

RESOURCE GUIDE

**Mental Health and
Intellectual/Developmental Disability
Services**



RIVER FOREST TOWNSHIP

Caring | Connection | Community

The Resource Guide to Mental Health and Intellectual/ Developmental Disability Services was created to help River Forest residents find the community resources, services, and programs they need to address behavioral health challenges, substance use issues, and intellectual/developmental disabilities.

River Forest Township provides funding for a wide range of services and programs for children, adolescents, adults, and families, to ensure that residents have access to vital supports through respected service providers, support groups and advocacy organizations. These services can improve health and quality of life and promote independence and well-being.

This guide includes those organizations which have been selected to receive River Forest Township funding through a formal grant application process. Additional resources located in Chicago and the western suburbs are also listed.

The River Forest Township Board of Trustees and the River Forest Township Mental Health Committee invite your input on community service needs and providers.

For more information, please visit www.riverforesttownship.org.

Please note that River Forest Township does not fund every program and agency listed in this Resource Guide and cannot be responsible for information on agencies' websites.



RIVER FOREST TOWNSHIP

Caring | Connection | Community

River Forest Township
8020 Madison Street, River Forest, IL 60305

Carla Sloan, Township Supervisor

708-366-2029 x11

supervisor@riverforesttownship.org

Sarah Schwarting, Mental Health Administrator

River Forest Township Mental Health Committee

708-366-2029 x14

sschwarting.rftownship@gmail.com

 RiverForestTownship.org

 facebook.com/RiverForestTownship

 linkedin.com/company/riverforesttownship

 instagram.com/riverforesttownship

Behavioral Health Organizations

Includes Substance Use Disorder and Other Addictions

Ascension Illinois Community Mental Health Center

1414 Main Street, Melrose Park, IL 60160

708-410-0615

www.healthcare.ascension.org

Serving children, adolescents, adults, and families.

Individual, group and family therapy + Psychosocial rehab (PSR) day program +
Psychiatric evaluations + Medication management + Telepsychiatry
+ Short-term, long-term and transitional housing + Crisis services +
Substance abuse treatment + DUI program + Anger management treatment +
Partner abuse intervention + Westchester Drop-In Center +
Strengthening Families Program

Catholic Charities of the Archdiocese of Chicago

721 N LaSalle Street, Chicago, IL 60654

312-655-7700

www.catholiccharities.net

Serving children, adolescents, adults, families, and seniors.

Homelessness prevention + Crisis assistance + Food and basic needs
+ Family support + Domestic violence support +
Immigration and refugee support + Behavioral health
+ Senior case and service coordination + Youth engagement

Hartgrove Behavioral Health System

Oak Park Counseling Center (outpatient)

101 Madison Street, Oak Park, IL 60302

708-859-8004

www.hartgrovehospital.com

Serving adults and families.

Individual therapy + Couples and family therapy + Group therapy
+ Psychiatric evaluation + Med management

Hephzibah Children's Association

946 North Blvd, Oak Park, IL 60301

708-649-7100

www.hephzibahhome.org

Serving children and families.

Hephzibah Home/children's home with intensive therapeutic care
+ Intact family services + Foster care + Day care + Sibling camp

Housing Forward*

1851 S. 9th Avenue, Maywood, IL 60153
708-338-1724
Suburban Call Center: 877-426-6515
www.housingforward.org

**housing
FORWARD**

Serving adults and families who are homeless or at risk of homelessness.

Emergency overnight shelter + Housing + Interim housing + Medical respite
+ Street outreach + Prevention + Wrap-around services + Case management +
Long-term rental assistance + Transition age housing and services (*aged 18-24*)

Howard Brown Health

Various Chicago locations
773-388-1600
www.howardbrown.org

Serving the LGBTQ+ community and their allies.

Counseling + Group therapy + Psychiatry + Smoking cessation
+ Substance use and recovery + Support groups +
Education of healthcare providers + Enhance access to health care
+ Patient and legislative advocacy

Lutheran Child and Family Services of Illinois

One Oakbrook Terrace, Suite 501,
Oakbrook Terrace, IL 60181
800-363-5237 helpline
www.lcfs.org

Serving children, adolescents, and families.

