



WELLNESS SERVICES:

FOR MENTAL HEALTH AND SUBSTANCE USE



Community Mental Health Board
of Oak Park Township



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MISSION

The purpose of the Community Mental Health Board (CMHB) is to:

- enhance the mental health and developmental potential of Oak Park residents
- establish an appropriate continuum of community support service
- manage local resources in a fiscally responsible manner

WHO WE ARE

The Community Mental Health Board (CMHB) of Oak Park Township was created in 1973 through the passage of a township referendum which created a taxing body to serve as the Local Mental Health Authority (708 Board). The CMHB's authority is defined in Illinois statute 405ILCS 20/, and is charged with planning, developing, coordinating, evaluating, and funding services for persons with mental illnesses, alcohol or other drug dependence disorders, and developmental disabilities.

CONTACT US

Community Mental Health Board of Oak Park Township

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COLLABORATION FOR EARLY CHILDHOOD

123 Madison St #209
Oak Park, IL 60302
708.613.6122
www.collab4kids.org

The Collaboration works to overcome the shortage of services in the early childhood field by combining all of our community resources to better meet the needs of children and their families. Their key initiatives include the advancement of high-quality preschool for all children, professional development, parent information and support, and developmental screening. The Collaboration's parent information and support programs provide parents with tools, resources and connections to other parents to enable them to gain confidence and be successful. The Collaboration works to ensure that children receive periodic developmental screenings. Free, high-quality preschool experiences that support the development of the child are available to children that meet eligibility criteria in Oak Park and River Forest; these programs promote the success of children in school and in life.

OAK PARK RIVER FOREST INFANT WELFARE SOCIETY CHILDREN'S CLINIC

320 Lake Street
Oak Park, IL, 60302
708.848.0528
www.childrenscliniwiws.org

The OPRF IWS Children's Clinic provides quality, affordable pediatric, dental and behavioral health care services in an integrated medical home model, for children from birth through age 18. Additionally, social services and nutritional counseling are offered.

SERVICES

- **Parent Information and Support Programs** provide parents with tools, resources and connections to other parents to enable them to gain confidence and be successful.
- **Developmental Screening**
 - Works to ensure that all children birth to five receive periodic developmental screenings and that all children who need assessment and services access them.
 - Provides support to pediatric and family practice physicians and early childhood education and child care professionals to conduct developmental screenings of all children in their care.
- **Public Preschool in Oak Park**
Free, high-quality preschool experiences that support the development of the whole child are available to preschool age children that meet eligibility criteria in Oak Park and River Forest. These programs promote the success of children in school and in life.

SERVICES

- **Comprehensive Medical Services**
School Physical & Sports Examinations, Immunizations, Flu Shots, Sick Child Care Developmental & Social/Emotional Screening, Emotional & Behavioral Counseling, Weight Management Counseling, Health Education
- **Extensive Dental Services**
Oral Examinations, Cleanings Fluoride Varnish Treatments, Dental Sealants, Cavity Repair, Extractions, Root Canals and Pediatric Special Needs Dentistry for children with: behavioral health issues and complex medical conditions.
- **Behavioral Health Services**
Behavioral health screenings during all well-child visits, Short-term Intervention, Mental Health Assessments, Resources/Referrals, Case Management Assistance, Individual, Family & Group Therapy, Medication Monitoring

HEPHZIBAH

946 North Blvd • Oak Park, IL 60301 • 708.649.7100
www.hephzibahhome.org

Hephzibah offers a wide range of support and intervention services for families in crisis. These include family support services, family assessment services, intact family services, and family reunification services. Hephzibah's Family Services are designed to preserve the dignity of families while promoting personal growth, improved social skills, effective parenting, academic achievement and individual empowerment.



