



PROGRAM OVERVIEW

Timberline Knolls combines clinical services, education, and expressive therapies to enhance the continuum of life-changing care. We strive to provide the most effective and highest-quality individually tailored treatment programs for females and their families.

WHO WE TREAT

We tailor our programs to the unique needs of women and girls age 12 and older who are struggling to overcome:

- Eating disorders
- Substance use disorders
- Mood disorders
- Trauma & anxiety disorders
- Co-occurring disorders

OUR APPROACH TO TREATMENT

Rooted in the principles of recovery and emphasizing spiritual growth, Timberline Knolls provides individualized, intensive treatment based on an assessment of each resident. We use clinical approaches that include:

12-Step Principles – The 12-Step recovery approach helps residents address all aspects of their beings; gain a larger, more objective, and integrated perspective on life; and build a firm foundation for their recovery, tapping into “a higher power” within.

Dialectical Behavior Therapy (DBT) – This is a highly effective method that helps residents address the underlying emotions behind the self-destructive behaviors they have been engaging in. They also learn productive ways to manage their emotions and identify potential triggers for unhealthy behaviors that result in self-harm, drug or alcohol use, or the compulsion to binge, purge, and restrict food intake.

Experiential Therapies – Experiential therapies are instrumental in emphasizing specific aspects of the resident’s individual recovery plan and are incorporated throughout her entire treatment program. We encourage the expression of challenging feelings as part of the recovery process through art, yoga, and dance/movement therapy.

Family Systems – Whether it is individual family therapy or multifamily group therapy, family therapy promotes sharing, open feedback, and a creative search for solutions as participants learn about the illness for which their loved one is being treated and are provided guidelines for managing that illness.

Trauma Awareness – With 90% of our residents having experienced some type of trauma, it is vital that all staff—from clinical to support—is aware and trained on how to be mindful of boundaries. In addition, all residents are screened for trauma through their clinical assessment, which is relevant to their overall treatment program.

Timberline Knolls Academy – Because the stay at a residential treatment center can be lengthy, we created TK Academy, an on-site school that provides our residents with individualized, results-oriented educational support. TK Academy allows students to move forward with their education and earn credit toward graduation from their school district while receiving treatment at Timberline Knolls.

Spirituality – In line with our holistic philosophy of treating the body, mind, and spirit, we view spirituality as foundational to healing, personal growth, and transformation. As such, it plays a vital role in all treatment at Timberline Knolls.

Discharge Planning and Coordination – At the time of discharge, Timberline Knolls provides residents with the support and tools to reenter their communities. We provide each resident with a personalized discharge plan and local referrals to help them continue on the road to recovery.

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Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago, offering a nurturing recovery environment for women and girls age 12 and older who are struggling with eating disorders, addiction, trauma, and co-occurring mental health conditions. An adult partial hospitalization program (PHP) is available for step-down and for women to direct admit. By serving with uncompromising care, relentless compassion, and an unconditional joyful spirit, we help our residents and clients help themselves in their recovery.