

# Saint Michael's House

Protecting Those Who Protect Us.



**AMITA** HEALTH®  
In sickness and in health®

Welcome to **AMITA Health's Saint Michael's House**, an inpatient and outpatient substance abuse treatment center dedicated exclusively to the care of law enforcement officers. Saint Michael's House is a highly confidential destination program focused on the treatment of those who serve and protect our community locally and statewide.



Understanding the stigma associated with seeking addiction treatment, Saint Michael's House provides confidential addiction treatment services in a discreet location. We've partnered with local law enforcement leaders to understand and address officers experiencing addiction issues.

Our team of addiction medicine physicians, registered nurses and licensed social workers and counselors are here to help. Saint Michael's House is a place of comfort and healing, providing a path to recovery and overall health promoting officer wellness.

## Levels of Care

At Saint Michael's House, we value the importance of a well-rounded treatment program for law enforcement officers. We utilize various treatment approaches to foster healing of mind, body and spirit. Officers are guided through their journey of recovery on a path that's right for them. There are several steps to treatment that may be followed, depending on the individual officer's condition.

**Medical Detox**—An inpatient program that includes 24-hour monitoring and treatment of withdrawal from alcohol and drugs.

**Residential**—An intensive and structured regimen of care provided in a 24-hour residential setting, where residents will spend up to 28 days in treatment. This is a comprehensive program that includes individual, group and family therapy.

**Partial Hospitalization**—Medically supervised program offering comprehensive, therapeutically intensive, coordinated and structured clinical services at least five days a week; also includes boarded outpatient.

**Intensive Outpatient**—A half-day program ideal for someone who is actively working, has completed a previous program or is looking for first time program.

**Aftercare**—An exclusive, once-a-week group for graduates of the program.

## Our Therapies

While in our care, we may use a number of services in your treatment, tailored to your individual needs.

**Medication-assisted Therapy**—Medications are prescribed in combination with counseling and behavioral therapies.

**Cognitive Behavioral Therapy**—This technique is used to help you find new ways to cope by altering your thought patterns.

**Group Therapy**—Interaction with a therapist and a group of your peers experiencing similar difficulties.

**Trauma Counseling**—One-on-one therapy for those who have experienced emotional shock or pain due to a traumatic event.



## A Day in the Life:

Below is a sample itinerary for a day at Saint Michael's House.

# A DAY IN THE LIFE

SAINT  
MICHAEL'S  
HOUSE

### Morning

6:30 am Wake up  
7:30 am Breakfast  
8:30-9 am Break  
9-9:30 am Medication Pass  
9:30-10:45 am Spirituality Group  
10:45-11 am Break  
11-12 pm Process Group

### Afternoon

12-12:30 pm Break  
12:30-1 pm Lunch  
1:45-2:45 pm Life Skills and Cognitive Behavioral Therapy Groups  
3-4 pm Medical Lecture  
4-4:30 pm Break  
4:30-5:30 pm Open Gym

### Evening

5:30-6:30 pm Dinner  
6:30-7 pm Break  
8-9 pm 12 Step Meeting  
9-9:30 pm Mindfulness Meditation  
9:30-10:30 pm Leisure Time  
10:30 pm Rest

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## Our Facility



Intensive Out-Patient Group Room



Residential In-Patient Room



Medical Detox In-Patient Room

## Our Facility



In-Patient  
Resource Room

## Our Facility



Exercise Room



In-Patient  
Group Room



Dining Room  
and Lounge



Admitting and  
Outpatient Reception



Hall of Honor



## Prayer to Saint Michael

*Saint Michael the Archangel,  
defend us in battle.*

*Be our protection against the wickedness  
and snares of the devil.*

*May God rebuke him, we humbly pray;*

*And do thou, O Prince of the Heavenly Host,  
by the power of God, thrust into hell*

*Satan and all the evil spirits*

*who wander through the world for the ruin of souls.*

*Amen.*

Saint Michael's House is endorsed by the Illinois Association of Chiefs of Police, Chicago Police Department and Police Chaplains Ministry and more than 100 local police departments from across Illinois. Special acknowledgment to the Des Plaines Police Department for sharing in this vision.

**For inquiries, please call 847.813.3300**