SERVICES

- **The Diagnostic Treatment Center at Hephzibah Home**
Abused and neglected children undergo a 90-day period of stabilization and evaluation, for children between the ages of 3 and 12.
- **The Residence at Hephzibah Home**
A longer-term therapeutic program for severely traumatized children who need more time to heal.
- **Foster Care**
Sometimes foster care is a temporary arrangement while parents and children receive the counseling, services and support they need to succeed as a family unit.
- **Day Care**
Day Care activities are designed to help school-age children achieve their full social, emotional and intellectual potential.
- **Family Services**
Hephzibah offers a wide range of support and intervention services for families in crisis. These include family support services, family assessment services, intact family services, and family reunification services.
- **Academic and Cultural Enrichment**
An intensive program for school-age children of reading clinics, after-school tutoring, educational partnerships, workshops in the arts and cultural

HOUSING FORWARD

1851 S. Ninth Avenue
Maywood, IL, 60153
708.338.1724
www.housingforward.org

Housing Forward provides emergency shelter services and meals, street outreach, case management, supportive housing, employment readiness, and emergency assistance.

NAMI

818 Harrison St.
Oak Park, IL, 60304
708.524.2582
info@namimetsub.org

NAMI is a grassroots family and consumer self-help support, education and advocacy organization dedicated to improving the lives of people with mental illness, their families and friends.



SERVICES

- **PADS Shelter (Sept-May) & Transitional Shelter (June-Sept)**
Emergency overnight shelter available to single individuals and families with children seven days a week.
- **Outreach and Engagement**
Provides basic needs (food, clothing, etc.), case management, assistance in the obtainment of income, and links to medical, mental health and addiction treatment services.
- **Supportive Services**
Receive assistance in case management, medical, obtaining housing, and obtaining income.
- **Supportive Housing**
Permanent Supportive Housing, VA Housing, and Rapid Re-Housing.
- **Prevail Employment Readiness**
Provides one-on-one or group-based case management to address barriers to employment.
- **Prevail Emergency Assistance**
Assists in receiving financial assistance, homeless prevention funding, non-rent emergency assistance, and finding a more appropriate housing option than the PADS Shelter.

SERVICES

- **Education Classes**
 - NAMI Basics: This is a 6 week course for parents and caregivers who have a child 18 years or younger affected by a brain disorder.
 - NAMI Family-To-Family: This class is for relatives and close friends of individuals living with mental illness. Participants learn about brain biology, mental illness facts, medication side effects, problems solving skills, support and self-care.
 - WRAP: This 8 week course is designed to help develop a personalized plan to manage symptoms and achieve recovery goals.
 - NAMI Peer-to-Peer: This 10 week course helps participants develop relapse prevention plans to help identify feelings, thoughts, behaviors or events that could lead to relapse.
- **Presentations**
 - NAMI provides custom presentations for schools, in-services, library, faith and community organizations.
- **Support Groups**
 - NAMI Connection: This support group for people living with mental illness allows participants to learn from each others' experiences, share coping strategies and offer each other support and encouragement.
 - NAMI Family Support Group: This support group is for relatives and others involved with individuals dealing with mental illness.
- **NAMI Drop In Center**
The Center provides an array of services for people living with mental illnesses. Activities include art therapy, life skills group, relationship group, songwriting, karaoke and computer instruction. The Center is open 7 days a week including holidays.

NEW MOMS

Chicago Location 5317 W. Chicago Ave. Chicago, IL 60651 773.252.3253 www.newmoms.org	Oak Park Location 405 S. Euclid Ave. Oak Park, IL 60302
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New Moms surrounds young moms experiencing poverty and homelessness with a selection of services that support their specific needs as they begin the journey of parenting. During this critical time in their children's development, young moms access resources to help them find safe housing, obtain gainful employment and develop the skills they need to build strong families – making a lasting impact on 2 generations as they are empowered to break the cycle of poverty.



SERVICES

- **Family Support Services**
 - Early Childhood Services*
Highly trained home visitors work with young moms during the critical years of their children's lives.
 - Promote safe, stimulating home environments.
 - Foster positive, language-rich relationships;
 - Ensure their families are connected to medical, dental and mental health care, and other supports
 - Doula Services*
Community-based doulas work with young pregnant women, providing education and support leading up to, during and after the birth of their child.
- **Transformation Housing**
40 young mothers and their children experiencing homelessness find comprehensive case management services, along with on-site education programs and employment resources, in our 2 year transitional housing program.
- **Workforce Development**
 - Equips young moms with the jobs skills they need in order to obtain and retain quality, permanent employment.
 - We offer a 12-week best-practices program combining classroom training with paid, hands-on work experience at our social enterprise, Bright Endeavors. Graduates from this program are on a steady path towards economic independence.

