Eating disorders affect more than eight million teenagers and young adults in the United States. Yet many of them go undiagnosed. Without proper care, this treatable disease can be fatal.

Linden Oaks Behavioral Health is known throughout the Chicago area for its comprehensive eating disorders program. Led by a team of experienced psychiatrists, psychologists, licensed therapists, registered nurses, and dietitians who specialize in eating disorders, we offer the latest techniques to help adults and adolescents age 12 and older who are struggling with anorexia, bulimia and related eating disorders.

Linden Oaks provides a therapeutic community that promotes a safe environment in which to begin work on core treatment issues. Group psychotherapy—cognitive and acceptance and commitment therapy, dialectical behavioral therapy, trauma recovery, spirituality, body image and animal assisted therapy are where the individual begins to explore treatment issues and start their recovery process.

The program philosophy promotes learning all things in moderation. Foods are no longer labeled as good or bad, but are fully incorporated into a healthy meal plan. The program philosophy is based on wellness, so exercise is incorporated into the program to teach moderation and increase strength.

Through group therapy, nutrition education and exercise counseling, we help individuals address complex psychological issues while treating physical and dietary needs. Educational groups on nutrition, medical complications, medication management and relapse prevention empower the patient with the knowledge needed to sustain recovery after discharge.

For more information on our treatment programs for eating disorders or a free confidential assessment, call our Help Line 24/7 at (630) 305-5027.

Lindenoaks.org
LEVELS OF CARE

- Inpatient Hospitalization—This is the most intense level of care. This level of care is for patients who need medical stabilization, intensive symptom management, or are unable to maintain safety outside of a structured environment.

- Residential—Arabella House - Arabella House offers residential care for females age 16 and older who are recovering from an eating disorder and need help transitioning back into their daily lives. Arabella House provides a safe environment that helps residents take responsibility for their own health and happiness.

- Partial Hospitalization Program (PHP)—Patients attend a full day (typically 6 hours) of structured programming 5-6 days per week.

- Intensive Outpatient Program (IOP)—This level of care is for patients who have made progress toward recovering from an eating disorder. The number of programming hours (typically 3-5 hours) and the frequency of programming are decreased as the patient progresses.

- Psychiatric Services—The psychiatrists and therapists of Linden Oaks Medical Group offer psychiatric services including medication management and/or group or individual therapy.

The Linden Oaks Behavioral Health Eating Disorder program was awarded a Center of Excellence by Joint Commission.

Linden Oaks locations:

- Naperville Main Inpatient Campus
  852 S. West Street, Naperville

- Naperville Outpatient Center
  1335 N. Mill Street, Naperville

- Arlington Heights Campus
  (Northwest Community Healthcare)
  901 W. Kirchoff Road, Arlington Heights

- Hinsdale Outpatient Center
  Edward-Elmhurst Health Center, 8 Salt Creek Lane, Suite 201, Hinsdale

- Plainfield Outpatient Center
  24600 W. 127th Street
  Emergency Outpatient Building, Plainfield

- St. Charles Outpatient Center
  3805 E. Main Street, Suite M, St. Charles

For more information on our treatment programs for eating disorders or a free confidential assessment, call our Help Line 24/7 at (630) 305-5027.