A national center of excellence specializing in the treatment of adolescents, emerging adults (ages 14-30’s) and their families. Yellowbrick addresses the complex developmental, neurobiological needs of troubled youth with full time, experienced and compassionate professionals dedicated to accountability and outcome.

Clinical Issues:
Across a spectrum of diagnosis, syndromes and patterns of dysfunction, all of the young people coming to Yellowbrick share the common difficulty in negotiating the universal challenges of transition to adulthood:

- Identity integration and self-coherence
- Emotional and behavioral self-regulation
- Interpersonal effectiveness across a spectrum of relationships
- Maturation of executive functions and role performance competence
- Connected autonomy in a renegotiated relationship with family of origin

Common diagnoses include mood and anxiety disorders, PTSD & dissociative disorders, psychotic disorders, co-occurring substance abuse, eating disorders, borderline and avoidant personality disorders; ADHD, Spectrum Disorders, “failure to launch”.

Following assessment of individual capabilities and vulnerabilities, Yellowbrick prescribes a personalized life plan combining sober supported apartments, full day and evening IOP, Adolescent After-school IOP, Professional services and education/career counseling.

Services:
Assessment: Yellowbrick offers a comprehensive three-day process for complex and/or high risk cases in addition to focused assessments. The comprehensive assessment includes in-depth individual & family interviews, psychiatric evaluation with genotyping, neurocognitive & executive functioning testing, and motivation & education/career analysis. Eligible ages from 14-30’s.

Life Strategies Program (LSP) combines science with soul. LSP is an intensive in-depth individual and group psychotherapy program for emerging adults focused on the clinical dimensions of access to emotional experience, self-regulation and the process of establishing and sustaining adaptive attachments. Treatment within LSP helps the emerging adult develop self-acceptance and expression, emotional and behavioral self-regulation, satisfying interpersonal relationships, educational and career skills, and life skill competence.

Adolescent After School IOP: Yellowbrick recognizes that many adolescents are struggling with psychiatric challenges which strain their well-being and ability to function effectively at school, with peers or at home. The Adolescent After-School IOP provides both a preventative intervention as well as a developmentally facilitating platform for those teens who have already begun to manifest disruptive psychiatric difficulties.

The principles and emphasis of the IOP are:
- Self-regulation/governance skill development
- Identity integration, secure attachment and social effectiveness
- Psychological development within the family system

Interventions will include:
- Collaboration with professionals and schools
- MBSR, DBT, Open DBT, ACT, CBT (anxiety, depression, insomnia)
- Trauma, addictions & eating disorder consultation/counseling
- Narrative, drama, improvisation, yoga, sensori-motor mind-body integration
- Intensive family Rx and weekend family workshops
- Pharmaco-genomic medication & nutraceutical Rx, neurofeedback, deepTranscranial Magnetic Stimulation

Core Competence Home Health: A strengths-based neurobiological approach to helping emerging adults discover, develop, and utilize their personal strengths and competencies as they work towards an independent, productive, and meaningful life. Working towards these goals in the home environment enables treatment to occur in real time, addressing real-world needs. Supported housing option available.

Specialty Services and evening IOPs for trauma recovery, addictions and compulsive behaviors, self-soma(body) disturbances.

The Center for Clinical Neuroscience provides research and relationship based collaborative psychopharmacology, as well as TMS and other specialized technologies for depression and anxiety. Pharmaco-genomic testing allows for a truly personalized approach to prescribing medications. Cognitive Enhancement training is available to assist with impairments of attention, working memory and executive function.

Fees: Please contact Ms. Sonia McKrell in Business Services: 847 869-1500 ext 222.

Clinical Referral Contact:
Jung Mi Yi PsyD, Director of The Assessment Center 866-364-2300 ext. 233

Yellowbrick 1560 Sherman Avenue, Suite 400 Evanston, Illinois 60201 866.364.2300 PHN 847.869.1500 FAX 847.869.1515 yellowbrickprogram.com
Yellowbrick’s model utilizes the latest research from neurobiology, cognitive neuroscience, developmental psychology, a spectrum of approaches to psychotherapy, and strength based, wellness approaches. Interventions include a unique integration of:

- Research based categorical and functional diagnosis.
- Neuro-modulatory treatments such as collaborative, pharmaco-genomically informed psychopharmacology, deep Transcranial Magnetic Stimulation (dTMS), neurofeedback and Direct Trans-Cranial Current Stimulation (DTCS).
- Neuro-modulatory protocols for exercise, nutrition and sleep hygiene.
- Neuro-modulatory treatments such as mindfulness, meditation, yoga and mind-body integration which quiet the limbic system, creating safety which promotes attachment and new learning.
- ReCognition; Cognitive enhancement interventions focused on attention, working memory and executive function, all considered essential for making use of other treatments and preventing relapse for psychiatric illness and addiction.
- Strength-based enhancement of life skills and executive function led in a “real-time” community living context within supported home healthcare apartments.
- Yellowbrick’s treatment culture includes an expectation of involvement in school, work, and /or Community Service while in treatment to assist with the challenges in role performance functioning. This is in contrast to the asylum approach of most treatment settings.
- Intensive individual and family therapy 3-5x/week conducted by senior, expert Professional Staff with training at a Doctoral level or with decades of experience. Treatment occurs within the context of deep, often intense, relationships with professionals, peers and families within the Yellowbrick Community. Neuro-imaging shows changes in brain networking demonstrating that effective emotional engagement in relationships promotes new learning and functioning, especially in the emotion-regulating capacities of emerging adults.
- Intensive Outpatient Group Therapy Program averaging 30 hours/week specifically developed to address the universal developmental challenges of emerging adulthood and the specific syndromal issues associated with trauma, addiction and eating disorders.
- Intensive Family Model including a 24/7 Family Liaison, Family Rounds Strategic Planning sessions, family therapy and Parents as Partners educational monthly weekends.
- Outcome is evaluated by patient and Professional Staff research validated metrics and objectively with neuroimaging by an admission and transition quantitative EEG.

The Yellowbrick model is an in-depth but practical, strength based approach creating a context for enduring change. Treatment at Yellowbrick offers value that lasts a lifetime through enhanced personal understanding and integration, life skills and strategies, and the development of core competence.