The Need

*Out in Recovery* was created to give members of the LGBTQ+ community a program where they don't have to explain their gender, culture or sexuality in terms of what it means to be an LGBTQ person. This is a program where people are accepted and understood from the moment they walk through our doors. Having shared experiences and history, people are able to move forward together, and support one another during their recovery process.

We know that people who identify as gay, lesbian, bisexual, transgender or questioning (LGBTQ) suffer from higher rates of social discrimination and stigmatization. They also suffer from higher rates of rejection, abuse and social isolation, which can cause elevated stress levels leading to higher rates of substance abuse problems. This is why the *Out In Recovery* program is so important and now is available.

Call now for a confidential assessment
866.505.OUT2(6882)
RESPECT, DIGNITY, and PERSONALIZED CARE

INTRODUCING OUT IN RECOVERY AT LAKE VILLA
Illinois’ only dedicated addiction program specifically developed for the LGBTQ+ community.

A TAILORED TREATMENT EXPERIENCE
Having always treated members of the LGBTQ community in our programs, we have learned that the more tailored a program is to the needs of its patients, the better the engagement and outcome. Out in Recovery is specifically designed to support this community with highly trained counselors, and targeted groups and activities, which address the needs of these patients. Our clinicians understand their unique needs, experiences, and specific drivers of addiction, including: self-identification struggles, relationship issues, familial discord, compartmentalization, discrimination and stigma, trauma, as well as individualized physical and mental health needs. This program provides patients with trauma-informed and evidence-based substance use disorder treatment services, tailored, in a safe and supportive milieu.

Our program is conveniently located northwest of Chicago at our scenic, lakeside Lake Villa campus on the shores of Fox Lake. This beautiful, tranquil location is the perfect place to relax, feel safe and be in nature. With only 16 patients in this program, you are assured of intimacy and personalized care.

25 percent of LGBTQ people deal with alcohol abuse, which is a much higher rate than the 5 to 10 percent of non-LGBTQ men and women.

Center for American Progress

ELIGIBILITY AND PROGRAM SERVICES
Out in Recovery is available to adults (age 18+) seeking LGBTQ+ specialized substance use and co-occurring treatment program services, including:

• Acceptance & Commitment Therapy
• Cognitive Behavioral Therapy
• Dialectical Behavioral Therapy
• Mindfulness Based Sobriety
• Motivational Interviewing
• Trauma informed care including Seeking Safety
• 12-Step Facilitation

20-30% HIGHER RATES OF ADDICTION
RESEARCH SHOWS THAT THE LGBTQ+ COMMUNITY EXPERIENCES SIGNIFICANTLY HIGHER RATES OF ADDICTION -- 20-30% OF GAY AND TRANSGENDER BATTLE SUBSTANCE USE. FOR THE GENERAL POPULATION, IT’S 9%.

OUTCOMES AND AFTERCARE
Our Out in Recovery counselors will meet patients where they are in their recovery journey and help them develop the toolkit they need to participate in the LGBTQ+ and recovery community. Out in Recovery clinicians also work with patients to develop individualized treatment and lifelong recovery plans that cover a range of clinical and support services, including:

• Individual, Group, Family & Couples dual diagnosis substance use/mental health counseling
• Wellness, Medical Care and Referral to Continued Care
• Psychiatric Evaluation and treatment
• Withdrawal Management
• Medication-Assisted Treatment
• Case Management Services
• Recreation Services
• Peer Support
• Discharge/Recovery Planning
• Aftercare
• Alumni Engagement and Support

After patients complete their Out in Recovery residential program, they will be connected to ongoing treatment and support services, including an active Alumni Community.

Out in Recovery at Lake Villa, is a Gateway Foundation program. For over 50 years, Gateway Foundation has successfully served thousands of people struggling with Substance Use and Co-Occurring Disorders in Illinois—including those identifying as LGBTQ+.

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