OAK PARK TOWNSHIP SENIOR SERVICES

130 S. Oak Park Avenue
Oak Park, IL, 60302
Phone: 708.383.8005

www.oakparktownship.org/departments/seniors

Oak Park Township assists residents by providing a variety of governmental services and resources, with a special emphasis on advocacy and partnerships in human services that benefit senior citizens.

SERVICES

• Transportation

Transportation services to residents 60 year and older and to persons with disabilities of any age. Service is provided curb-to-curb within Oak Park and River Forest, and all buses are equipped with lifts for full accessibility. Safe, reliable service can be arranged for any purpose.

• Meal Programs

- Senior Lunch Program: provides complete well-balanced meals, opportunity for social interaction, and educational programming. Lunch served daily at 11:00 a.m. 130 S. Oak Park Avenue, Oak Park
- Home Delivered Meal Program: provides nutritionally balanced meals to qualified homebound residents.
- Dine Out Program: provides seniors the opportunity to enjoy an affordable, well-balanced meal at specified local restaurants.

• Case Management

- Individualized service plan including assessment of need, planning of care, and coordination of services.
- Comprehensive care assessment examining the client's environmental, physical, cognitive, psychological and social well-being, as well as identifying existing support systems and coordinating with other professionals within the community, when needed.

- Chore Program
- Adult Protective Services
- Advanced Directives Clinic
- Affordable Wills
- Benefit Access
- Energy Assistance
- Senior Health Insurance Program
- Carrier Watch Program
- Caregiver Support Program
- Cooling and Warming Center

PCC WELLNESS

14 West Lake Street • Oak Park, IL, 60302 • 708.383.0113 • www.pccwellness.org

PCC Community Wellness Center is dedicated to providing quality, accessible and affordable primary health care and support services to resident of Chicago's Westside and near west suburbs. PCC's range of services and programs are broad, with an emphasis on comprehensive maternal and child health services. PCC accepts all patients regardless of their ability to pay for services. We accept major health plans, Medicaid/All Kids and Medicare, and we offer a sliding fee discount program based on total family income and size to individuals who lack health insurance. Spanish speaking medical and support staff are available at each PCC on-site.

SERVICES

• Primary Care Services

- Pediatric and adolescent health
- Women's health care
- Adult and senior health care
- Disease screening, prevention and treatment of illness
- Family planning (birth control)
- Management of chronic illnesses
- HIV testing and counseling

• Midwifery Services

- Prenatal care, labor, and postpartum care
- Well woman exams, pap tests, & STD testing
- Preconception care and counseling
- Family planning
- Breast exams and mammogram referrals
- Disease screening and prevention

• Birth Center at PCC

A home-like facility separate from the hospital where mothers can birth their babies.

• Oral Health Services

- Diagnostics, including x-rays
- Prevention
- Restorative procedures
- Endodontics
- Periodontal procedures
- Oral surgery

• Behavioral Health Services

- Individual, couple, and family counseling
- Psychiatric services & medication management
- Medication Assisted Treatment
- Chemical Dependency Clinic
- Parenting Support
- Support Groups
- Resource linkage

• Centering Pregnancy Program

Provides all the elements of typical prenatal care, delivered in a group setting, for 8-12 prenatal patients with due dates within the same month. In the group, pregnant women support and learn from each other and their health care providers, who respond to their unique needs.

• Reach Out & Read Program

A national literacy program that makes early literacy a part of pediatric primary care. Through PCC's Reach Out and Read program, every child age 6 months to 5 years of age receives a new developmentally appropriate book at each well-child check-up.

