



CREATIVE ARTS THERAPY SUMMER IOP

FACILITATE POSITIVE CHANGE IN CHILDREN
AND TEENS THROUGH THERAPEUTIC MODALITIES

AGES 8-13 & 13-18

Compass Health Center's Creative Arts Therapy Intensive Outpatient Program (IOP), offered from June 27th to August 5th, provides a nurturing, evidence-based treatment environment for children and teens to communicate experiences creatively while helping to reduce symptoms of stress, anxiety, and depression.

This program is designed to help children and teens struggling with behavioral health challenges gain the skills necessary to navigate the road ahead during the summer months. This comprehensive program is led by our psychiatrists, psychiatric nurse practitioners, and master's level clinicians including individual therapists, group therapists, family therapists, and experiential therapists. Creative art therapies enable children and adolescents to interact with and gain a deeper understanding of their environment.



AREAS OF FOCUS

- Generalized Anxiety
- Social Anxiety
- Depression
- Interpersonal Effectiveness
- Mindfulness
- Emotion Regulation
- Distress Tolerance
- Executive Functioning

CREATIVE ARTS THERAPIES

IMPROV

DRAMA

ART

YOGA

MUSIC

RECREATION

DANCE
MOVEMENT (DMT)

PROGRAM OVERVIEW

Ages: Children (8-13) & Adolescents (13-18)

June 27th to August 5th (rolling admissions)

Chicago, Northbrook, & Oak Brook

- Monday-Thursday
- 12:00P - 3:00 PM

Compass Virtual

- Monday-Thursday
- 9:00 AM - 12:00 PM

AGE AND PROGRAM OFFERINGS VARY BY SITE.

This IOP may be suitable for children or teens with depression, anxiety, difficulty communicating (selective mutism), OCD, ASD, distress, and impairment in daily life, which may prevent them from fully engaging in school, camp, or activities.

MOST MAJOR COMMERCIAL INSURANCES ACCEPTED

TO SCHEDULE AN INTAKE CALL OR COMPLETE A WEBSITE INQUIRY

ILLINOIS LOCATIONS

CHICAGO
NORTHBROOK
OAKBROOK
COMPASS VIRTUAL (ONLINE ONLY)

LEARN MORE

compasshealthcenter.net

877.552.6672