



rosecrance®
BEHAVIORAL HEALTH

Table of Contents

<i>p.02</i>	Rosecrance Therapies Services and Locations
<i>p.04</i>	Rosecrance Community Services and Locations
<i>p.06</i>	Rosecrance Iowa Services and Locations
<i>p.08</i>	Rosecrance Adolescent Services
<i>p.10</i>	Teens & Weed
<i>p.26</i>	Getting Past “No!”
<i>p.34</i>	Is my child using drugs?
<i>p.40</i>	Insurance and Financial Information
<i>p.42</i>	Mental Health in the Workplace
<i>p.44</i>	Rosecrance Adult Services
<i>p.46</i>	The Rosecrance Resilience Program

Rosecrance Therapies Services

Care that works for you.



rosecrance[®]
Therapies

	Chicago-River North	Chicago-Beverly	Chicago-Norwood Park	Chicago-Lakeview	Chicago-Michigan Avenue	Frankfort	La Grange	Naperville/Warrenville	Northbrook	Rockford	Champaign/Urbana	Wisconsin	Virtual Services
Screenings	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Individual therapy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Group therapy		✓	✓			✓							
Psychiatric services	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Intensive outpatient program (IOP)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Medication-assisted recovery (MAR)	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓
Medication management	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Transcranial magnetic stimulation (TMS)	✓									✓			
Spravato	✓									✓			
Eating disorders					✓						✓		✓
Sports & performance health					✓						✓		✓
Family education & support	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Interventions	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Residential treatment										✓	✓		

Services may be offered in person and/or virtually for various locations. Please contact us for details.

Rosecrance Therapies Locations

OUTPATIENT CARE

Chicago-River North

320 West Ohio Street
Suite 410E
Chicago, Illinois 60654

Chicago-Beverly

11532 South Western Avenue
Chicago, Illinois 60643

Chicago-Norwood Park

5440 North Cumberland Avenue
Suite 165
Chicago, Illinois 60656

Chicago-Lakeview

3701 North Ashland Avenue
Chicago, Illinois 60613

Chicago-Michigan Avenue

Rosecrance Ascend
737 North Michigan Avenue
Suite 1925
Chicago, Illinois 60611

Champaign/Urbana

Rosecrance Ascend
700 South Gregory Street
Urbana, Illinois 61801

Frankfort

20635 Abbey Woods Court North
Suite 310
Frankfort, Illinois 60423

OUTPATIENT CARE, Cont'd

Naperville/Warrenville

28371 Davis Parkway
Suite 102
Warrenville, Illinois 60555

La Grange

47 6th Avenue
Suite N
La Grange, Illinois 60525

Northbrook

3000 Dundee Road
Suite 317
Northbrook, Illinois 60062

Rockford

Aspen Counseling by Rosecrance Therapies

8616 Northern Avenue
Rockford, Illinois 61107

Wisconsin

Virtual outpatient services &
alumni support

RESIDENTIAL CARE

Rosecrance Griffin Williamson Campus

1601 North University Drive
Rockford, Illinois 61107



Rosecrance's most personalized level of care—Rosecrance Therapies—provides comprehensive support for mental health, substance use, and eating disorders. Our experienced therapists, psychiatrists, and medical providers deliver individual counseling, group therapy, and specialized behavioral health treatments tailored to each client's needs.

We also offer higher levels of care, including detox and residential services, ensuring a full continuum of support.

Rosecrance Therapies accepts most major insurance plans.



Scan the QR code to find a full list
of Rosecrance locations and therapists.

Child/Teen Treatment Services

Screenings	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
Residential (12-18) Mental Health & SUD*	✓															
Partial Hospitalization Program				✓												
Outpatient SUD	✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓
Outpatient Mental Health	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓
Crisis Services	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓			
SUD Recovery Homes	✓															

Adult Treatment Services

	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Screenings	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Residential SUD* Treatment	✓												✓				
Medication-Assisted Recovery	✓	✓	✓	✓		✓							✓	✓			✓
SUD Recovery Homes	✓			✓									✓				
Partial Hospitalization Program																	
Outpatient SUD	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Outpatient Mental Health	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓
Mental Health Crisis Triage and Residential	✓												✓				
Psychiatric Services	✓	✓	✓	✓		✓	✓	✓				✓	✓				✓
Alumni Support	✓	✓	✓	✓									✓	✓	✓	✓	✓
Crisis Services	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓		✓		

Services may be offered in person and/or virtually for various locations. Please contact us for details.

* Substance Use Disorder

Rosecrance Residential



Rosecrance Griffin Williamson
1601 North University Drive
Rockford, Illinois 61107



Rosecrance Harrison
3815 Harrison Avenue
Rockford, Illinois 61108



Rosecrance on Moreland
2302 Moreland Boulevard
Champaign, Illinois 61822



Rosecrance Jackson Centers
3500 West 4th Street
Sioux City, Iowa 51103

Rosecrance Community

Northern Illinois

Belvidere

915 Alexandra Drive
Belvidere, Illinois 61008

Stephenson County

1631 South Galena Avenue
Freeport, Illinois 61032

Rosecrance Mulberry Center

605 Mulberry Street
Rockford, Illinois 61103

Rosecrance Ware Center

2704 North Main Street
Rockford, Illinois 61103

McHenry County

Crystal Lake

422 Tracy Court
Crystal Lake, Illinois 60014

Rosecrance Dakota

620 Dakota Street
Crystal Lake, Illinois 60012

Central Illinois

Rosecrance at Walnut

801 North Walnut Street
Champaign, Illinois 61820

Danville

923 Vermilion Street, Suite A
Danville, Illinois 61832

Kankakee

505 South Schuyler Avenue
Suite 105
Kankakee, Illinois 60901

Quad Cities

Moline

4900 38th Avenue
Moline, Illinois 61265

Davenport

2322 East Kimberly Road
Suite 200 N
Davenport, Iowa 52807

North Central Behavioral Health

815.224.1610
ncbhs.org

La Salle

2960 Chartres Street
2970 Chartres Street
La Salle, Illinois 61301

Ottawa

727 East Etna Road
Ottawa, Illinois 61350

Canton

229 Martin Avenue
Canton, Illinois 61520

Macomb

301 East Jefferson Street
Macomb, Illinois 61455

Princeton

530 Park Avenue E
Princeton, Illinois 61356

Streator

111 Spring Street
Streator, Illinois 61364

Lacon

319 6th Street
Lacon, Illinois 61540

Morris

1802 North Division Street
Suite 222
Morris, Illinois 60450

Rosecrance Living

Woodstock Recovery Home

874 Pleasant Street
Woodstock, Illinois 60098

Marlowe House

1365 North University Drive
Rockford, Illinois 61107

Greendale House

3522 Greendale Drive
Rockford, Illinois 61109

Rosecrance on Moreland

2302 Moreland Boulevard
Champaign, Illinois 61822

Iowa Locations and Services

life's waiting®



rosecrance®
Jackson Centers

Outpatient Clinics:

Cherokee

789 1/2 N. Second St.
Cherokee, IA 51012

Estherville

208 N. 8th St.
Estherville, IA 51334

Le Mars

119 1st Ave. SW
Le Mars, IA 51031

QUAD CITIES:

Davenport

2322 E. Kimberly Rd. Ste.
200 N
Davenport, IA 52807

Moline

4900 38th Ave.
Moline, IL 61265

Sheldon

2400 Park St., Ste. B
Sheldon, IA 51201

SIoux CITY:

800 5th St.
Sioux City, IA 51101

3320 W. 4th St.

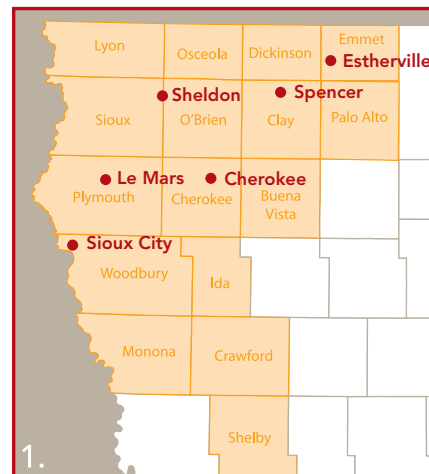
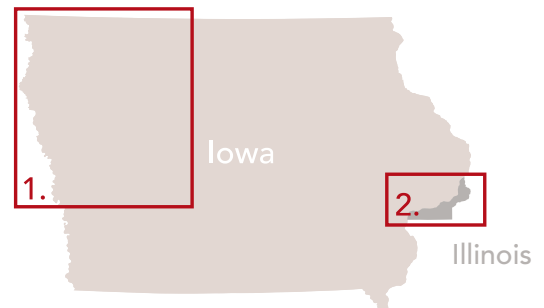
Sioux City, IA 51103

Spencer

1713 McNaughton Way
Spencer, IA 51301

Rosecrance Virtual

Access virtual outpatient
programs that fit your
needs.



Halfway House Locations: (all in Sioux City, IA)

Chad's on Grandview (*men's housing*)

Cynthia House (*women's housing*)

Sanctuary Apartments (*transitional living*)

Residential services: **712.226.1875**

Outpatient services: **712.234.2300.**

Walk-in screenings available Monday through Friday from 8 a.m. to 5 p.m. at 800 5th St. in Sioux City.

Residential Campuses:

Rosecrance Jackson Centers

(*serving adolescents and adults*)

3500 W. 4th St.

Sioux City, IA 51103

Women's Center

(*serving women and women with children*)

3200 W. 4th St.

Sioux City, IA 51103

Adolescent/Teen Services

	Sioux City	Cherokee	Estherville	Quad Cities - Davenport	Quad Cities - Moline**	Le Mars	Sheldon	Spencer	Virtual
Assessments	✓	✓	✓	✓		✓	✓	✓	✓
Residential (12-18) SUD*	✓								
Medically Monitored Detoxification (12-18)	✓								
Medication-Assisted Treatment	✓	✓	✓			✓	✓	✓	✓
SUD* Outpatient and Aftercare	✓	✓	✓	✓		✓	✓	✓	✓
Prevention	✓	✓	✓			✓	✓	✓	✓
Outpatient Mental Health Services	✓								

Adult Services

	Sioux City	Cherokee	Estherville	Quad Cities - Davenport	Quad Cities - Moline**	Le Mars	Sheldon	Spencer	Virtual
Assessments	✓	✓	✓	✓		✓	✓	✓	✓
Residential SUD*	✓								
Medically Monitored Detoxification	✓								
Medication-Assisted Treatment	✓	✓	✓			✓	✓	✓	✓
SUD* Halfway Houses	✓								
SUD* Outpatient and Aftercare	✓	✓	✓	✓		✓	✓	✓	✓
Prevention	✓	✓	✓			✓	✓	✓	
Outpatient Mental Health Services	✓			✓	✓				✓
Alumni Support	✓	✓	✓	✓	✓	✓	✓	✓	✓

*Substance Use Disorder

**Insurance approval may apply



ROSECRANCE ADOLESCENT SERVICES

At Rosecrance, we're focused on one thing: providing the best opportunity for lasting recovery.

Addressing an adolescent's struggle with substance use and mental health concerns means understanding all the factors involved with their condition.

We have developed an evidence-based program that incorporates clinical, medical, and educational expertise and therapeutic recreation into a comprehensive individualized treatment plan. Our programs are family-centered and focus on helping the adolescent and their loved ones develop the tools needed to rebuild their lives and reclaim what has been lost. Rosecrance adolescent programs serve youth experiencing behavioral health conditions, specializing in mental health and substance use challenges that include depression, anxiety, trauma, suicidal ideation, self-injury, and substance use. The unique and individual needs of adolescents and their families are our primary concern.



Screening and Assessment

We conduct a level of care screening with the potential client, family, or referral source to determine next steps and reduce the time from your first call to the first day of treatment. Prior to treatment, each client is evaluated and provided a diagnosis and recommendation for care and/or referral services. Screening and assessment can be conducted virtually, or in person, depending on individual situations.

Intervention

The Rosecrance Intervention Team works with families and individuals of all ages, providing a unique and personalized approach with multiple perspectives to your loved one's situation. The team is here to answer questions, give clear direction, and lay out a workable plan to motivate your loved one to move forward with help.