• PCC Austin Farm Stand

- Provides access to affordable, local, and organically grown produce
- Models urban agriculture and provides access to gardening space through an allotment program
- Engages the community in volunteer farming and educational workshops

• PCC Austin Farm

The farm showcases local and sustainable food production practices while providing training and employment opportunities for participants. Opportunities for purposeful physical activity on the farm unite with nutrition education, and building a foundation of wellbeing.

PILLARS

6 locations in the Western and Southwestern Suburbs • 708.745.5277
www.pillarscommunity.org

The main lines of service include Mental Health, Addictions, Domestic and Sexual Violence, Child and Family Services, and Community Housing; within those five lines of service are nearly 30 programs, to provide comprehensive care to our clients. If there is any service we can't provide in-house, staff will connect clients to the appropriate

SERVICES

• Mental Health

- Outpatient mental health
- Early childhood mental health
- Older adult mental health
- IPS Employment Services
- Crisis/SASS
- Individual Care Grant (ICG)
- Community Integrated Living Arrangement (CILA)
- Community Support Team
- Community Support-Individual
- Integrated Care Services (with Community Nurse Health Center and IWS Children's Clinic)
- Psychological Testing Services
- Community education and prevention

• Addiction

- Adult outpatient and intensive outpatient services
- Adolescent outpatient and intensive outpatient services
- DUI risk education

• Domestic and Sexual Violence

- Confidential, 24-hour domestic violence hotline: 708.485.5254
- Confidential, 24-hour sexual assault hotline: 708.482.9600
- Constance Morris House domestic violence shelter
- Individual and group counseling
- Legal and medical advocacy
- Links to ongoing support services such as emergency financial assistance and housing programs
- Community education and prevention

• Child and Family Services

- Head Start
- Early Head Start
- Day care
- Parenting support
- Buddy's Place childhood bereavement program

• Community housing

- La Grange Area Transitional Housing (LATH) to stabilize families at risk of homelessness by providing housing assistance and mentorship for up to two years

PRESENCE BEHAVIORAL HEALTH

1414 West Main Street • Melrose Park, IL 60164 • 708.410.0615
www.presencehealth.org

Presence Behavioral Health provides a continuum of community based clinical services on an outpatient basis to children, adolescents, adults and families dealing with emotional, behavioral and social problems. We offer comprehensive psychiatric and clinical care for individuals who suffer emotional distress or psychiatric disorders. Services include psychiatric evaluation and medication monitoring, individual and group therapy, individual and group counseling, case management, and parent education. To schedule an appointment for any service please call the intake department at 708-410-0615. Offices are located in Chicago, Melrose Park, Westchester, Aurora and Evanston. Services are available in English and Spanish.

SERVICES

• Mental Health Treatment for Adults, Teens and Children

- Individual, group, and family therapy/counseling onsite and within the community

• Psychosocial Rehab Day Program (PSR)

- Day program provides structure and routine for clients that suffer from severe mental illness and or dual diagnosis. Open Monday thru Friday 9 a.m.-2 p.m.

• Psychiatric Services for Adults, Teens, and Children

- Evaluations and ongoing Medication Management services
- Telepsychiatry

• Parenting classes

- 12 week educational group

• Residential Program for Adults

- Short term, long term, and transitional housing

• Crisis services

- 24 hour crisis intervention and psychiatric pre-screening
- 708.681.HELP(708.681.4357)

• Substance Abuse Treatment for Adults and Adolescents

- Medication Assisted Recovery, Intensive Outpatient treatment, Outpatient therapy

• DUI Services

• Anger Management for Adults and Adolescents

• Partner Abuse Intervention for Males and Females

• Westchester Drop-In Center

- Peer led support program, open daily

• Strengthening Families Program

- A family skills training program for the entire family that has been found to significantly reduce problem behaviors in children, improve school performance, reduce delinquency and alcohol and drug use in teens. Families meet for 2-hour sessions that begin with a family meal. Lessons include communication skills, effective discipline, and reinforcing positive behaviors.

ROSECRANCE

120 South Marion St. • Oak Park, IL 60302

Visit the website at www.rosecrance.org or call the 24 hour access line at 815-391-1000 for more information.

