

SAVING LIVES COMMUNITY SERVICES

Behavioral Modification Day Program

Where healing, stability, and second chances begin.

Program Overview

Our Behavioral Modification Day Program provides structured, evidence-based behavioral health services for adults diagnosed with mental disorders. We use a blend of behavioral modification techniques, cognitive behavioral therapy (CBT), anger management, coping skills development, and crisis intervention to promote positive change and restore daily functioning.

Program Features

Medication Compliance Monitoring Routine testing and weekly psychiatrist visits to ensure consistent, effective care.

Health Screenings & Diagnostic Testing Conducted by licensed professionals to support whole-person wellness.

Individual & Group Psychotherapy Focused on coping skills, self-esteem, and emotional regulation.

Team-Based Support Leveraging community partnerships to provide comprehensive care.

Free Meals & Transportation Available for approved participants, removing barriers to consistent attendance.

Who We Serve

This program is open to adults (18+) who have been diagnosed with a mental illness and would benefit from structured, daily clinical support.

Program Hours

Monday – Friday 8:00 AM – 2:00 PM

Referring a Client?

Case managers, hospitals, courts, and community partners can refer individuals directly to this program. We welcome collaboration to ensure every client receives the right level of care.

How to Get Started

1. **Reach Out** — Call, email, or submit an intake request through our website.
 2. **Initial Consultation** — We'll discuss needs and determine the right level of support.
 3. **Personalized Plan** — Our clinical team develops a plan tailored to individual goals.
 4. **Ongoing Support** — Participants receive continued care, therapy, and community connection.
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Contact Us

Saving Lives Community Services 7411 S. Stony Island, 3rd Floor Chicago, IL 60649

Phone: (312) 722-6585 **Email:** info@savinglivesmental.org **Hours:** Monday – Friday, 8:00 AM – 5:00 PM

In crisis or immediate danger? Call 911. For mental health or suicidal distress, call or text 988 for 24/7 support. Saving Lives, Inc. is not an emergency response provider.

Saving Lives, Inc. is a registered 501(c)(3) nonprofit organization.