Detoxification

During the referral and assessment process, our medical staff will determine whether detoxification can be safely managed within the program. Rosecrance will assist the family in exploring other available medical options if the adolescent requires a higher level of medically monitored detoxification services than is available on-site.

Behavioral Health Residential Treatment

After decades as the national leader in addiction treatment for teens, we are proud to offer a comprehensive behavioral health program. Our residential behavioral health services treat teens experiencing behavioral health conditions, specializing in mental health and substance use challenges that include depression, anxiety, trauma, suicidal ideation, self-injury, and substance use providing high-quality treatment that is holistic and tailored to meet the needs and strengths of each individual. Our intensive approach to services includes:

- Comprehensive biopsychosocial assessment
- Psychiatric services and medication management
- Motivational interviewing to strengthen commitment towards change
- Cognitive behavioral therapy (ex. thought challenging, reframing skills)
- Dialectical behavioral therapy (ex. distress tolerance, interpersonal effectiveness, mindfulness)
- Trauma-informed care (ex. Seeking Safety)
- Communication skills/assertiveness training
- Recovery capital enhancement
- Self-regulation and coping skills
- Prosocial skill development
- Self-help recovery support
- Wellness Recovery Action Plan (WRAP) development and aftercare planning

Clients can continue their education while receiving clinical support for their recovery. Students attend school two hours a day, five days a week with certified teachers.

Family Support Services

Our adolescent family support services help the family learn about the disease of addiction and mental health concerns in a holistic manner. Our family services are designed to provide answers to questions—not only how to cope with a loved one's behavioral health needs, but how the experience has affected the whole family. Highlights include: family support groups, family education, family visits, family counseling, and discharge planning.

Therapeutic Recreation

The goal of therapeutic recreation is to establish a holistic understanding of personal health through experiences that could include DBT mindfulness skills, visual arts, expressive arts, leisure education, and nature based interventions. Clients learn to break down barriers, increase self-esteem, identify personal goals, and establish healthy relationships.

Teen Recovery Home

Marlowe House is a long-term residential recovery home program for teens ages 16-19. It is designed to develop independent living skills and provide ongoing support, safety, and counseling for adolescents who have completed a primary behavioral health treatment program. Programs include:

- Self-help support
- Individual, group, and family counseling
- Secondary/higher education opportunities
- 24-hour supervision
- Psychiatric support and medication management
- Interpersonal and independent living skills building
- Recovery support and discharge planning for reintegration into family/community

Outpatient Treatment

Our adolescent outpatient services provide recovery-oriented, strength-based programs, counseling, and other assistance for individuals who seek therapy and support in their recovery journey for substance use and mental health disorders. Services range throughout our continuum of care and are provided in both group and individual formats. Service offerings may vary by location. Rosecrance Virtual is also an option.

Prevention

The Rosecrance Prevention Team fosters healthy life skills and behaviors through a breadth of strategies prioritizing youth in specific communities. We utilize education and alternatives, as well as provide support to organizations promoting health and wellness for at-risk youth.



Teens & **Weed**

A GUIDE TO TALKING WITH YOUR
TEENAGER ABOUT MARIJUANA



rosecrance®
BEHAVIORAL HEALTH



rosecrance®
BEHAVIORAL HEALTH

The information in this booklet was developed from expert sources with the assistance of teenagers in treatment and counselors at Rosecrance Behavioral Health, a leading national provider of treatment for substance use and mental health.

Parents and caregivers, don't be stumped for answers to the inevitable questions about marijuana, especially now, when numerous states have legalized its recreational or medicinal use. Legal doesn't mean harmless. There is no safe level of substance use for teenagers, and that includes weed.

As a parent or caregiver, you're the most powerful influence in your teenager's life. You need the facts to keep your teen on a healthy path.

Rosecrance can help. With over 100 years of experience serving youth and their families, we know kids. Here's what we're hearing from teens and some helpful tips to consider.



If doctors can prescribe weed,
it can't hurt me.



HOW TO RESPOND

Doctors prescribe it for serious medical conditions, but that doesn't make it 'good' for you. All drugs have side effects, and all drugs can be harmful if misused, even those that are prescribed by doctors. There's a lot of research on the damage pot can cause to people physically and emotionally.

Besides, it's illegal for you to use.



Message

You're just saying that weed is bad for me because you don't want me to use it.



HOW TO RESPOND

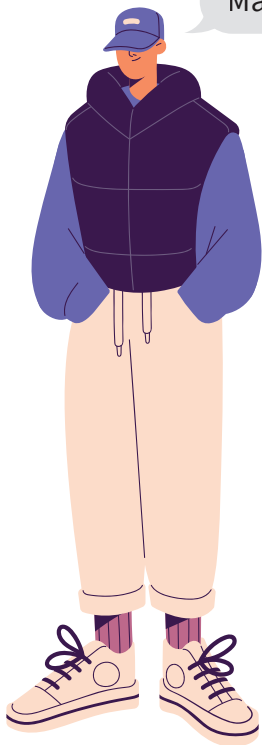
You're right. I don't want you to use cannabis or make other choices that can have such a negative impact on your future. Your brain is still developing, and smoking weed changes your brain in a bad way. These changes can lower your IQ and damage your ability to remember information.

Substance use of any kind means you're more likely to have emotional problems – including depression and anxiety. Even using it now and then can cause heart and respiratory problems.



Message

Marijuana isn't even addictive.



HOW TO RESPOND

People who want to keep smoking always say that, but research shows marijuana is addictive. Using THC changes the brain—just like other substances.