Rosecrance offers comprehensive addiction services for adolescents and adults, including prevention, intervention, detoxification, inpatient and outpatient treatment, experiential therapies, dual-diagnosis care and family education in more than 40 locations. Rosecrance also offers free confidential drug and alcohol evaluations and offers help to individuals and families who need assistance finding resources.

SERVICES

• Teen substance abuse

- Medically Monitored Detoxification
- Residential Treatment
- Partial Hospitalization
- Intensive Outpatient Treatment
- Recovery Homes
- Prevention and early intervention services
- Urine drug screenings are offered for a fee with assessment

• Adult substance abuse

- Specialized programming for young adults, veterans, firefighters and police offers, women, older adults and those with opioid use disorders
- Detoxification
- Residential Inpatient
- Partial Hospitalization
- Intensive Outpatient Treatment
- Recovery Homes

• Adult mental health

- Crisis Residential
- Rosecrance Triage Program
- Pre-Admission Screening (PAS)
- Crusader Community Health Partnership (off-site)
- Psychiatric Services
- Homeless Mental Health Access Program
- Projects for Assistance in Transition from Homelessness (PATH)

SARAH'S INN

309 Harrison St.
Oak Park, IL 60304
708.386.3305

24-hour Crisis Line: 708.386.4225
www.sarahsinn.org

Sarah's Inn focuses on ending relationship violence through domestic violence crisis intervention, community education, and violence prevention programs for youth and adults.

We believe in hopeful futures for survivors of domestic violence through the strength that comes from a networked and supportive community.

SERVICES

• Support and Crisis Intervention

- 24-hour crisis line
- Legal advocacy
- Support groups
- Counseling
- Partner Abuse Intervention Program (PAIP)

• Violence Prevention

The Together Strong Project targets adolescents ages 10 - 18 through school-based violence prevention education programming to engage youth to pursue non-violence and cultivate healthy relationships throughout their lives, and give them the tools and resources to seek help if they are a victim of violence or abuse.

• Community Education

Through professional and community stakeholder education, we work to create a network of skilled advocates on behalf domestic violence survivors to ensure access to resources and services.

SMART LOVE

610 S. Maple Ave #5601 • Oak Park, IL 60304 • 773.665.8052 ext. 4
www.smartlovefamily.org

Smart Love Family Services provides counseling, testing and evaluations, and parenting services to the Oak Park community and surrounding areas. Our gentle and effective counseling for children, adolescents, parents, families and adults is based on the latest knowledge of human development. We help children and adults of all ages and with a wide range of issues achieve a greater sense of inner well-being, happiness and fulfillment. Our testing and evaluation services assess many concerns including ASD, ADHD, and learning disabilities. We offer parenting seminars, parent coaching, and parent groups designed to help parents discover an alternative method to parenting that does not rely on hard discipline or soft permissiveness. The Smart Love® parenting approach allows parents to focus on the long-term goal of parenting: to raise children to become happy, secure, and successful adults who make healthy choices on their own.

SERVICES

• Counseling

- Child and adolescent therapy
- Couples therapy
- Diagnostic evaluations
- Individual adult therapy
- Parent counseling
- Play therapy
- Psychological and neuropsychological testing
- Child & adolescent groups
- Counseling services for children with Autism

• Parenting programs

- Parent coaching and consulting
- Seminars
- Support & discussion groups

STRIVE FOR SUCCESS / TASC

224.423.4588 • 312.927.1546 • www.cmhb.networkofcare.org

Strive for Success is a care coordination program for families in the Oak Park area. Strive for Success works with families in the minority population whose children grades K - 12 are in need of support with academics, social and/or emotional concerns. We are advocates and care coordinators for our families, helping men, women, and children get the help they need to be successful in the community.

