

Resource

Harborview Recovery Center



Harborview Recovery Center

Experts. Innovation. Insight.

Saint Joseph Hospital



Resurrection
Health Care®

Healing begins

Inpatient Medical Stabilization

Inpatient Medical Stabilization, also known as detoxification, is the first step in achieving abstinence from drugs or alcohol. As part of Saint Joseph Hospital, Harborview Recovery Center provides a safe, medically supervised setting, focused on reducing and eliminating symptoms that are associated with withdrawal.

During detoxification, our focus is on the comfort of the individual and respect for their dignity as we begin to work on a plan for the next phase of recovery. Our certified physician addiction specialists are on call 24 hours a day, 7 days a week. Physicians are on-site at all times for medical emergencies. Nurses and counseling staff are specially trained in addiction. Psychiatrists with a specialty in addictions are available for consultation.

Healing intensifies

Inpatient Rehabilitation

Our multidisciplinary team of healing professionals work together to develop a personalized plan of care tailored to the needs of the individual. During this 21- to 28-day stay, our goal for each individual is to learn new coping skills and develop strategies for lifelong recovery.

Individuals in this program participate in a full range of proven interventions to promote recovery. New insights are gained from a combination of one-on-one therapy and group sessions, including a foundation for the Twelve Step Recovery Program. Art therapy, yoga, physical fitness, meditation, nutrition counseling and a wide range of educational programs as well as spiritual guidance are included in our programming to expedite healing.



New insights are gained from a combination of one-on-one therapy and group sessions, including a foundation for the Twelve Step Recovery Program.

*Healing as
a way of life*

Partial Hospitalization

Under the watchful guidance of a certified addictionologist physician, our partial hospitalization program is designed for those with strong family support and who no longer require 24-hour care, but still require a high level of structure. This intense, short-term (up to 20 days), full-day program continues the medical, behavioral and emotional intervention and support that each individual requires for the long-term healing process.

Intensive Outpatient Program

At Harborview Recovery Center, our intensive outpatient program centers on education, group and individual therapy in conjunction with community-based, 12-step meetings and family support. Our intensive outpatient program is designed for the individual with supportive work and home environments, and someone who may have had few, if any, prior treatment experiences. This program is offered in the evening, three times per week along with a family program that is scheduled on Saturdays.

Family Program

We believe that family involvement and education is a cornerstone of a successful recovery. Our Family Program provides education, support and an introduction to self-help groups to family members and others who are close to the individual going through treatment at Harborview Recovery Center.

Continuing Care Program

Upon completion of any level of care, we provide continuing care groups that meet weekly for added support and to help integrate back into the community. A minimum three-month commitment is required.

Alumni Meeting

Harborview Recovery Center alumni gather for a speaker meeting on Fridays at 7 p.m.

Take the first step



Intake and Assessment at Harborview Recovery Center

Certified professionals are available 24 hours a day to provide an immediate response for treatment inquiries. Just call 773-665-3370.

Prior to admission, a thorough assessment and evaluation is performed to determine the most appropriate care for the individual. Understanding the anxiety which frequently accompanies admission into treatment, we assist the individual to make the process as smooth as possible.

We respect the courage involved in taking this first step and we build on that strong beginning to help the individual on the road to recovery.

During the process of intake and assessment, individuals and their families may speak to an intake coordinator about the costs, insurance and payment options. Please call 773-665-3370 for more information.

**Harborview Recovery Center
at Saint Joseph Hospital**

At Harborview Recovery Center, our team of professionals is dedicated to providing effective treatment services for alcoholism and other drug dependencies while offering a safe place in which to heal. We approach treatment in a holistic way, working with mind, body and spirit as components of a healthy life and with abstinence as a crucial place to start on the road to a lifelong recovery.

The advantages of Harborview Recovery Center at Saint Joseph Hospital

- We offer the complete range of services from the initial acute medical demands of detoxification to intensive rehabilitation and the long-term support needed to maintain sobriety. While most programs offered at other facilities provide only a piece of the puzzle, we believe a seamless continuum of care is critical for successful treatment.
- We embrace diversity and value individuality. We work together with each person and his or her family to design a program that will work best toward recovery. We respect each person's right to privacy, offering private rooms and complete confidentiality.
- Our team includes addictionologists, nurses, dieticians, certified counselors, psychiatrists, social workers, fitness and recreation specialists, and spiritual care professionals.
- We have available the full medical resources of a major hospital while providing a professional multidisciplinary team that assesses and treats the biological, physical, emotional and psychological aspects of the disease.
- Overlooking Diversey Harbor on Lake Michigan and Chicago's magnificent skyline, we are conveniently located in Lincoln Park.
- We welcome referrals and are happy to partner with Employee Assistance Programs and work with a diverse array of managed care partners.



Harborview Recovery Center
 Saint Joseph Hospital
 2900 North Lake Shore Drive
 Chicago

Resurrection Health Care is a family of health care services providing advanced medical care and exceptional customer service with compassion and hope. Our hospitals, nursing homes, retirement communities, home health services, behavioral health programs and other services are conveniently located in many Chicagoland neighborhoods.

Resurrection Health Care is a not-for-profit Catholic organization sponsored by the Sisters of the Holy Family of Nazareth and the Sisters of the Resurrection.



**Resurrection
 Health Care®**

For All of You, All of Your Life

Saint Joseph Hospital
 2900 North Lake Shore Drive
 Chicago, Illinois 60657

www.harborviewrecovery.com