Adoption + Birth parent services + Camps + Counseling
+ Extended family support + Foster care + Intact family services +
Adolescent center + Youth services

National Alliance on

Mental Illness (NAMI) Metro Suburban*

814 Harrison Street, Oak Park, IL 60304
708-524-2582
www.namimetsub.org

 **NAMI** | Metro
Suburban

Serving adolescents, adults, families

Recovery program + Family educational services + Peer support
+ Family and other support groups + Community education +
Teen programs + Living Room crisis centers + Drop-in program
+ Information and advocacy

Living Room: 1917 Roosevelt Rd., Broadview

Living Room: 4731 Willow Springs Rd., LaGrange

Living Room: 7604 63rd St., Summit (*bilingual Spanish/English*)

Living Room shared helpline: 708-524-2582

The LOFT at 8 Corners for teens: 9049 Monroe St., Brookfield, IL 708-883-3300

New Moms

206 Chicago Avenue, Oak Park, IL 60302
773-252-3253
www.newmoms.org

Serving young moms aged 24 and under and their children.

Pregnancy/parenting/family support + Job training + Supportive housing
+ Academic coaching + Executive skills coaching

Oak Park River Forest Infant Welfare Society*

28 Madison Street, Oak Park, IL 60302
708-848-0528
www.childrenscliniciws.org



Serving children and young adults through age 21.

Pediatric medical and dental services + Behavioral health + Case management
+ Community outreach (*portable dentistry/nutrition presentations*)

PCC Wellness

Admin Office: 14 Lake Street, Oak Park, IL 60302
708-383-0113
14 health centers in near western suburbs
and west/northwest Chicago
www.pccwellness.org

Serving adults.

Behavioral health consult + Substance use treatment + Medication management
+ Parenting support + Prenatal substance use disorder services + Support groups

Pillars Community Health

6918 Windsor Avenue, Berwyn, IL 60402
708-745-5277
24-hour domestic violence hotline: 708-485-5254
24-hour sexual assault hotline: 708-482-9600
www.pillarscommunity.org

Serving children, adults, and families.

Health Center (*dental, medical, behavioral*) + Outpatient mental health services +
Substance use services + Crisis response + Grief support + Community support
+ Employment services + Family support + Domestic violence services +
Sexual assault services + Prevention and outreach

* Agency funded by grant from River Forest Township

Riveredge Hospital

8311 Roosevelt Road, Forest Park, IL 60130

708-771-7000

www.riveredgehospital.com

Serving children, adolescents, adults.

Child and adolescent inpatient services + child and adolescent partial hospital program (PHP) + Intensive outpatient program (IOP) for adolescents and adults + Child and adolescent outpatient program + Specialized inpatient program for adults with intellectual/developmental disabilities + Adult co-existing disorders treatment + Med management + Telehealth + Support groups

Rosecrance

Main office: 3815 S. Harrison Avenue, Rockford, IL 61108

Multiple locations in Chicagoland and the Rockford area

866-841-8889 helpline

www.rosecrancerecovery.com

Serving teens and adults seeking substance addiction recovery.

Individual counseling + Intervention + Resident services + Intensive outpatient + Recovery living + Family education + Dual diagnosis treatment + Partial hospitalization

Sarah's Inn*

1547 Circle Avenue, Forest Park, IL 60130

708-386-3305

24-hour text crisis line 708-669-6149

24-hour crisis line 708-386-4225

www.sarahsinn.org



sarah's inn
together strong

Serving children, adolescents, families, and adults affected by domestic violence.

Holistic intervention services + Education and outreach to schools and community + Legal advocacy + Prevention training + Crisis intervention + Case management

Senior Services of Oak Park and River Forest Townships*

130 S. Oak Park Avenue

Oak Park, IL 60302

708-383-8060

www.riverforesttownship.org

www.oakparktownship.org



OAK PARK
TOWNSHIP



RIVER FOREST
TOWNSHIP

Serving Oak Park and River Forest older adults aged 60+ and those with disabilities.

Behavioral health-related programs: Case management + Caregiver support + PEARLS in-home mental health program + Memory Café (*dementia*) + Adult Protective Services + Information and referrals + Lunch-time programs

Smart Love Family Services

1010 Lake Street, Suite 500, Oak Park, IL 60301
773-665-8052 ext. 4
www.smartlovefamily.org

Serving children, adolescents, adults, and families.

Child and adolescent therapy + Adult therapy + Family and parent counseling
+ Couples counseling + Preschool + Assessments + Parent education and coaching
+ Professional development + Therapeutic tutoring

Thresholds

4101 N Ravenswood, Chicago, IL 60613
773-572-5500
www.thresholds.org

Serving adolescents, adults, families, and young mothers and their children.

Substance use treatment + Psychiatric care + Integrated primary and behavioral health care + Transitional services + Peer services + Crisis response
+ Veterans services + Deaf program + Mental health advocacy + Housing + Case management + Supported employment

Thrive Counseling Center*

120 S. Marion Street, Oak Park, IL 60302
708-383-7500
www.thrivecc.org



Serving children, adolescents, and adults.

