



If you or your loved one is in crisis,  
**Call 217-585-1180**

*We provide no-cost assessments  
24 hours a day,  
seven days a week.*

**We Can Help**  
**Call 217-585-1180**  
*No-cost assessment available 24/7*



# Outpatient Programs



**5230 S. Sixth Street Rd,  
Springfield, Ill 62703**  
*lincolnpairiebhc.com*

Find us on 

Physicians are on the medical staff of Lincoln Prairie Behavioral Health Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Lincoln Prairie Behavioral Health Center. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 203621-5267 11/20





*“ It was very different than I expected, I felt comfortable from day one.*

*Wasn't just therapy, it was family.”*

**Anonymous**

Former Patient

## Therapy Groups

### Dialectical Behavioral Therapy

A group designed for those who struggle with making and maintaining positive relationships, understanding and expressing emotions, coping with stressors, controlling emotions and behaviors, and having compassion for one's self and others.

### Aggression Replacement Therapy

A group that helps members understand how their behaviors impact others, how to cope with and control feelings and behaviors (especially anger, aggression and impulsivity) and how to use positive social skills.

LEARN  
MORE

[lincolnpairiebhc.com](http://lincolnpairiebhc.com)  
217-585-1180

## Rainbow Group

LGBTQ+ community who struggle with depression, anxiety, trauma or other mental health issues.

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

### Insurances Accepted:

BCBS® PPO, HealthLink, Health Alliance, IL Medicaid, BCBS Community Plan, Meridian, Molina®, Harmony<sup>SM</sup>, Illinicare

Groups are offered for children and adolescents, ages 6 to 17.

## Medication Management

### Psychiatry/APN & Therapy Co-Led Groups:

**Monday:** 11 a.m. to 12:30 p.m.

**Tuesday:** 3 to 4:30 p.m.

**Wednesday:** 5:30 to 7 p.m.

**Thursday:** 9 am 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

## Treatment Goals

- Increase individual coping skills
- Improve day-to-day functioning at home, school, work and in the community
- Provide customized 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 and utilizing community resources in their area

### 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 and oppositional behaviors
- Substance use
- Anxiety

