

PERSONALIZED TREATMENT PLANS

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

At Gateway Foundation, we develop individualized treatment plans that address the specific needs of each patient 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)
- Co-Occurring Diagnosis
- Dialectical Behavior Therapy (DBT)
- Medication-Assisted Treatment (MAT)
- Mindfulness-Based Sobriety
- Motivational Interviewing (MI)
- Recovery Support Groups
- Trauma-Responsive Treatment

MOST INSURANCE PLANS ACCEPTED

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

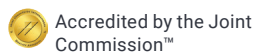
- Aetna
- Blue Cross Blue Shield
- Cigna
- Humana
- United Health Care
- And more



Call Gateway Foundation Bloomington for help now:
309-459-2020

Care Advocates are available to help those needing addiction or mental health treatment:

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



**EMPOWERING
YOUR
RECOVERY**

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 patients the support of our staff and peers while navigating day to day life.

MENTAL HEALTH AND CO-OCCURRING DISORDER TREATMENT

Research indicates that 40 percent of people with substance use disorders also have a co-occurring mental health disorder. In order to ensure the highest rates of success, our staff are trained in treating mental health trauma and substance use disorders. Our staff are able to develop customized treatment plans that help patients achieve their recovery goals.

MENTAL HEALTH SERVICES

Our focused mental health services play a crucial role in promoting and maintaining overall well-being through specialized support and treatment for those individuals facing mental health challenges. Gateway provides a safe and confidential space for people to receive the individual therapy and mental health medication management they need to enhance their quality of life, even if they do not have a substance use disorder.

BEHAVIORAL HEALTH TRAINING CENTER

Plans are underway to construct a workforce training site to be co-located in our new Bloomington Outpatient Treatment Center. This welcoming space will facilitate work training and continuing education events for healthcare staff on the front lines of the substance use and mental health crises.

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 mobile devices through our Gateway Connect app.



CONVENIENT HOURS:

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

Monday - Friday:

8:30 am - 5:00 pm

5:30 pm – 8:30 pm

GATEWAY FOUNDATION BLOOMINGTON

404 N. Hershey Road
Bloomington, IL 61704

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