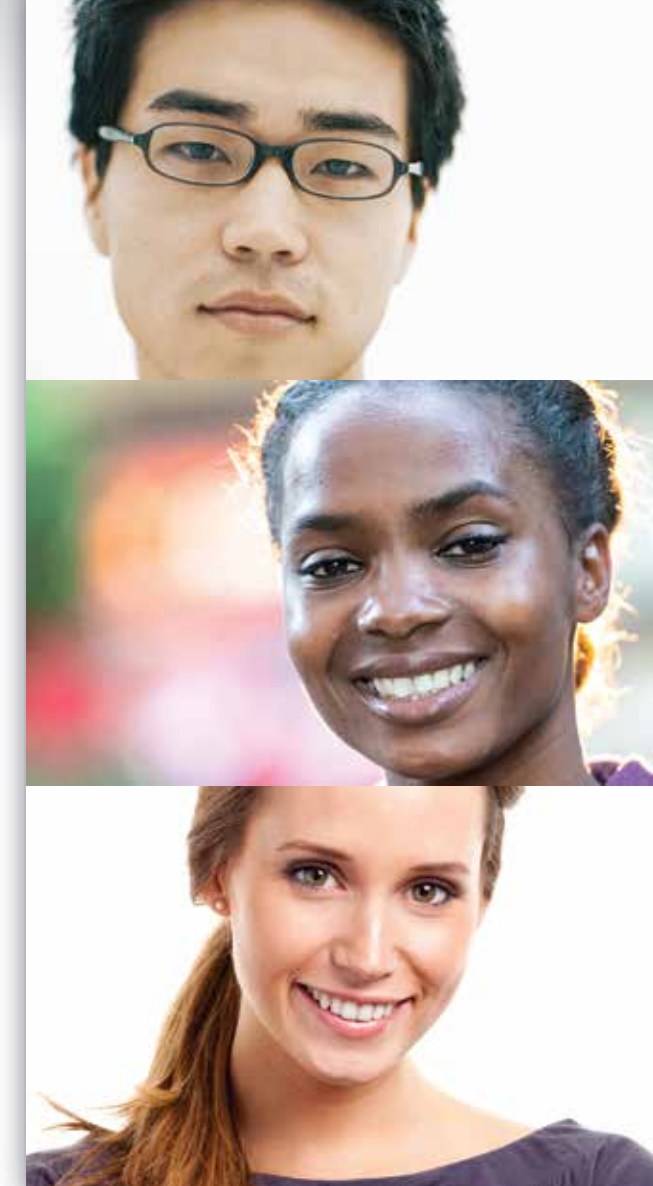
PBIS Model

Public School District Curriculum

Year Round Educational Services

## KEY SERVICES

- Individualized Treatment Planning
- Individual and Group Counseling
- Family Education and Counseling
- HIV / AIDS Education
- Aggression Replacement Training®
- BARJ - Balance Restored Justice
- Relapse Prevention Counseling
- Cognitive Behavior Therapy / Thinking Errors
- Parenting / Relationship Classes
- Family Therapy
- Recreational Therapy / Leisure Education /
- Mindful Meditation
- Health Awareness
- Wellness Group for Co-occurring Disorders
- Year Round Educational Services
- Interpreter Services



## ADDITIONAL SERVICES

**Family Program:** Through family education/multi-family groups and individual family counseling sessions, Woodridge educates patients and their families on the process of addiction and how it affects all members of the family.

**Recreational Therapy:** Woodridge provides the Residential Youth Program with sportsmanship education, leisure education, mindful meditation practices, and off-campus recreational outings. Our recreation program is involved in the Illinois Inter-Agency Athletic Association (IIAA). Sports and recreation at Woodridge are used as a means to help at-risk youth discover skills, practice focusing, work together as a team, engender self-esteem, use energy positively, and learn healthy peer interactions. Additional recreation services are available to patients in the Woodridge Recovery Home and Residential Adult Programs.

**Self Help Groups:** Weekly on-site AA, CA, and NA meetings open to all patients.

**Weekly Alumni Meetings:** Offering ongoing support for patients who have left treatment successfully.

**Aggression Replacement Training® (ART)** includes the following three elements:

### Social Skills Training

Teaches participants what to do, helping them replace antisocial behaviors with positive alternatives.

### Anger Control Training

Teaches participants what not to do, helping them respond to anger in a nonaggressive manner and rethink anger-provoking situations.

### Moral Reasoning

Helps raise participants' level of fairness, justice, and concern for the needs and rights of others.

## HOW TO ACCESS OUR SERVICES

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.

Many of the services at Woodridge are covered by private insurance, Medicaid, or other government/public funding sources (e.g. SUPR Global, PRU, Local Drug Courts, DUI, DCFS)

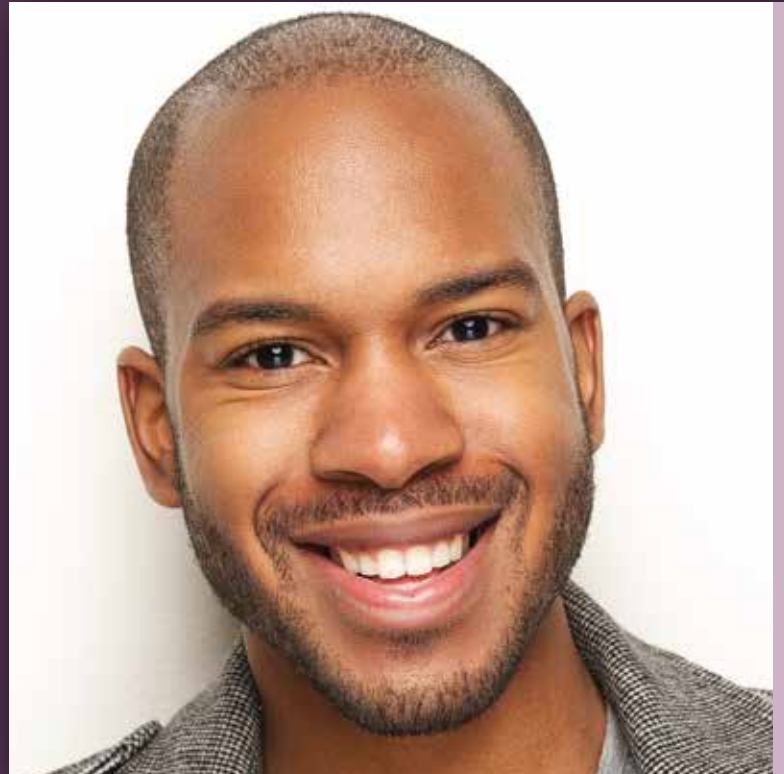
Woodridge Offers flexible accommodations for assessment and admission.

We do admissions daily, Monday through Friday, starting at 8:00AM.  
Admission is often the same day as assessment.



## OUR LOCATION

Woodridge Interventions  
2221 64th Street  
Woodridge, IL 60517



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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**