

Therapy Groups

Dialectical Behavioral Therapy: if you struggle with making and maintaining positive relationships, understanding & expressing your emotions, coping with stressors, controlling your emotions & behaviors, having compassion for yourself & others; this group would be good for you.

Aggression Replacement Therapy: if you struggle with understanding how your behaviors impact others, coping with & controlling your feelings & behaviors (especially anger, aggression & impulsivity), using positive social skills; this group would be good for you.

Rainbow Group: if you identify as a LGBTQ and struggle with depression, anxiety, trauma or another mental illness; this group would be good for you.

Please call Outpatient Services for more details and how to enroll in the groups. 217-585-4700

Insurances Accepted:
BCBS PPO, HealthLink, Health Alliance, IL Medicaid, BCBS Community Plan, Meridian, Molina, Harmony, Illinicare

Groups are offered to children & adolescents, ages 6-17.

Medication Management

Psychiatry/APN & Therapy
Co Led Groups:

Monday—11:00 AM to 12:30PM

Tuesday—3:00 to 4:30PM

Wednesday—5:30 to 7:00PM

Thursday—9:00 Walk Ins Only

All Insurances Accepted

Crisis Clinic (Psychiatry)

Every Thursday—1 hour long
initial evaluation

Completed by SIU Psychiatry
Fellows in Outpatient

Insurances Accepted:
IL Medicaid, IL Managed Medicaid,
BCBS PPO, HealthLink,
Health Alliance

Lincoln Prairie Behavioral Health Center

Outpatient Programs





Treatment Goals

Increase individual coping skills

Improve day to day functioning at home, school, work & in the community

Provide specific education to each individual that will help them deal with the issues of their presenting problems

To assist each child and their family in identifying & utilizing community resources in their area.



Who may benefit from Outpatient Services?

Individuals who may be facing one or a combination of the following problems:

Relationship Issues

Abuse Issues

Difficulties with Family or Peers

ADHD

Trauma Related Symptoms

Sadness or Depression

Aggression & Oppositional Behaviors

Substance Abuse

Anxiety