



## MOST INSURANCE PLANS ACCEPTED

Insurance plans generally cover most costs associated with Outpatient Treatment. Gateway Foundation is considered a preferred or in-network provider for multiple insurances including:

- Blue Cross Blue Shield
- Humana
- Meridian Health
- ComPsych
- Next Level Health
- Optum
- Medicaid and MCO's
- And more



Call Gateway Foundation Downers Grove for help now:

**877.381.6538**

We have patient care advocates available 24/7 to help those needing alcohol or drug treatment:

**24-Hour Helpline**  
**877.505.HOPE (4673)**  
**GatewayFoundation.org**



Accredited by the Joint Commission™



Insurance Accepted



DG-BI-0321



# CONFIDENTIAL LIFE-SAVING ADDICTION TREATMENT

Gateway Foundation Downers Grove  
3040 Finley Rd, Suite 220  
Downers Grove, IL 60515  
877.381.6538

Addiction Medicine. Saving Lives.

# EFFECTIVE TREATMENT, CLOSE TO HOME AND WORK

## WHAT IS OUTPATIENT TREATMENT?

Outpatient Treatment is a flexible treatment option that allows adults to continue working or attending school. Outpatient Treatment consists of multiple counseling sessions over the span of four to six weeks. Our program provides clients the support of our staff and peers while navigating day to day life.

## WHY GATEWAY FOUNDATION? PERSONALIZED TREATMENT PLANS

Our highly credentialed and experienced staff offer support at every step of recovery and provide the highest level of substance use treatment and counseling.

Our LCSW and Master's LSW credentialed staff develop individualized treatment plans that address the specific needs of each client and empower them to regain control of their lives.

Our treatment modality integrates nine medically researched evidence-based practices and scientifically proven methods which makes our treatment more effective.

## EVIDENCE-BASED PRACTICES

- Acceptance and Commitment Therapy (ACT)
- Cognitive-Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Dual Diagnosis
- Mindfulness-Based Sobriety
- Motivational Interviewing (MI)



## DUAL DIAGNOSIS CAPABILITY IN ADDICTION TREATMENT (DDCAT)

Research indicates that 40 percent of people with substance use disorders also have a co-occurring mental health disorder, this is known as a dual diagnosis. In order to ensure the highest rates of success, our staff are trained in treating dual diagnosis and have been certified as Dual Diagnosis Capable. Our staff are able to treat acute cases of mental health disorders and develop customized treatment plans that treat not just the addiction – but the underlying causes.



## PARTNER WITH US FOR LIFE

Recovery is a lifelong process that requires continued focus and commitment. You will benefit from ongoing support from other alumni, social activities, and educational workshops to help empower your recovery for life. We also offer our alumni continued support on their mobile devices through our own Gateway Connect app.

## CONVENIENT HOURS:

To accommodate busy schedules, Gateway Foundation Downers Grove offers sessions throughout the week.

Monday - Thursday  
11:00 a.m. - 9:30 p.m.

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