

Gentle Spirit's

Mission Statement

The mission of Gentle Spirit Behavioral Health is to provide affordable treatment for substance abuse issues for individuals struggling to learn how to remain free of drugs and alcohol. It's also our mission for families to heal themselves of the devastation addiction causes.

Program Outline

- Intensive Outpatient Care
- Medical Screenings
- 12-step Recovery
- Individual Psychotherapy
- Group Counseling
- Detox Medications Available
- Comprehensive Assessment
- Outdoor Activities
- Life Skills - Meditation
- Cognitive Behavioral Therapy
- Native American Spiritual Ceremonies

Contact Us

For more information or set up an appointment, you may call Gentle Spirit 24 hours a day, 7 days a week.

All calls are strictly confidential.

You can also use email to contact us.

Email:

GSBH1@yahoo.com

Phone:

Outside Illinois (888) 436-8530

Within Illinois (847) 445-1138

Web:

www.GentleSpiritInterventions.com



Gentle Spirit Behavioral Health



Located 50 miles north of Chicago, GSBH is a low cost, long term, and high impact treatment center for those people and families suffering from the disease of addiction. Treatment homes with no more than 10 clients each learning how to live a happy and joyous life without the use of mind or mood altering substances. Treatment plans are individually tailored to clients and families.

Interventions – Treatment
Transitional Living

Call us at (888) 436-8530

Why our treatment will work for you...

- GSBH offers the most effective treatment and intervention service with the lowest possible cost.
- GSBH will be an intense program of recovery with a small clientele concentrating on the physiological, social, psychological, and spiritual devastation of the disease of addiction.
- Clients will be treated with dignity and respect. We will work with each client and give them every opportunity to help heal themselves.
- GSBH will offer clients personal psychotherapy on a weekly basis. Also included will be group counseling, intense 12-step work, sponsorship, outside 12-step meetings, and Intensive Outpatient Care based on all aspects of modern recovery that have a proven record of success.
- Clients and staff will live together in a typical suburban home ; cooking, shopping and cleaning together so they learn how to become responsible citizens again and to keep costs down.
- Since GSBH will be limited to only 10 clients at a time per home, we will tailor a unique recovery program for each individual client. Most treatment programs expect all clients to follow the same rigid treatment guidelines;

but each client has a unique set of circumstances so we at GSBH will treat each client as a unique individual with their own set of strengths.

- Clients will have the opportunity to use medications, when appropriate, for the purpose of relapse prevention. These medications could include Suboxone or Subutex, which are used for opioid (heroin) dependence. However, it is our goal to try and get all clients free from medications when ready.
- Families will be required to work with the GSBH therapist to learn how to deal with a person going through recovery. We have learned from our experiences, that not only must the addict change, but the family must also learn how to recover. If the family does not heal, the addict can end up in the same trouble when they return home.
- The program at GSBH will allow clients to progress at their own speed no matter how long it takes. Some clients may only need 30 days; some may need 120 days or more. We cannot pigeon hole clients and expect them to "get it" right away.
- Our treatment program will provide activities to enhance a client's ability to recover. Such activities will include; camping, bowling, art therapy, and ropes courses. Clients will have the opportunity to choose other activities with the staff's input.

- Clients will be referred to our own halfway houses after treatment, if applicable. This will allow us to follow up closely with clients and to make sure they have a strong foundation for recovery. They will have the opportunity to continue with outpatient programming, individual therapy, and family therapy.
- Learning to love oneself and to love one another will be another cornerstone of our program.
- GSBH is an intense treatment program for those entering a recovery environment for the first time or for those who have struggled with chronic relapse. Clients will only be advised to leave when the client, family and staff have a reasonable expectation that the client will succeed in recovery.
- We at GSBH follow the principles and beliefs of Native American Spirituality. We believe that without spirituality, lasting recovery is not possible – while we will not force anyone to adopt our beliefs, we encourage our clients to join us on the Red Road, and find the peace and serenity true recovery can offer
- Clients will be able to participate in Native American sweat lodges and other ceremonies on an ongoing basis. For clients not interested in Native American spirituality, we will assist them in finding another suitable spiritual path conducive to the client's wishes.

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