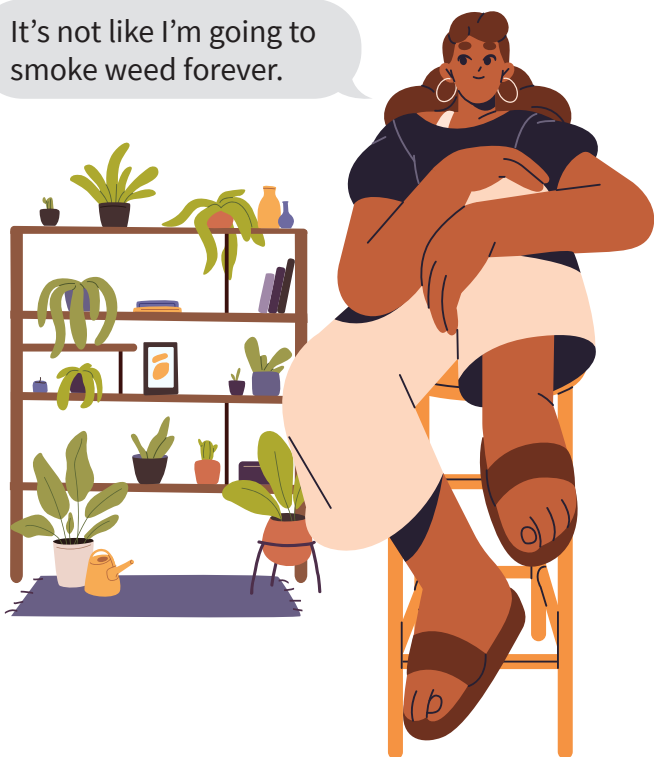
Many people who consume weed behave like addicts. I'll bet you know kids who obsess about how and when they're going to get high again. Some of them steal money from relatives or do other things they aren't proud of to get money for it. They blow off things they used to care about, including school. That's addictive behavior. When they try to quit, they have withdrawal symptoms, and they often need professional help to stop using.



Message

I'm just trying it out, like everybody my age.

It's not like I'm going to smoke weed forever.



HOW TO RESPOND

Not everybody's doing it. Do you know that the earlier you start consuming pot, the more likely you are to get addicted? The consequences can be deep and long-term. Many studies show that individuals who use marijuana don't do as well in life as other people. They get worse grades and drop out of school more often. Fewer cannabis users get through college, and they are more likely to be unemployed. If they do work, they make less money. They have more problems with their mental and physical health than other people. There's no good reason to even start down that path.



Message

Would you rather I drank alcohol or smoked cigarettes?



HOW TO RESPOND

You don't have to do any of it, and none of it is legal for you, anyway.

If those are choices you make in the future, I want you to be mature, informed, and responsible enough to handle the consequences, which can be serious. Any mind-altering substance, whether it's alcohol or drugs, can cause people to engage in dangerous behaviors or put themselves in risky situations.

I hope you will make better choices on matters like this that affect our whole family. We care about you.



Message

Smoking a little weed
doesn't mean I'll end up
using heroin.



HOW TO RESPOND

I hope not!

But smoking pot, especially as a teenager, means you are many times more likely to use other drugs. It's just a fact.

The more a person uses marijuana, the more likely it is they're hanging out with people who also do other drugs. Their reputation becomes yours, and one thing leads to another in that environment. Almost all of the teenagers who go through treatment started out using some combination of nicotine, alcohol, and marijuana.

I don't want this to happen to you.



Message



HOW TO RESPOND:

There is a difference. Marijuana has changed. It's much stronger than it used to be. My job is to protect and teach you. I can tell you that my life is no better because I smoked pot. I admit to making some poor decisions when I was your age, but I made some good decisions, too. One of them was moving beyond that risky behavior. I hope you will let me help you make good decisions for your health and safety and your future.

OR

I didn't use marijuana because I was afraid of where it could lead, and I didn't want to risk getting in trouble with police, school, or my parents. And, I didn't want to risk getting addicted. I do know that today's marijuana is far more potent than it was back then, and many other drugs are more available to kids today. As someone who loves you, I want to help you make good decisions, and I will hold you accountable because I care about you.



Message

More tips to consider

Have the conversation.

As some children begin experimenting with alcohol, tobacco, and marijuana as young as age 10, it's important to start the conversation early and continue throughout the teen years. Communicate your values and message clearly. Share your concern for their health and safety.

Have a clear message.

Substance use is not a rite of passage, and not all kids experiment with drugs or alcohol. Teens who use substances have more problems with school, the law, their health, and forming healthy relationships. Let them know there are consequences to substance use—both in terms of their health and for breaking your rules.

Use teachable moments and normalize the discussion.

Use that time in the car or when there's a story about substance use in the news to have the discussion.



Set a good example.

They watch what you do.

Recognize signs of drug use.

Significant changes in a teen's personality, motivation, sleep and grooming habits, appearance, and friend group can signal a problem. Missing money or items that disappear from the home may mean something's going on. Drug paraphernalia that teens try to explain away as belonging to a friend is a red flag. Don't be afraid to confront your child.

Get help at the first sign of trouble.

Parents often underestimate the seriousness of drug use, especially with alcohol and marijuana. Seek out a professional and ask for help. Reach out to a school guidance counselor or call Rosecrance to access prevention, education, and intervention services or for a screening. Your child's future depends on it.



Resources for you

rosecrance.org

National Institute on Drug Abuse

**National Criminal Justice Reference
Service**

Partnership for Drug-Free Kids

**Substance Use and Mental Health
Services Administration (SAMHSA)**

Notes





To schedule an appointment
or to make a referral, please
contact **888.928.5278** (toll-free)

Founded in 1916, Rosecrance is an integrated network of behavioral health services with a community of 1,400 compassionate professionals caring for and supporting more than 50,000 people each year at 60 locations in Illinois, Wisconsin, and Iowa. For more information, visit rosecrance.org.

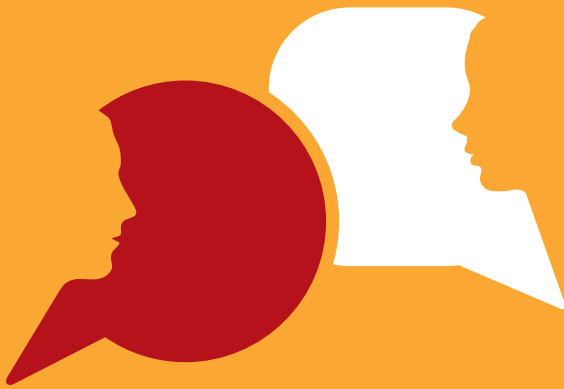


rosecrance[®]
BEHAVIORAL HEALTH

GETTING PAST

No!

