

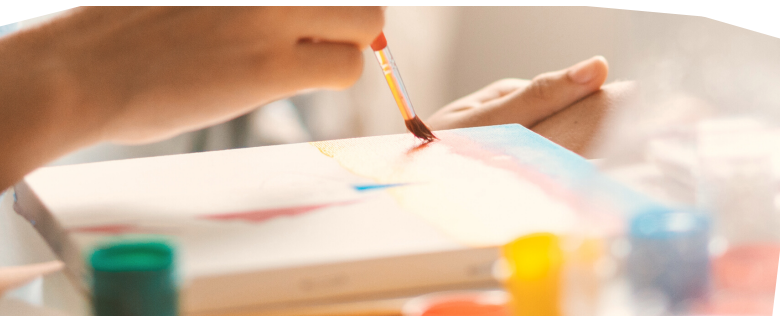
CREATIVE ARTS THERAPY SUMMER VIRTUAL IOP

FACILITATE POSITIVE CHANGE IN TEENS
THROUGH THERAPEUTIC MODALITIES

AGES 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 online treatment environment for teens to communicate experiences creatively while helping to reduce symptoms of stress, anxiety, and depression.

This program is designed to help 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 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: Adolescents (ages 13-18)
June 27th to August 5th (rolling admissions)

Compass Virtual

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

This Virtual IOP may be suitable for 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

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