

Timberline Knolls Partners with Meier Clinics

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Chicago Treatment Center Expands Resident Profile and Therapy Options

CHICAGO--(BUSINESS WIRE)--Recently opened residential treatment center Timberline Knolls has expanded its client profile and offerings through an exclusive agreement with the Meier Clinics, a national group of 23 clinics offering outpatient and day program mental health services. With the new agreement, Timberline Knolls will extend treatment from young women aged 12 to 21 to young women aged 12 and over, while also offering through Meier Christian-based therapy options for residents requesting Christian counseling.

"This partnership between Timberline Knolls and Meier Clinics not only meets requisite needs of our patients, but is vital to our business model as we move forward," said Timberline Knolls board manager James Gresham. "The opportunities awarded by partnering with Meier Clinics will fulfill strategic business goals Timberline Knolls has been striving towards and allow critical business advancements."

Clinically, the new partnership was forged based on Timberline Knolls' dedication to offering customized treatment for emotional problems, whether occurring independently or with other disorders, including self-injury behavior (SIB), substance abuse, eating disorders, borderline personality disorder and others. Chris Stout, Psy.D., Executive Director for Practice and Outcomes, said this partnership reconfirms Timberline Knolls' commitment to residents and families by recognizing the need for tailored treatment.

"To help young women on the road to recovery, we offer an integrated approach using evidence-based treatment with clinical expertise and relevant research to develop individualized programs," Dr. Stout said. "Many families and individuals prefer that this includes a theology-based approach. By tapping into Meier's strength in this area, along with its outcomes-oriented approach, we can immediately begin offering a Christian therapy option for these young women."

"The partnership between Meier Clinics and Timberline Knolls is a natural fit. Meier Clinics has been dedicated to caring for those with mental health challenges, addressing the whole person, physically, emotionally and spiritually," said Nancy Meier Brown, president of the Meier Clinics. "Timberline Knolls is more than just an eating disorder clinic. The center provides a dual diagnosis tract for patients which addresses co-occurring problems. This philosophy aligns itself with the goals of Meier Clinics."

Meier Clinics will manage and support the Christian-based residential services at Timberline Knolls through on-site clinical therapists for resident therapy, and a chaplain for pastoral oversight provided through Meier's Wheaton, Illinois clinic. Additionally, by increasing the age limit for residents, Timberline Knolls will offer more opportunities for Meier to refer those who can benefit from the Timberline Knolls' residential programs.

"Young women don't stop suffering from these disorders once they turn 22," added Dr. Stout. "In fact, many are falling into deeper problems once they leave home for college or enter the 'real world.' If we can help Meier Clinics respond to the needs of those requiring residential care, especially with customized treatment options,, then we give them an even better chance at recovering and managing their disorder or disorders."

"The combination of services offered by Meier Clinics and Timberline Knolls promises residents the best, most individualized mental health treatment options for women of all ages," said Meier Brown. "This unique approach and combination will allow us to pursue the mutual goal of making each resident's visit her last."

Meier Clinics exist to provide an array of mental health services that address the whole person - physically, emotionally and spiritually. Since 1976, the Meier Clinic staff have been providing counseling services with this comprehensive approach, and were pioneers in the integration of quality medical, clinical and spiritual care.

Timberline Knolls provides resident treatment services seven days a week, and provides on-site, family counseling. Additionally, the center provides an on-site nurse 24 hours a day, every day of the week; board certified psychiatrists; a state-licensed school on campus; and a chef-run kitchen that can provide kosher, vegetarian and diabetic meals upon request. Situated on a wooded 43-acre site with four separate lodges, Timberline Knolls is located about 30 miles southwest of downtown Chicago.

Contact:

Ariel Herr, 214-521-8596
acherr@mbapr.com

or

Leigh Goodall, 214-521-8596
lgoodall@mbapr.com

Online: <http://biz.yahoo.com/bw/061011/20061011005679.html>