OVERCOMING RESISTANCE TO TREATMENT
IN TEENS AND YOUNG ADULTS



rosecrance®
BEHAVIORAL HEALTH

About Us

Rosecrance is a national leader in behavioral health treatment. The nonprofit organization provides individual therapy, residential and outpatient services, and sober and supportive living in Illinois, Iowa, and Wisconsin. Rosecrance serves over 50,000 individuals at more than 60 locations, furthering its mission to provide a foundation for healthy and fulfilling lives to children, teens, young adults, adults, and families. The organization was founded in 1916.

Taking the First Step

If you suspect your child has a problem with substances, it's important to get them professional help at the first sign of trouble. Rosecrance offers free confidential substance use screenings for teens and adults in person or by phone.

How do I know if my child has a substance use problem?

Mood swings, dilated pupils, change in sleeping patterns and eating habits, loss of interest in hobbies or activities, isolation, lower grades or increased tardiness in school, telling lies or giving unrealistic excuses, and using breath mints or air fresheners to cover scents are all possible signs of substance use.

What if my child refuses to get a screening?

Rosecrance offers free screenings for parents in person or by phone to discuss any concerns. When necessary, we also offer intervention services.

What happens during a screening?

A Rosecrance team member will assess various areas of your child's life, including drug and/or alcohol use. There will be an opportunity for family members to address their concerns as well. Upon completion, the counselor will recommend the best level of care for your child.

What if my child refuses to go to treatment?

It's normal to experience some level of resistance when convincing your child to enter treatment, but it's important to follow through with the recommendation given by the counselor. The next page will give you a better idea of how to motivate your child and ease their fears.

Where can I find support for myself?

Our [rosecrance.org](https://www.rosecrance.org) website includes helpful resources such as videos, blogs, fact sheets, and brochures, as well as our On Your Radar podcast. The podcast is an in-depth series that explores relevant, educational subjects covering substance use and mental health topics. Rosecrance also offers interventions and support for families struggling with teens who are experiencing substance use challenges.

Dealing with Resistance

When the conversation about getting help has resulted in refusal, denial, or defiance, what's next? Here are some common reasons for resistance and how you can prepare your child for the next step.

They are afraid to go to treatment

Help ease your child's fear by scheduling an in-person tour of the campus. Your child can also call and talk to our team directly. We are happy to answer any questions.

They don't think their use is "bad enough" for treatment

One of the primary drugs our teenage clients are using is cannabis. Substance use at a young age can cause more serious problems later in life and it's important to address the issue now before it gets worse. Our professional counselors will only recommend the most appropriate level of care for clients. (See Page 3 for more information on adolescent substance use.)

They don't want to leave their friends

Clients are allowed to write and receive letters in treatment, but if friends are influencing their behavior, this may not be conducive to your child's recovery. Now is the time to focus on themselves.

They will fall behind in school

Our residential campuses in Rockford, Illinois, and Sioux City, Iowa, have on-site schools with certified teachers who work with your child's home school. During the school year, teens follow a normal school schedule. Half-day summer school is also available at our Iowa campus.

They won't go unless court ordered

Once court ordered, your child may not have a choice of facility, and might have to go to a much longer program. Taking ownership of their own admission will make a big difference regarding the legal system and its response.

They will go in a few days

If they don't want to go today, your child likely still won't want to go in a few days. It's important to get them in as soon as possible before their issue gets worse or they become more resistant. (See Page 4 for common mistakes parents and caretakers make when dealing with their child's resistance.)

Adolescent Substance Use

Adolescence is a critical period for the onset of substance use and its potentially debilitating consequences. Adolescents are more prone than adults to taking risks, including experimenting with drugs and alcohol.

The human brain is not fully developed until around age 25.

The regions of the brain that are critical to decision making, judgement, impulse control, emotion, and memory are not yet fully developed in adolescence.

Because the teen brain is still developing, addictive substances physically alter its structure and function faster and more intensely than in adults, interfering with brain development, further impairing judgement and heightening the risk of addiction.

The younger you are when you start using drugs or alcohol, the more likely you are to become addicted or develop symptoms of chronic mental health conditions.

Youth who start drinking before the age of 15 face a higher risk of developing alcohol use disorder (AUD) later in life.¹

Teens who use cannabis/marijuana recreationally are two to four times as likely to develop psychiatric disorders, such as depression and suicidality, than teens who don't use cannabis at all.²

Sources

1. Underage Drinking, National Institute on Alcohol Abuse and Alcoholism (NIAAA), 2022
2. "Nondisordered Cannabis Use Among US Adolescents," Columbia University Department of Psychiatry, 2023.

Common Mistakes

Admitting that your child has a drug or alcohol problem can be difficult. You may have some struggles of your own to overcome. In order for them to get the most out of treatment, it's important not to make these common mistakes.

Minimizing the problem

If you think “all kids drink,” or “marijuana’s not harmful,” think again. According to the 2023 Monitoring the Future Survey, 72% of high school seniors have NOT consumed alcohol in the past month. Long-term, regular use of marijuana may impair brain development, lower IQ, and cause respiratory problems. Not understanding the scope of your child’s substance issue can delay interventions that can save him/her from more serious problems in the future.

Denying the problem exists

Denial is a defense mechanism. There is a tendency to deny a problem in youth because the progression of the disease may not have advanced. We start to believe stories and excuses that don’t make sense. Trust your gut—if something doesn’t sound or feel right, it probably isn’t.

Not setting clear expectations

Even using substances once or twice can develop into problems with school, the law, your health, and hinder good relationships. Let your child know that there are consequences for using drugs and alcohol, and it can affect their healthy development. Research shows the more parents and caregivers talk to their children about drugs and alcohol, the less likely the children are to become users.

Not following through with consequences

Say what you mean and mean what you say. Establishing consequences for behavior is an important part of parenting, especially with a teen who is using drugs and alcohol. If you’re not following through with your consequences, your child will continue with their destructive behavior.

Operating under the “Do as I say and not as I do” mentality

What kind of example are you setting? Believe it or not, your children are listening to you, but more importantly, they are watching you and modeling their lives after you. Parents are the biggest influence in their teens’ life.

