



Alexian Brothers Behavioral Health Hospital is located approximately a quarter mile east of the intersection of Barrington Road and Higgins Road (72) (east of the St. Alexis Medical Center campus).

**1 Alexian Brothers Behavioral Health Hospital**

1650 Moon Lake Boulevard  
Hoffman Estates, IL 60169  
800-432-5005

**2 Alexian Brothers Behavioral Health Group**

1786 Moon Lake Boulevard  
Hoffman Estates, IL 60169  
847-755-8090

[www.abbhh.org](http://www.abbhh.org)

*For more than seven hundred years, the Alexian Brothers have cared for the sick, the aged, the poor and the dying. The basic Judeo-Christian beliefs that inspired the founders of this Catholic religious congregation sustain its ministry today. This heritage is espoused by the governance, management and entire health care team throughout Alexian Brothers Health System in their mutual commitment to promote the physical, mental, spiritual and social well-being of all individuals served through the health care ministry.*

*Alexian Brothers Behavioral Health Hospital carries out the healing mission of the Catholic Church as an Alexian Brothers ministry by identifying and developing effective responses to the health needs of those we are called to serve.*

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A Roman Catholic Organization

**Obsessive Compulsive Disorder (OCD) and Related Anxiety Disorders Program**



Alexian Brothers Medical Center  
St. Alexis Medical Center  
Alexian Brothers Behavioral Health Hospital  
Alexian Rehabilitation Hospital

**Begin here**

One call is all it takes to access any of the services provided by Alexian Brothers Behavioral Health Hospital. Trained counselors take calls 24 hours a day, 7 days a week. Appointments are made immediately; walk-in appointments are welcome.

Our services are covered by most healthcare plans so help is there when it is needed. If you would like more information about our services, or if you have questions related to insurance coverage, please call 800-432-5005. Someone is there to listen.

We provide around-the-clock behavioral health support for the emergency rooms and medical-surgical units at Alexian Brothers Medical Center and St. Alexis Medical Center, as well as consultation-liaison services at the Alexian Rehabilitation Hospital

The Alexian Brothers Behavioral Health Hospital is Joint Commission accredited.

**How to get here**

*Alexian Brothers Behavioral Health Hospital is located approximately a quarter mile east of the intersection of Barrington Road and Higgins Road (72) (east of the St. Alexis Medical Center campus).*

**From the North:**

Take 47 south to 90 east, exit 59, turn left (north) at the end of the exit, turn right at first stoplight, which is Higgins Road (72), take 72, and cross Barrington Road to the next stoplight, which is Moon Lake Boulevard. Take a right on Moon Lake Boulevard. The hospital is the first building past the fire department.

**From the South:**

Take 355 north to 290 north (53 north), exit on 90 west (toward Rockford) to Barrington Road south exit, go to the 2nd light, which is Higgins Road (72), turn left on Higgins Road, and turn right at first light, which is Moon Lake Boulevard. The hospital is the first building past the fire department.

**From the East:**

Take 90 west, exit Barrington Road south, go 2 stoplights, turn left on Higgins Road (72) to the next stoplight, which is Moon Lake Boulevard, and turn right on Moon Lake Boulevard. The hospital is the first building past the fire department.

**From the West:**

Take 90 east, exit route 59 north, go one block to Higgins Road (72), turn right, go approximately 2 miles, cross Barrington Road to the next stoplight, which is Moon Lake Boulevard, and turn right on Moon Lake Boulevard. The hospital is the first building past the fire department.



## The Obsessive Compulsive Disorder (OCD) and Related Anxiety Disorders Program

**People experience anxiety in many ways during their lifetime. Some may require a specialized treatment approach to help them face these challenges. Alexian Brothers Behavioral Health Hospital has designed a comprehensive course of treatment to directly address these concerns.**

### Experiencing anxiety

There are several common anxiety disorders:

- OCD—Intrusive, unwanted thoughts that people attempt to neutralize by doing compulsive acts or ritualized behaviors.
- Panic Disorder—Panic attacks that occur out of the blue. These can lead to avoidance of places or events one used to enjoy.
- Social Phobia—Fears of embarrassment, humiliation, or evaluation by others.
- Post Traumatic Stress Disorders—Significant fears related to past traumatic events or near death experiences.
- Phobias—Fears of specific events, places, or things.
- Generalized Anxiety Disorder—Significant worry about multiple events for more than six months.

### Signs and symptoms

Anxiety can be experienced in many ways.

- Pounding heart
- Refusal to go to class, school, or work
- Extreme shyness
- Excessive hand washing
- Constant checking, ie., locks, stoves, garage door
- Avoidance or fear of people, places, or things
- Constant worry
- Extreme startle response
- Reassurance seeking
- Severe fear of public speaking
- Sleep disturbance
- Hyperventilation
- Sweating
- Not eating or overeating
- Fear of losing control
- Hoarding of materials or pets
- Self-medication with drugs or alcohol



### How we'll help

During the assessment, our program staff will assist each individual in developing a personalized treatment plan. The Alexian OCD and Related Anxiety Disorders Program offers services that are evidence-based to reduce anxiety-related and avoidant behavioral.

### Therapeutic modalities

- Individual therapy
- Group therapy
- Skills training
- Family therapy
- Spirituality group
- Medication education

### Interventions

- Cognitive Behavioral Therapy (CBT)
- Exposure and Response Prevention (ERP)
- Cognitive Restructuring
- Coping Techniques Training

### Levels of care

- Inpatient Program
- Partial (Day) Hospital Program
- Outpatient Services

### Philosophy

The goal of the OCD and Related Anxiety Disorders Program is to assist people that are experiencing anxiety to learn how to face their fears. Often, individuals either avoid what they fear, or they seek a great deal of reassurance from others. We teach people that they can handle their anxiety and that they do not need to use avoidance, distraction, or rituals to help them get through anxiety provoking situations. Our therapists are trained in using CBT and ERP, the most effective and evidence-based therapies for anxiety, and will work with each individual to develop a hierarchy of what is feared. Starting with the lower level fears, we work up the hierarchy at a comfortable pace, with the goal of helping individuals to again enjoy and engage in their life.

The program works with other treatment teams that focus on developmental issues, eating disorders, chemical dependency, or self-injury to provide a truly individualized approach to the complex patient.

### BEGIN HERE

**One call is all it takes. Questions can be directed to the OCD and Related Anxiety Disorders Program director by calling our access line at 800-432-5005.**

