Mission and Vision

**Mission:** The mission of The Way Back Inn is to rebuild lives damaged by addiction in a personalized healing environment.

**Vision:** Create an environment where lives are transformed and relationships are healed. The Way Back Inn recovery program focuses on the integration of the body, mind, and spirit.

The Way Back Inn serves adults who are suffering from chemical addictions, and gambling disorders.

The overall goal is to help achieve continuous sobriety. Every person is treated with dignity and respect.

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Joe P: “I was no longer capable of relationships. I was in a self-created prison constructed by years of alcohol abuse and drug addiction. Without the help and guidance of the people at Way Back Inn, I would not be here on this Earth today.”

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The Way Back Inn is licensed by the state of Illinois DHS-DASA and is C.A.R.F. accredited.

**CONTACT INFORMATION:**

Phone: 1-866-993-6503  
Phone: (708) 345-8422 ext.1 for intake  
Fax: (708) 344-2944  
wbi@waybackinn.org  
www.waybackinn.org

"REBUILDING BROKEN LIVES"

1-866-993-6503  
www.waybackinn.org
**HISTORY**

The Way Back Inn was founded in 1974 as a men’s residential chemical dependence facility. The Grateful House was founded in 1958 as one of the first women’s residential chemical dependence facility in the United States. In 2000 the Way Back Inn began the Gambling Disorder Program. The Way Back Inn and Grateful House merged in 2002.

**Funders**

The Way Back Inn is grateful for the support it receives from:

- Proviso Township Mental Health Commission
- Community Mental Health Board of Oak Park Township
- The Illinois Department of Human Services – Division of Alcoholism and Substance Abuse
- Westlake Health Foundation
- Community Memorial Foundation
- River Forest Township Mental Health Committee
- Edward Hines, Jr. VA Hospital
- Healthy Communities Foundation

**Way Back Inn Programs**

- Extended Residential Care
- Intensive Outpatient Program (with boarding optional)
- Recovery Homes
- Gambling Disorder Program
- Veterans Program
- Family Program
- Specialty Court Programs
- Polish Speaking Programs
- Anger Management Program
- Stress Management Group / Yoga
- Continuing Care Program

**Gambling Disorder Program**

- Outpatient
- Intensive outpatient
- Family sessions and Family Groups
- Recovery Home
- Gambling Anonymous meetings

**1-866-993-6503**

www.waybackinn.org

**THERAPY**

The Way Back Inn is committed to developing an individual treatment plan for each person. We utilize motivational interviewing and cognitive behavioral therapy, and use the cycle of change approach per the American Society of Addiction Medicine (ASAM). All therapeutic interventions, groups, and education use evidence-based best practices.

**MENTAL HEALTH TEAM**

The Way Back Inn staff have advanced degrees in mental health and addictions counseling. The staff participate in continuing education programs throughout the year, ensuring that the latest best practices are provided.

- Medical Director, Board Certified Psychiatrist
- Master Level Counselors
- Certified Alcohol, Drug and Gambling Disorder Counselors
- Registered Dietician, M.S.
KNOW THE WARNING SIGNS.

Gambling isn't always a problem. Gambling becomes a problem when it affects someone's wellbeing or it affects the people around them. Ask yourself the tough questions. Be honest with your answers.

☐ ARE YOU CONCERNED ABOUT HOW YOU OR YOUR LOVED ONE'S GAMBLING IS AFFECTING YOUR LIFE?

☐ DO YOU OR YOUR LOVED ONE'S MOOD CHANGE BASED ON GAMBLING RESULTS - WIN OR LOSE?

☐ IS IT HARD FOR YOU TO RESIST THE IMPULSE OF GAMBLING? DO YOU END UP SPENDING MORE AND MORE ON BETS THAN YOU MEANT TO?

☐ IS YOUR OR YOUR LOVED ONE'S GAMBLING CAUSING EMOTIONAL AND FINANCIAL ANXIETY AND STRESS FOR THE FAMILY?

☐ IS GAMBLING ADVERSELY AFFECTING YOUR MOOD, RELATIONSHIPS, WORK/STUDY, AND/OR FINANCIAL STABILITY?

MARY KNOWS THE FEELING

Mary's adult son was a compulsive poker player. For at least 3 years she enabled him, providing emotional and financial bailouts and keeping his "secrets" from other family members. She was chronically stressed out, feeling overwhelmed and hopeless that her son would never change and holding herself responsible for his choices. Find out what happened when Mary asked herself some tough questions and then reached out for help. weknowthefeeling.org/maryknows

FOR HELP, SUPPORT AND ADVICE ABOUT RESPONSIBLE GAMBLING, CALL OR TEXT US.

1.800.GAMBLER
OR TEXT ILGAMB TO 53342

#WEKNOWTHEFEELING | WEKNOWTHEFEELING.ORG

YOUR GUIDE TO RESPONSIBLE GAMBLING

WE KNOW THE FEELING.

GET THE HELP YOU NEED.

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Know the feeling.

It's that sinking feeling that you get when you know something's just not right. A nervousness that won't go away. Everybody feels it at some point in their life. Don't ignore the feeling.

Bill Knows the Feeling

Bill was married and had a young daughter and found himself hooked on fantasy sports betting. He used gambling as a way to cope with stress and to try to make more money for his family. Instead, his gambling began to cause more emotional and financial anxiety and stress. It affected the whole family. He was becoming something he didn't want to be. Find out what happened when Bill reached out for help at weknowthefeeling.org/billknows

Be Responsible

Is gambling concealing the real you? If you feel that you're losing yourself or a friend or loved one to gambling, call us today. Talk with responsible gambling experts who can help.

Not feeling like yourself? Get the help you need.

Know the Facts.

Gambling is more popular than ever. Problem gambling is a growing issue in the United States and around the world. You're not alone.

$17 Billion

The annual cost associated with gambling (crime, addiction and bankruptcy):

15% of Americans gamble at least once per week.

4% of adults display symptoms of problem gambling at any given time.

$59B The global online gambling market is forecasted to grow to more than $59 billion by 2020.

Problem gambling affects each generation differently. Youth risk developing a gambling problem at a rate of about two to three times that of adults, and approximately 6% of U.S. college students have a gambling problem.

Illinois Knows the Feeling

According to a National Survey of Problem Gambling Services, more than 2% of adults in Illinois demonstrated gambling disorders.

A 2017 WalletHub report on the most gambling addicted states ranks Illinois as the 18th highest. For the criteria 'Gambling Problem and Treatment' Illinois ranks 2nd. And maybe most alarming is that Illinois is at the top of the list for the most gambling related arrests per capita.

For help, support and advice about responsible gambling, call or text us.

1.800.GAMBLER

Or text ILGAMB to 53342

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