Rescuing kids from the consequences of their choices

You may think you're helping your child by blaming the school for their code of conduct violations, lying for them, or protecting them from legal consequences; but if you don't let your kids face their own consequences, they will never learn from their mistakes.

Allowing kids to drink or use drugs under your supervision

Allowing teens to drink or use drugs with your knowledge sends a double message that it's okay to use other times, too. Substance use isn't any safer for your child just because they are supervised.

Emotional Manipulation

Hope: "I promise I'll never use again. I've learned my lesson."

You want to believe your child, and you hope the problem will go away on its own, but when left untreated, substance use tends to worsen.

Fear: "I'll run away! You'll never see me again!"

You may be afraid of making things worse by addressing your child's drug or alcohol use, but in the long run your relationship with your child will be stronger because of it.

Guilt: "You're too busy with your own life! You drink all the time!"

Your child may blame you for their actions and you may even feel some responsibility for their problem, but getting your child help is the best thing you can do for them.

Sympathy: "My life sucks! I'm bored! I have nothing else to do!"

Your child may try to make you feel sorry for them in an effort to avoid confrontation. If you give in to this behavior, your child may never get better.

Services we offer

As a proven behavioral health leader in the Midwest, no other program offers our depth of experience and hope:

- Residential services (adults and adolescents)
- Detoxification/withdrawal management
- Psychiatric services and medication management
- Medication-assisted treatment (MAT)
- Co-occurring treatment
- Intensive outpatient program (IOP)
- Individual therapy
- Couples therapy
- Family therapy
- Group therapy
- Transcranial magnetic stimulation (TMS) therapy
- Interventions
- Partial hospitalization program (PHP)
- Family education and support
- Alumni support
- Recovery living

To learn more, visit rosecrance.org

To schedule a screening or talk to a Rosecrance Behavioral Health team member, call 888.928.5278 for Illinois/Wisconsin or 712.226.1875 for Iowa.



rosecrance®
BEHAVIORAL HEALTH



rosecrance®
BEHAVIORAL HEALTH

Is my child using drugs?

What can I do?



This isn't easy. You are concerned that your teen may be using drugs.

You have lots of questions and want to make the right decision.

Rosecrance can help.



Does my child need help?

At this point, you are not sure. You may think they are going through a phase or just experimenting. Making it more difficult, they are probably telling you they don't have a problem at all.

You want to believe your child and give them the benefit of the doubt. It's easy to second-guess yourself. All parents, caregivers, and loved ones go through this.

Substance use can be a sign of underlying mental health concerns as well. It is important to distinguish whether the presenting symptoms are being caused by substances or if they are related to other mental health concerns. It can be difficult to tell because these symptoms can appear similarly.

If there is any question in your mind, it makes sense to have a professional evaluation. You'll get the answers you need so you, your child, and your family can live a healthy life.

What should I look for?

Physical/Emotional

- Unexplained extreme mood swings
- Tired with noticeable change in sleep patterns
- Dilated pupils and bloodshot eyes
- Loss of appetite, yet periods of binge eating
- Changes in dress or appearance
- Threatens/attempts suicide
- Uncharacteristic nosebleeds or unexplained burns

Family/Home

- Ignores curfews and other house rules
- Withdraws from family activities
- Isolates from family members and is rarely home
- Tells lies or gives unrealistic explanations to parents
- Uses air fresheners or breath mints to cover scents
- Evidence of vaping/current marijuana products (i.e., finding mysterious pen or flash drive-shaped objects, unfamiliar chargers plugged into USB/outlets, empty cartridges, waxes, fruity smells)

School

- Misses excessive time from school
- Fails to turn in assignments
- Sleeps in class
- Exhibits persistent behavioral problems
- Reduced grades
- Increased tardiness
- Reduced interest in extracurricular activities

Social

- Changes in friends, including secret calls and visits
- Avoids contact with concerned persons
- Loses interest in hobbies/activities
- Becomes secretive and defensive regarding actions
- Reluctant to introduce new friends

Financial

- Steals money or objects from family and friends
- Develops unexplained shortages of money
- Loss of possessions
- Increased amounts of alcohol missing in home
- No tangible evidence of how money is spent such as clothes, music, or other items
- Excess money beyond explanation may mean teen is dealing drugs

Legal

- Runs away from home
- Increased involvement with police, such as having parties/social functions broken up by the police
- Arrested for alcohol or other drug-related charges

How do I set up a screening?

Call 815.391.1000 or 888.928.5278 (toll-free) to arrange a free, confidential screening. A Rosecrance team member will assess various areas of your teen's life, as well as drug/alcohol use and mental health concerns. They will then recommend the best level of care for your child.

Adolescent brain development and vulnerability to addiction

Adolescence is a critical period for the onset of substance use and its potentially debilitating consequences for two reasons:

1. The regions of the brain that are critical to decision making, judgment, impulse control, emotion, and memory are not yet fully developed in adolescence, making teens more prone than adults to taking risks, including experimenting with tobacco, alcohol, and other drugs.
2. Because the teen brain is still developing, addictive substances physically alter its structure and function faster and more intensely than in adults, interfering with brain development, further impairing judgment, and heightening the risk of addiction.

The science of addiction and evidence of its consequences are clear enough to conclude that there is no safe level of use of addictive substances by teens.

Rosecrance is a national leader in mental health and addiction treatment. The nonprofit organization provides residential and outpatient services and recovery living settings in Illinois, Iowa, and Wisconsin. Rosecrance served more than 50,000 individuals and families at over 60 locations last year, furthering its mission to provide help, hope, and lasting recovery to children, youth, adults, and families. The organization was founded in 1916.

To learn more about Rosecrance and
view our locations, visit **rosecrance.org**

To schedule an appointment or
to make a referral, please contact
888.928.5278 (toll-free)



rosecrance[®]
BEHAVIORAL HEALTH

Insurance and Financial Information

life's waiting®



rosecrance®
BEHAVIORAL HEALTH

Rosecrance will help verify your insurance, understand costs, and find affordable options. Treatment and recovery from substance use and mental health disorders are essential. That's why we do everything possible to make your care affordable. Because we're a not-for-profit, our only mission is your recovery.

We're dedicated to helping you afford our excellent care at a reasonable cost.

