



Intensive behavioral health care for children, adolescents, young adults, and adults

In-Person & Virtual

Sometimes addressing your mental health requires more support than traditional once a week outpatient treatment. Our age-based Partial Hospitalization (PHP) and Intensive Outpatient (IOP) programs provide treatment during the day, Monday through Friday, allowing individuals to return home each night.

 COMPASSHEALTHCENTER.NET

 **877.552.6672**

  



At Compass Health Center, we are experts in treating children, adolescents, young adults, and adults with mood and anxiety disorders, trauma, chronic pain and illness, substance issues, and complex anxiety disorders including obsessive compulsive disorder (OCD). Our clinicians use evidence-based therapies including CBT, DBT, ACT and ERP,* proven to be the gold standard for treatment of these conditions. Through our in-depth intake, team-based approach to care, and ongoing assessment, we will determine the best possible treatment path for you all while you maintain life at home.

IN-PERSON PROGRAM OFFERINGS	YOUNG CHILD 5-10 YRS	CHILD 10-13 YRS	ADOLESCENT 13-18 YRS	YOUNG ADULT 18-23 YRS	ADULT 24 + YRS
PROGRAM OFFERINGS					
Partial Hospitalization (PHP)	✓	✓	✓	✓	✓
Intensive Outpatient (IOP)	✓	✓	✓	✓	✓
After-School (IOP)		✓	✓		
Evening (IOP)					
Psychiatry	✓	✓	✓	✓	✓
Family Therapy	✓	✓	✓	✓	✓
Education Support	✓	✓	✓		
Family Support Groups	✓	✓	✓	✓	
Resource Support				✓	✓
Experiential Therapy (art, pet, recreation, yoga)	✓	✓	✓	✓	✓
DIAGNOSES TREATED					
Mood (depression, bipolar)	✓	✓	✓	✓	✓
Anxiety (general, panic, social)	✓	✓	✓	✓	✓
School Refusal	✓	✓	✓		
OCD		✓	✓	✓	✓
Co-occurring Substance Use			✓	✓	✓
Trauma				✓	✓
Chronic Pain & Illness				✓	✓

*Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, and Exposure Response Prevention Therapy

COMPASS

VIRTUAL



VIRTUAL PROGRAM OFFERINGS	YOUNG CHILD 5-10 YRS	CHILD 10-13 YRS	ADOLESCENT 13-18 YRS	YOUNG ADULT 18-23 YRS	ADULT 24 + YRS
PROGRAM OFFERINGS					
Partial Hospitalization (PHP)			✓	✓	✓
Intensive Outpatient (IOP)			✓	✓	✓
After-School (IOP)			✓		
Evening (IOP)				✓	✓
Psychiatry			✓	✓	✓
Family Therapy			✓	✓	✓
Education Support			✓		
Family Support Groups					
Resource Support				✓	✓
Experiential Therapy (art, pet, recreation, yoga)			✓	✓	✓
DIAGNOSES TREATED					
Mood (depression, bipolar)			✓	✓	✓
Anxiety (general, panic, social)			✓	✓	✓
School Refusal			✓		
OCD				✓	✓
Substance Use				✓	✓
Trauma				✓	✓
Chronic Pain & Illness					



In-person and virtual programs available

Compass Health Center programs are in-network with most commercial insurance providers. Many insurance providers cover virtual PHP/IOP in the same way they would in-person services. Call our intake specialists for assistance with determining your coverage options.



ILLINOIS LOCATIONS

CHICAGO
NORTHBROOK
OAK BROOK
VIRTUAL

Please call us to learn more.



COMPASHEALTHCENTER.NET



877.552.6672

