



ELEVATION INDIVIDUAL AND FAMILY THERAPY

Girls Empowerment & Wellness Summer Program

Frequently Asked Questions for Families & Referral Partners

PROGRAM BASICS

What is the Girls Empowerment Summer Program?

A structured 6-week therapeutic day program for girls ages 10–16 that combines group therapy, skill-building, creative arts, and enrichment activities. It is designed to support emotional wellness, build confidence, and strengthen social skills in a safe, supportive environment.

Who is this program for?

Female youth ages 10–16 with mild to moderate mental health needs who would benefit from structured peer interaction and therapeutic support. Participants must be appropriate for outpatient group therapy and have a documented diagnosis on file.

When does the program run?

The program runs for 6 consecutive weeks beginning June 15th. Program hours are 9:00 AM – 4:00 PM, Monday through Friday, through July 24th, at our Matteson office.

Please note: The program will not be held on June 19th in observance of Juneteenth or July 3rd in observance of Independence Day.

What does a typical day look like?

9:00–9:30 Morning check-in & circle
9:30–10:30 Group therapy session #1 (billable)
10:30–11:00 Snack break
11:00–12:00 Skill-building activity
12:00–12:30 Lunch
12:30–1:30 Group therapy session #2 (billable)
1:30–2:30 Enrichment activity
2:30–3:30 Creative arts & movement
3:30–4:00 Reflection & dismissal

CURRICULUM

What topics are covered over the 6 weeks?

Week 1 — Self-Awareness & Identity
Week 2 — Emotional Regulation
Week 3 — Relationships & Social Skills
Week 4 — Resilience & Future Building
Week 5 — Real-Life Skill Application
Week 6 — Leadership & Confidence

What therapeutic approaches are used?

Clinicians use evidence-based approaches including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) skills, psychoeducation, role-play, assertiveness training, mindfulness, guided visualization, and group processing. Sessions are facilitated by a licensed clinical therapist.

ENROLLMENT & INTAKE

How do I enroll my child?

Enrollment opens May 10. Families can reach us by phone, through our website, or via a referral from a school or provider. After an initial inquiry, we will schedule an intake evaluation, complete necessary assessments (including IM+CANS for Medicaid clients), develop a treatment plan, and schedule a parent orientation session before the program begins.

Does my child need a diagnosis to participate?

Not necessarily. We first complete an intake process to determine whether the program is clinically appropriate and whether insurance may cover therapeutic services. Clinical appropriateness and group fit are determined on a case-by-case basis during intake.

COST & INSURANCE

Does insurance cover the program?

Yes, we accept many insurance plans including Illinois Medicaid and most commercial plans. Coverage depends on your child's eligibility and whether the therapeutic components meet medical necessity requirements. Our team will verify your benefits during the intake process.

Are there any out-of-pocket fees?

The program fee is \$200 per week (\$1,200 total for the full 6-week program). This covers all enrichment activities, creative arts, materials, and services not billed to insurance. If we are unable to accept your insurance, an additional \$50 per week will apply. Families may also enroll privately if insurance does not apply.

What does the lunch program include?

The optional lunch add-on (\$65/week) provides a daily hot lunch. Please note any food allergies during enrollment.

HEALTH & SAFETY

How does Elevation handle allergies and health conditions?

During enrollment, families will complete forms disclosing any allergies, dietary restrictions, and relevant physical health conditions. Liability waivers will also be completed at enrollment. This information is used to ensure your child's safety throughout the program.

Who will be supervising the participants?

Each group is led by a licensed clinical therapist. A clinical supervisor provides oversight and reviews all documentation and compliance throughout the program.

Please note: Enrollment is limited to a maximum of 10 participants. Families are encouraged to enroll early to secure a spot.

OUTCOMES & NEXT STEPS

How will I know if my child is making progress?

Pre- and post-assessments will be completed for both participants and parents to measure growth.

Treatment plans include individualized goals aligned with the curriculum, and clinicians track attendance, engagement, and clinical progress throughout the six weeks.

What happens after the program ends?

Families will receive guidance on continuing services through Elevation's ongoing individual or group therapy options. Future advanced cohorts may be available for returning participants. Elevation plans to expand programming over time based on outcome data and community need.

PROGRAM LOGISTICS

Is this a therapy program or a summer camp?

It's a therapeutic summer day program that blends mental wellness support with enrichment activities and skill-building in a fun, structured environment. It is not a traditional summer camp.

What kinds of challenges does the program support?

The program supports emotional wellness, confidence, coping skills, communication, self-esteem, emotional regulation, peer relationships, and overall personal growth.

Is transportation provided?

Transportation is not included at this time. Families are responsible for drop-off and pick-up at our Matteson office between 9:00 AM and 4:00 PM.

Can my child attend only certain weeks or days instead of the full program?

The Girls Empowerment Summer Program is designed as a full 6-week commitment. Consistent attendance is essential to the therapeutic process, group cohesion, and your child's overall progress. We are unable to accommodate partial-week or drop-in attendance. If you have questions about scheduling or need to discuss a specific situation, please contact our team.

Why can't insurance cover the entire program cost?

Insurance covers only medically necessary therapeutic services such as licensed therapy groups and clinical interventions. Because the program also includes enrichment activities, recreation, and non-clinical support, insurance cannot cover the full-day cost. The \$200/week program fee covers these non-billable elements.

PAYMENT

What forms of payment are accepted?

We accept major debit cards, credit cards, HSA/FSA cards, and electronic payments. If therapeutic group services qualify for insurance coverage, insurance may also be billed for eligible portions.

When is payment due?

Payment is due prior to the start of the program. Families on a weekly payment arrangement must submit payment by the Friday prior to the upcoming program week in order for their child to continue participating in the program.

Questions? Contact Elevation Individual and Family Therapy

708-300-8864 | admin@elevationtherapy.org