We do this by:

- Accepting most major medical insurance
- Providing easy-to-understand financial information
- Helping you find financial assistance if it's needed

It's important to understand the financial policies at Rosecrance so you'll know if you have out-of-pocket expenses. Our staff will explain our financial policies before you get started, and we'll talk with you about your financial situation.

Rosecrance staff will work with you to verify your insurance benefits. However, we recommend that you contact your insurance carrier personally to make sure you fully understand your benefits.

Four leading insurance companies have recognized Rosecrance's commitment to providing the highest level of care to clients.

These distinctions are designed to help people seeking treatment find quality substance use disorder and mental health programs.

Aetna, Blue Cross and Blue Shield, Cigna, and Optum require healthcare providers to meet criteria focused on quality, evidence-based practices, commitment to improving outcomes, and cost-efficiency in order to earn recognition. Rosecrance received the highest rating awarded by each provider.

(Continued on reverse side)

RECOGNITION AND ACCREDITATIONS

- BCBS Blue Distinction Status
- Aetna Institute of Quality
- Cigna Center of Excellence
- Optum UBH Platinum Preferred Provider
- Qualified Veterans Community Care Network Provider
- The Joint Commission Gold Seal of Approval

FOR THOSE WHO DON'T HAVE INSURANCE

If you don't have health insurance coverage, we'll provide you with an estimate of your cost based on what our doctors recommend. Our financial team will work with you to create a plan.

ABOUT US

Rosecrance is a leading provider of treatment services for individuals with substance use and mental health disorders. Over 50,000 children, teens, adults, and families receive help each year.

Rosecrance accepts a variety of commercial plans to include but not limited to:

Illinois

Aetna Behavioral Health
BCBS
Beacon/Carelon
Beacon Health Options
Cigna
Cigna/Evernorth
ComPsych
Dean Health Care
ECOH
Humana
Magellan
Medicare
Mercy Care
Multiplan
Provider Network of America
Quartz
The Alliance
TRICARE
United Behavioral Health
(UBH/Optum)
Veterans Affairs benefits
WEA
WPS
Zing Health
All Medicaid payers for Illinois

Wisconsin

BCBS – Anthem
Dean Health Care
Group Health Coop –
South Central WI
Mercy Care
Multiplan
Quartz
The Alliance
TRICARE
United Behavioral Health
(UBH/Optum)
Veterans Affairs benefits
WEA
All Medicaid payers for Wisconsin

Iowa

Aetna Behavioral Health
BCBS – Wellmark, IA
Cigna
ComPsych
Medicare
Midlands Choice
Provider Network of America
Sanford Health
TRICARE
United Behavioral Health
(UBH/Optum)
Health Partners
Veterans Affairs benefits
All Medicaid payers for Iowa and
Nebraska

If you have any questions about your benefit coverage of services, please call 888.928.5278 and ask to speak to our client account representative.

If you have questions about a bill you have already received for services, please call the same number, 888.928.5278, and ask to be connected to our accounts payable team.

To learn more about Rosecrance and view our facilities, visit [rosecrance.org](https://www.rosecrance.org).

aetna

 **BlueCross.
BlueShield**

 **Cigna**

 **OPTUM**
Good for the system.™

Mental Health in the Workplace

life's waiting®



rosecrance®
BEHAVIORAL HEALTH



What is mental health?

Mental health is our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

What is mental illness?

Mental illness causes distress and/or challenges functioning in everyday life, including work, family setting, and social interactions. These are diagnosable health conditions involving changes in emotion, thinking, or behavior (or a combination of these).

Mental illness is common. According to the National Alliance on Mental Illness (NAMI), each year in the United States:

- 1 in 5 adults experiences a mental illness.
- 1 in 20 adults experiences a serious mental illness.
- One-third of adults with a mental illness also experiences a substance use disorder.

Why does workplace stress matter?

Burnout causes distress for a person because it disrupts the balance between work and what you value in life—whether that's spending time with your family and friends, prioritizing self-care like working out, or spending time on a hobby.

It can lead to symptoms such as exhaustion, changes in mood, wanting to isolate or disconnect, and insomnia.

While it's normal for us to experience some difficulties, if these symptoms hang on and last more than a few weeks, they can start to wear down our emotional resilience, disrupt daily life, and lead to depression.

Depression is the No. 1 worldwide cause of disability, according to the World Health Organization. It also leads to nearly \$44 billion in lost productivity, based on data from the American Psychiatric Association Foundation Center for Workplace Mental Health.

(Continued on back)

Why does workplace stress matter? (continued)

Workers are looking for conversations and resources about mental health support in the workplace. And supporting employees also means supporting their families. Workplace mental health initiatives help employees thrive in today's complex workplace environment despite these challenges.

How can Rosecrance help?

If you're struggling, talking to someone can help. Treatment works. Stigma surrounding mental illness and mental health is still prevalent, making it a delicate topic for many people who are uncomfortable speaking up about their personal struggles with coworkers and supervisors.

Start by asking if your workplace has an employee assistance program (EAP) that can connect you to treatment resources virtually and in your own community.

You can also reach out to Rosecrance for help. We offer a full continuum of outpatient and residential treatment services that include individual, group, couples, and family therapy; intensive outpatient addiction treatment; psychiatric services and medication management; and specialty therapies such as transcranial magnetic stimulation (TMS) for depression and OCD.

Behavioral health therapy can include different treatment methods based on a person's individual needs, diagnosis, and goals. Objectives of behavioral health therapy may include:

- Identifying ways to cope with stress and develop problem-solving strategies for challenges at work or at home with family or children.
- Examining interactions with others and learning new social and communication skills.
- Applying mindfulness and relaxation techniques, such as meditation and breathing exercises.

Workplace performance can improve as employees develop strategies to cope and live with mental health challenges.

When you're ready to talk, we're ready to listen.



Rosecrance Adult Services

life's waiting®



rosecrance®
BEHAVIORAL HEALTH

Rosecrance offers expert, compassionate care, specializing in substance use and mental health disorders. Our programs are outcomes-informed and focus on helping the individual and their loved ones develop the tools needed to rebuild their lives and reclaim what has been lost. The unique and individual needs of clients and their families are our primary concern.

