



Who We Serve

Montrose Behavioral Health Hospital for Children & Teens serves adolescents ages 13–17 who are suffering from symptoms of behavioral health concerns such as depression, attention-deficit/hyperactivity disorder (ADHD), intermittent explosive disorder (IED), and substance use disorders. We also provide programming for teens who have autism spectrum disorder and those who are struggling with symptoms of co-occurring concerns like obsessive-compulsive disorder (OCD), eating disorders, and phobias.

How We Help

We provide inpatient treatment that is designed specifically for adolescents who are in a state of crisis, pose a danger to themselves or others, or need services to help them achieve emotional stability. This is a short-term level of care, with most inpatient stays lasting between five and seven days depending on each young person's individual progress.



Montrose
BEHAVIORAL HEALTH HOSPITAL
for children & teens



(773) 878-9700



4720 North Clarendon Avenue
Chicago, IL 60640



www.montrosebehavioral.com



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Adolescent Inpatient Program

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Therapies & Services

Because every teen has different needs, we personalize their treatment using therapies and services that can best prepare them for success. Following a comprehensive evaluation, each patient receives an individualized treatment plan that may include the following:

- On-site medical detoxification
- Medical care as needed
- Daily group therapy sessions
- Individual therapy as needed
- Family therapy as needed
- Medication management services
- Continuing care services

Care Experience

We primarily use group therapy in our adolescent inpatient programming to help teens stabilize and start functioning better. Individual and family therapies are available based on need. During counseling sessions, our clinicians integrate different types of therapies and approaches based on each young person's specific strengths, needs, and goals. These may include cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and elements of the 12 Steps of recovery.

Age-Appropriate Services

Adolescents need a specialized approach to mental health and substance use treatment that meets them where they are developmentally, emotionally, and behaviorally. We provide inpatient care for teens in a separate unit where they can benefit from receiving age-appropriate care with their peers.

Expert Team

Adolescents who take part in our inpatient program may have the opportunity to work with professionals such as psychiatrists, licensed clinical social workers, licensed clinical professional counselors, art therapists, recreational therapists, and dietitians. These professionals are committed to making sure that each of our patients receives the highest-quality care delivered with compassion and respect.

Call Today!

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Admissions Process

At Montrose Behavioral Health Hospital for Children & Teens, we know how important it is for a young person to get timely support when they are suffering from a behavioral health crisis. For this reason, we designed our admissions process to be as streamlined and efficient as possible.

To schedule an intake appointment, you can call us directly or simply walk in. We are available 24/7 to provide an initial assessment at no cost to you, and we can also work directly with outside professionals and other hospitals that can refer patients to us.



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