

**FOR MORE INFORMATION**

about *Breakaway*, our  
Intensive Outpatient  
Program for Adolescents, or  
for a personal assessment to  
determine if this program is  
right for you or your teen,  
please call us at

**630-653-1717**  
**800-848-8872**



Meier Clinics also offers

- ◆ Individual outpatient counseling for all ages
- ◆ Marital and pre-marital counseling
- ◆ Family counseling
- ◆ Psychological testing
- ◆ Medication management
- ◆ Day Program for adults

All services and programs  
are fully accredited through  
CARF (Commission on  
Accreditation of  
Rehabilitation Facilities).

Meier Clinics  
2100 Manchester Road  
Suite 1510  
Wheaton, IL 60187-4561



An Intensive After-School  
Program for Teens

**BREAKAWAY**



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Suite 1510  
Wheaton, IL 60187

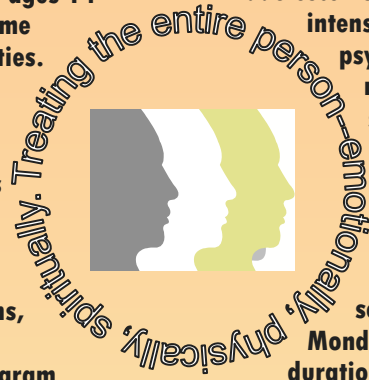
(630) 653-1717  
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[www.meierclinics.org](http://www.meierclinics.org)

## What is the Meier Clinics *Breakaway* Program?

The Meier Clinics *Breakaway* Program is specifically designed for adolescents, ages 14 through 18, who are experiencing some psychological and behavioral difficulties. This intensive outpatient program provides a unique healing environment for young people who are struggling with depression, fears and anxiety, grief, addictions, compulsions, self-harm, stress and problems at school, family divorce, relationship and self-esteem problems, and many other issues.

This is a structured counseling program designed to be less restrictive than hospital programs, while still providing the high level



of care needed to resolve life crises for adolescents and their families. In addition to the intensive individual counseling and psychotropic medication evaluation and management, the program includes several therapy groups with peers, family counseling, and psychological testing. With a goal of accommodating school schedules of our adolescent clients and work schedules of their parents, our services run from 4 p.m. to 7 p.m. Monday through Thursday. The standard duration of this program is four weeks, but it can be made shorter or longer depending on one's individual needs. We are a fully accredited

counseling program and accept a broad range of insurance plans. We also work with financial hardship cases and sliding scale discounts.

*Breakaway* is appropriate when an adolescent is in need of more intensive therapy than is available through standard weekly outpatient care. More intensive treatment may be desirable when outpatient counseling is not progressing satisfactorily, when one is faced with an immediate crisis and needs to move through issues more quickly, or as a step-down from hospital care. Treatment is customized to meet the adolescent's individual needs as well as to provide support and education to their family.

### GROUP THERAPY SESSIONS

Group therapy is a powerful and key component of the *Breakaway* program. Both verbal and nonverbal modalities are used to help clients access and process their feelings. It provides a safe and supportive environment where teenagers can:

- Learn to establish healthy boundaries with self and others
- Improve understanding of their current situation and set realistic future goals
- Share feelings and learn to express themselves effectively with others
- Build new relationships and develop effective communication skills
- Experience and develop their unique strengths and gifts by helping others

### INDIVIDUAL SESSIONS

Benefits from meeting one-on-one with a counselor include:

- Clarifying personal problems and issues
- Understanding developmental issues related to present difficulties
- Learning and practicing new coping skills that are applicable to everyday life
- Achieving more personal insight through writing, reading, and various "homework" assignments
- Planning and preparing for discharge and aftercare to continue the healing process

### FAMILY INVOLVEMENT

Family participation is essential in the recovery process. Each teen's therapist will conduct family sessions to improve communication and understanding within the family. In addition, we

offer a weekly educational support group for parents, where parents address some of their own stressors by sharing with other parents who are in similar situations.

### SPIRITUAL GROWTH

Our program is designed to treat the entire individual—emotionally, physically, and spiritually. Treatment is tailored to meet the unique concerns of a young person and is based on sound medical and psychiatric principles with a solid foundation built upon Judeo-Christian beliefs. Clients may come from any spiritual background or none at all. Spiritual searching and questioning is part of normal adolescent development. Our staff encourages clients to make use of supportive spiritual resources such as Scripture, personal prayer, and a healthy faith community.