SERVICES

• Care Coordination

- Provide support to families in need of services for the family
- Meet in the community
- Individualized service plan including assessment of need, planning of care, and linkage and coordination of services.
- Comprehensive care assessment examining the client's environmental, physical, cognitive, psychological and social well-being, as well as identifying existing support systems and coordinating with other professionals within the community, when needed.
- funding assistance available based on criteria

THRIVE

120 S Marion St • Oak Park, IL 60302
708.383.7500 • www.thrivecc.org

Thrive Counseling Center's mission is to build healthy minds, families, and communities by empowering people to attain mental and emotional well-being. Thrive offers a respectful and compassionate, multicultural counseling staff that has advanced training in the field with specialties in a variety of different areas.

WAY BACK INN

104 Oak Street
Maywood, IL 60153
708.345.8422
www.thewaybackinn.org

The Way Back Inn and Grateful House serves adult men and women who are suffering from alcohol, drug, and gambling dependence. Our overall goal is to help clients achieve continuous sobriety.



SERVICES

• Counseling services

- Individual counseling for youth and adults
- Marriage or couples counseling
- Family counseling
- Group counseling
- Older adult counseling (in-home services available)

• Psychiatric services

- Psychiatric assessment and diagnosis
- Medication management

• 24/7 crisis team

- Provides intervention
- Restores functioning
- Stabilizes a mental health crisis including
- Suicidal thinking, intentions, gestures
- Psychotic episodes
- Other behavior that seems out of control or irrational

• Psychosocial Rehabilitation Program (Group Offerings)

- Creative coping
- Stress management
- Feedback and support
- Goals group
- Relationships
- Skills for life
- Relapse prevention
- Healthy self-concept

• Youth and family services

- Individual child, adolescent, and adult therapy
- Intervention with youth/family crises
- Prevention/early-intervention efforts in the schools
- Sibshop Groups

SERVICES

• Adult (18+) Women's and Men's Recovery

- Weekly treatment program
- Group therapy and individual counseling
- Family group
- Stress management
- 12 step meetings
- After care

• Gambling Disorder Programs

- Compulsive gambling program
- Outpatient treatment program
- Group Therapy & Individual Counseling
- Family Group
- 12 Step meetings
- Gamblers Anonymous (GA) meeting

Additional services for Veterans, Military, and Polish Speaking available.

The Way Back Inn is licensed by the State of Illinois Division of Alcohol and Substance Abuse.

Accredited by CARF International.

Alcoholic Anonymous AA meetings and Gamblers Anonymous GA meetings available.

YEMBA

1106-1110 Madison St. • Oak Park, IL 60302 • 2nd Floor • 773.842.5022
www.yemba-inc.org

Our program is designed to provide valuable life skills through mentoring, that will assist in the social and emotional development of the youth we serve. Our mission is to offer knowledge and support, helping them to develop mentally, physically, and spiritually, and progress towards a path of success. In addition to a focused Life Skills curriculum, we support our mentees academically with homework assistance, and physically through athletic workshops.

SERVICES

• Mentoring Empowerment Program

Group or 1 on 1 mentoring program, where we utilize a focused curriculum, to teach youth valuable skills such as leadership, goal setting, communication, and financial literacy.

In addition to instruction, our mentoring sessions consist of:

- Homework Help

We stress the importance of academics and support our mentees by assisting with homework/projects and identifying areas for enhanced academic support.

- Basketball Workshops

Provides exercise and improved sports skills, while also emphasizing important characteristics like teamwork, conflict resolution, and effective communication.

• Mentoring Empowerment Training

Provides professional development and training for those who are or would like to work with youth in a mentoring capacity.

- Mentors

Adults engaged in providing mentoring services to middle and high school aged youth

- Jr. Mentors

High School seniors and juniors engaged in providing peer mentoring services to middle school aged youth

The HUB is dedicated to connecting community members to quality care and services, and helping providers to deliver competent, compassionate, and efficient care. Regardless of where you begin in your search for assistance, The HUB helps you find what you need, and allows providers to deliver services tailored to you and your needs.

Find services for:

- Food and Goods:
- Housing
- Transit
- Health
- Care
- Money
- Education and Work
- Legal
- Seniors
- ID/DD



**Community Mental
Health Board**
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