



Vista's Behavioral Health Program

February 13, 2017

Choose Excellence. Choose Vista.

For more than 40 years, Vista Health System has been a provider of comprehensive psychiatric and behavioral health services for children, adolescents and adults.

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Our Goal

Our goal is to provide:

- Thorough assessment
- Diagnosis
- Stabilization

Our Programs

- **Children's Program – Ages 3-12**
- **Adolescent Program – Ages 13-17**
- **Adult Program – Ages 18+**

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Inpatient Services

Our staff conducts a thorough assessment and develops an individualized treatment plan to identify and achieve specific treatment goals for every patient.

Inpatient Services

Each patient receives:

- Comprehensive psychiatric evaluation
- Comprehensive medical assessment
- Social history evaluation
- Intensive milieu therapy
- Group psychotherapy
- Family/marital psychotherapy
- Full aftercare planning

Inpatient Child & Adolescent Services

In addition to general programming, we offer:

- School program
- Substance abuse assessment
- Parent education
- Group/Activity therapy, milieu management, medication management, discharge planning, collaboration with referral sources
- Vista is the only inpatient child psych provider in all of Lake County
- Licensed for 16 inpatient child/adolescent beds

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Inpatient Adult Services

In addition to general programming, we offer:

- Group/Activity therapy, milieu management, medication management, discharge planning, collaboration with referral sources
- Licensed for 26 inpatient adult beds

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Outpatient Services

Programming:

- Partial Hospitalization Psychiatry (PHP) Services
- Intensive Outpatient Psychiatry (IOP) Services

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Partial Hospitalization

Psychiatry (PHP) Services

- Intensive five-day treatment program
- Similar therapy services & educational components as traditional inpatient program, without staying overnight
- Supports patients transitioning from inpatient care as a step-down
- Provides medication management
- Monday-Friday | 9 a.m. – 2:30 p.m. | Vista Medical Center West, 2615 Washington Street, Waukegan, IL

Child PHP Services

Diagnosis may include: depression, anxiety and mood disorders, trauma, ADHD/ADD and PTSD

Program components:

- Group psychotherapy treatment
- Multidisciplinary team approach
- Medication management
- School program
- Intensive and comprehensive individual patient plans
- Help patients develop coping skills
- Return patients to an optimal level of productivity

Adult PHP Services

Two program tracks:

- Dual Adult PHP
- Women's Trauma focused PHP

General Program components:

- Group psychotherapy treatment
- Multidisciplinary team approach
- Medication management
- Intensive and comprehensive individual patient plans
- Help patients develop coping skills
- Return patients to an optimal level of productivity

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Dual Adult PHP Services

Program components:

- Men & women ages 18+
- Mental health concerns/co-occurring substance related issues
- Group topics covering: cognitive distortions, challenging negative thought patterns, coping skills and relapse prevention planning

Women's Trauma Focused

PHP Services

Program components:

- Women ages 18+
- Have experienced trauma, domestic violence, sexual abuse and are also experiencing concerns related to mood, anxiety or depression
- Empowers women with collaborative, multidisciplinary treatment efforts through evidence-based and trauma-informed mental health care
- Combines a process and skills group to facilitate well-rounded care

Intensive Outpatient

Psychiatry (IOP) Services

- Less intensive – Step-down from PHP to provide continued treatment model
- Three day per week
- Each group is three hours in duration
- Monday-Friday | times vary depending on program | Vista Medical Center West, 2615 Washington Street, Waukegan
- Services including case management, psychiatric monitoring and individual and group therapy

Adolescent IOP Services

Program components:

- Adolescents ages 12-17
- For individuals suffering with mood and behavioral problems
- Intermediate level of care for adolescents who do not meet criteria for inpatient hospitalization, yet require more intensive services than traditional outpatient therapy
- Monday-Friday | 5-8 p.m. | Vista Medical Center West, 2615 Washington Street, Waukegan, IL

Adult IOP Services

Program components:

- Men and women ages 18+ with mental health concerns or co-occurring substance related issues
- Two program tracks: Dual Adult IOP & Women's Trauma focused IOP
- Covers topics such as cognitive distortions, coping skills, relapse preventions planning, anger management skills, trauma and activity therapy
- Monday-Friday | 9 a.m. - Noon | Vista Medical Center West, 2615 Washington Street, Waukegan, IL

Contact Information

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