

KENNETH YOUNG CENTER CHILD & ADOLESCENT SERVICES

- Individual/Family Therapy
- Early Childhood Services
- Transitioning Youth Services
- Psychiatric Services
- SASS Crisis Services
- Individual Care Grant Support
- Case Management
- Mentoring
- Substance Abuse Counseling
- Group Therapy
- Parenting Services
- Prevention Services

**For more information
please call**

847-524-8800 x 155

Kenneth Young Center Locations

Schaumburg Location:

1 Illinois Blvd
Hoffman Estates, IL 60169
Phone: 847-884-6212
Fax: 847-884-6687

Elk Grove Location

1001 Rohlwing Rd
Elk Grove Village, IL 60007
Phone: 847-524-8800
Fax: 847-524-8824



Kenneth Young Center

*Feeling Good
Doing Better
Finding Solutions*

www.kennethyoung.org

INTENSIVE ADOLESCENT PROGRAM FOR DEPRESSED ADOLESCENTS



WHAT ARE INTENSIVE ADOLESCENT SERVICES?

Intensive Adolescent services at Kenneth Young consist of combination of services designed to serve high school aged teens who need more intensive supports than traditional once a week therapy. The Finding Solutions IOP for depressed teens offers a wide array of services that are tailored to meet the specific needs of each teen. Services can include group therapy, individual therapy, family therapy, psychoeducation, case management, psychiatric services and mentoring. The skills that the teen will learn during their time in the IAP include:

- Knowing how to monitor their mood to track changes.
- How to plan activities to engage in to help them feel better.
- Learn how to identify self defeating thoughts and replace these thoughts with healthier ones.
- Improve their ability to manage their irritability, communicate with others and build lasting social connections.

WHO SHOULD PARTICIPATE?

All the teens in this specific program have struggles with depression. This is more than just feeling sad sometimes. Depression is a serious illness. Sometimes it can be treated with standard outpatient treatment. However, there are times where it becomes severe and needs more intensive treatment. What might these teens look like?

They are sad most if not all the time and have lost interest in things that used to be fun for them.

They feel hopeless and have significant potential for suicidal thoughts or behaviors or self injury.

They are withdrawn from friends and family and have difficulty fulfilling their roles at home, school and in the community.

They have difficulty focusing or finding the energy to do much of anything.

They have not responded well to traditional outpatient services.

WHAT COMMITMENT IS REQUIRED?

Teens in the program are asked to commit to at least 2 nights a week between 4:30:7:00. Transportation to the program is available for some families dependent on where they live. All families will have to arrange for transportation home. The program runs for 8 weeks. Teens are encouraged to attend all 8 weeks when possible.

Most teens who go through the program report that it helped improve their mood and that they actually liked the group. If there is a teen who is unsure about committing to the group, contact us and have them ask us questions about the group.

After the 8 weeks are up, the teens in the IAP program, along with their parents meet with staff to review progress and make plans for any services that are needed afterwards. These services may be provided at Kenneth Young, or another agency when appropriate or preferred by the family.

To start IAP services or make a referral please call Intake at 847-524-8800, ext. 155