Our Continuum of Care

All engagement begins with a Level of Care Screening with the potential client, family, or referral source to determine next steps and reduce the time from first contact to the first day of treatment. Prior to treatment, each client is evaluated and provided with a diagnosis and recommendation for care and/or a referral for services. Screening and assessment can be conducted virtually, or in person, depending on individual situations.

Rosecrance Residential

Designed to support a fully immersive, holistic approach to treatment. Our physician-led clinical teams provide outcomes-based care for those with complex behavioral health challenges. Adult services are tailored as needed to serve men, women, young adults, older adults, first responders, essential frontline workers, veterans, those re-engaging in their recovery, and those who have a co-occurring substance use and mental health disorders.

Rosecrance Community

Outpatient services delivered at locations that are certified for Medicaid and other government-sponsored insurance and grants, and in the community. Services include recovery-oriented, strength-based programs; counseling; and other assistance for those who seek therapy and support in their recovery journey for substance use and mental health disorders. Services are provided in both group and individual formats and may vary by location. Rosecrance Virtual is also an option.

Rosecrance Therapies

Our most personal level of outpatient care, treating those with anxiety, depression, mood disorders, grief, trauma, and substance use disorders. Services include private counseling, couples counseling, family counseling, specialty group therapy for mental health and substance use disorders, psychiatric services, Rosecrance Virtual services, TMS therapy, and other specialized behavioral health therapies. Rosecrance Therapies accepts most major insurance.

Rosecrance Living

Rosecrance Living provides structured residential living options for people in the early stages of their recovery journey. Programs are designed to develop independent living skills, and provide ongoing support and safety.

Services include:

- Self-help support
- Individual, group, and family counseling
- 24-hour supervision
- Psychiatric support and medication management
- Interpersonal and independent living skills building
- Recovery support and discharge planning for reintegration into family/community

(More on reverse)

Specialized Services:

Medically Monitored Detoxification

We deliver medically monitored care to clients in treatment for drug and alcohol use. As a client, care will be based on individual needs, and a range of services will be provided. These services can include substance use education, intervention, and counseling. The Rosecrance Health Center is the access point to detoxification and withdrawal management services on a 24/7 basis.

Family Support Services

We help families learn about the disease of addiction and mental health concerns in a holistic manner. Our family services are designed to provide answers to questions—not only how to cope with a loved one's behavioral health needs, but how the experience has affected the whole family. Highlights include: family support groups, family education, family visits, family counseling, and discharge planning.

Therapeutic Recreation

The goal of therapeutic recreation is to establish a holistic understanding of personal health through experiences that could include DBT mindfulness skills, physical education, visual arts, expressive arts, leisure education, and nature-based interventions. Woven into residential and outpatient care, these therapies help clients learn how to break down barriers, increase self-esteem, identify personal goals, and establish healthy relationships.

Interventions

The Rosecrance Intervention Team works with families and individuals of all ages, providing a unique and personalized approach with multiple perspectives to your loved one's situation. The team is here to answer questions, give clear direction, and lay out a workable plan to motivate your loved one to move forward with help.



Rosecrance Resilience

SERVING THOSE WHO:

serve the needs of society
respond to the needs of society
serve the needs of the community



rosecrance®
BEHAVIORAL HEALTH



At Rosecrance, the person you refer will be treated as an individual, with recovery and solutions based on their health and needs. We work closely with benefits managers and EAPs, and understand the many different ways your team members may require help: crisis situations, workplace challenges, individual and family difficulties, and more.

We can also tailor treatment needs to be flexible to the work environment, taking into account shift work and family priorities so individuals can focus on healing.



Rosecrance Resilience serves individuals in high-risk, high-stress professions, which may spark grief, trauma, anxiety, or depression that can fuel substance use and mental health challenges. The goals of the treatment program are to build resilience and enable individuals to flourish in life and in careers that present the daily triggers and challenges that may contribute to their behavioral health concerns.

This program serves several key populations, including:

- First Responders
- Frontline Workers
- Veterans

Many workplace and related lifestyle factors are shared by individuals most suited for this program:

- Work responsibilities that present safety hazards to themselves or others
- Unpredictability of work demands and schedules
- Family impact on loved ones because of workplace stress and expectations
- Stress of the recovery environment – inability to separate from stressors that fueled the conditions, unpredictable or inflexible work schedules that make participation in outpatient treatment and ongoing recovery activities challenging to manage



The Resilience Program is led by Rosecrance Behavioral Health Chief Medical Officer Dr. Raymond Garcia, a board-certified psychiatrist and addictionologist. The program was originally developed to serve the first responder community, with occupational factors of clients in mind, and in collaboration with an advisory council of individuals in the first responder community. The expanded program supports common needs among frontline worker populations, including construction workers, healthcare professionals, education personnel, and others. The program addresses co-occurring disorders such as substance use, PTSD, anxiety, depression, and ADHD.

Levels of Care

The program includes both residential and outpatient levels of care, along with peer support and sober living opportunities. Treatment through our cohesive continuum of care supports life-long recovery with medically managed detox, residential treatment, intensive outpatient programming, and individual and family therapy.

Treatment Program Features and Competency

Staff have been trained to understand and address the cultural and environmental factors of the Resilience Program's populations to better serve clients' needs.



Acceptance and Commitment Therapy (ACT) is central to treatment and helps Resilience clients shift from avoidance to acceptance of their experiences using mindfulness, aligning choices with their values, and changing behaviors.

Key therapies of the program may also include:

- Psychiatric Services
- DBT (Dialectical Behavioral Therapy)
- Seeking Safety
- Exposure Therapy
- Transcranial Magnetic Stimulation (TMS)
- Vicarious Trauma
- Grief & Loss
- Peer Support – Rosecrance actively recruits peers from the key populations of the program to serve as an additional source of support and encouragement to our clients in the Resilience Program

In addition to direct engagement with clients, we provide support and guidance for families and assist them in connecting with their behavioral health resources as appropriate.

To learn more:

[rosecrance.org](https://www.rosecrance.org)

888.928.5278



rosecrance®
BEHAVIORAL HEALTH

To learn more:

rosecrance.org

888.928.5278