



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

AMITA Health: Foglia Family Foundation Residential Treatment Center

Clinic/Program Director: Patrick B. McGrath, PhD

Name of Intake Coordinator: Colleen Nolan

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www.amitahealth.org/services/behavioral-medicine/conditions-treated/foglia-family-foundation-residential-treatment-center

801 Gloucester
Elk Grove Village, IL 60007

Treatment Providers:

Patrick B. McGrath, PhD

Simon Jencus, LCPC

Jill Kiley, LSW

Payment Options:

Self-Pay

Private Insurance

Scholarships Available

Populations Served:

Adults

Treatment Strategies Offered:

Acceptance on Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

Habit Reversal

Prescribe Medication

Areas of Specialty (in addition to OCD in general):

Perfectionism

Scrupulosity

Violent/Sexual Obsessions

Substance Use Disorders (SUD)

Treatment of Co-occurring Disorders

Summary of our services:

The Foglia Family Foundation Residential Treatment Center (RTC) treats individuals with all anxiety disorders (OCD, Panic, PTSD, Phobias) as well as Addictions (Chemical). Directed by Dr. Patrick B. McGrath, IOCDF Scientific and Clinical Advisory Boards Member, the RTC is an extension of the PHP and IOP programs that he has directed for Alexian Brothers / AMITA Health for over the last decade. Therapy at the RTC occurs 7 days a week, including Exposure and Response Prevention, psychiatry visits, family sessions, individual sessions, groups (education and process, spirituality, medication education, and nutrition, etc.). In addition to therapy, all meals are eaten at the RTC, and there is time for completing homework assignments, working out in our fitness center, and relaxing in our lounge and living area. We have the ability to do outings in the community as well. We want, and want our residents as well, to be a good partner with our local community. If you feel that the RTC may be a benefit to you or a loved one, please start the process of seeking treatment with us by calling 847-981-5900. We look forward to helping you overcome the effects of your OCD, Anxiety, and/or Substance Abuse.

Treatment Planning Process

All treatment planning is based on the Hierarchy of Fears that a resident will develop in conjunction with their therapist. We will work with our residents to move up that hierarchy ladder and work toward facing their fears.

Core Treatment Components

Our main treatment is Exposure and Response Prevention Therapy. We will have our residents doing several hours of ERP each day. We also have our residents meet weekly with a psychiatrist to review any medication needs. There are group sessions daily as well for education as well as Exposure Planning.

For individuals with OCD who also have an Addiction, you will be able to cross-track with the Addiction program at the RTC and participate in their groups and 12-step meetings as well.

Parents, Family Members, Friends, Teachers, etc. Involvement

Yes, we have weekly family groups and visitation times. We also have a POLYCOM system, which is a HIPPA compliant system to do live sessions across the globe with family members and outside providers. This is a realtime video chat that is done over a secure connection to be sure that confidentiality is maintained at all times.

Treatment of Co-Occurring Disorders

Addictions are addressed here. Unlike other treatment centers, you will not have to be sober for 30 to 90 days before you come to our facility. We will take individuals directly from inpatient detox and start them here at RTC and work with both their anxiety and addiction.

Length of Stay

Our length of stay is flexible and is averaging 25 days currently.

“Census” (i.e., the maximum number of clients seen at any given time)

We do not have a census for the program at this time. As it is new, we have room to take in new residents almost immediately.

Other Resources for Outpatients

Individual Exposure and Response Prevention Therapy, Educational Groups, Process Groups, Consultations with Psychiatrists, Family Therapy.