24/7 Crisis team + Individual counseling youth 6-17 and adults 18+
+ Family, group, and couples counseling + Adult and youth support groups + Suicide prevention outreach and education + Psychiatric services + Trauma clinic for adults + Client advocacy + SibShops program + Thrive Talk speaker series

Youth and Family Services of Oak Park and River Forest Townships*

105 S. Oak Park Avenue
Oak Park, IL 60302
708-383-8005
www.riverforesttownship.org
www.oakpartktownship.org



Serving Oak Park and River Forest youth and families.

Family-focused intervention + Youth Engagement Program + Youth prevention services + Girls on the Rise + Community Justice program
+ Scholarships + Contracted programs + Hygiene closet

Way Back Inn*

104 Oak Street, Maywood IL 60153
708-345-8422
www.waybackinn.org



Serving adults.

Substance and gambling assessment and treatment
+ Residential extended care (*multiple sites*) + Outpatient treatment + 12-step peer support groups for alcohol, drugs, gambling
+ Family and group psychoeducation

* Agency funded by grant from River Forest Township

Intellectual/Developmental Disability (I/DD) Organizations

The Arc of Illinois

9980 190th Street, Suite C, Mokena, IL 60423
815-464-1832
www.thearcofil.org

Serving children, families, and adults.

Illinois Life Span + LIGAS family advocate program + Family Support Network
+ Family Transition Project + Operation Welcome Home +
Family to Family Health Information Center + Public policy and advocacy
+ Going Home Coalition + Assistive technology fund + Training

Aspire Chicago

1815 S Wolf Road, Hillside, IL 60162
708-236-0979
www.aspirechicago.com

Serving adults.

Community homes + Independent living + Life enrichment + Behavioral therapy
+ Virtual life coaching + Job training + Career support

Autism Resource Center at Rush University Medical Center

1645 W. Jackson Blvd., Suite 600, Chicago, IL 60612
312-563-2272
www.rush.edu/services/autism-care

Serving children and families.

Diagnostic care + Child & family therapy + Adult or teen therapy + Social skills groups
+ Medication management + School consultation + Couples therapy + Research

Community Support Services*

9021 Ogden Avenue, Brookfield, IL 60513
708-354-4547
www.cssservices.org



Serving children, families and adults.

Respite services + Residential and independent living + Supported employment
+ Community 360 Day Program + CSS Academy Programs +
Professional training programs + Home-based support services + Case management

Easter Seals of Metropolitan Chicago

1939 W. 13th Street, Suite 300, Chicago, IL 60608
312-491-4110
www.eastersealschicago.org

Easter Seals of DuPage

830 S. Addison Avenue, Villa Park, IL 60181
630-620-4433
www.easterseals.com/dfv

Serving children, young adults, and families.

Early intervention (*services for birth-3 years*) + Child and family counseling
+ Easter Seals Academy + Family support services + Head Start and
Early Head Start + Teen family support + Autism Program/Autism social skills group

Helping Hand Center

9649 W. 55th Street, Countryside, IL 60525
708-352-3580
www.hhrehab-il.org

Serving children, families and adults.

Adult programs + Day center Programs + Helping Hand School
+ Outpatient program + Residential program/CILAs + Employment services

L'Arche Chicago

7313 Madison Street, Forest Park, IL 60130
708-660-1600
www.larchechicago.org

Serving adults.

Community integrated homes + Live-in staff model of care
+ Personalized health care + Community of faith + Neighborhood integration

Misericordia

6300 N. Ridge Road, Chicago, IL 60660
773-273-2038
www.misericordia.com

Serving children, young adults, and adults.

Outreach + Continuum of care + Residential services including on-campus group
homes, apartments, skilled nursing care, community homes + Employment services
+ Education + Nutrition and fitness + Spirituality + Social and recreational activities
+ Therapeutic services + Behavioral support services

Oak Leyden Developmental Services*

411 Chicago Avenue, Oak Park, IL 60302
708-524-1050
www.oak-leyden.org



Serving children, families and adults.

Speech services referral + Drop-in days + Early intervention (*services for birth-5 years*)
+ Evaluations and screenings + Therapy services + Community living + Lifelong
learning + Supported employment + Connecting with families + Parent resources

* Agency funded by grant from River Forest Township

Opportunity Knocks*

8020 Madison Street, River Forest, IL 60305
708-771-6159 ext. 204
www.opportunityknocksnow.org



Serving young adults aged 14.5 years and up.

Wellness + Vocation skills and training + Life skills
+ Leadership/peer-led planning + Recreation + Community communication +
Self-exploration + Social skills + Day program + After-School program

Parents Allied with Children and Teachers for Tomorrow (PACTT)

PACTT Learning Center
7101 N. Greenview Avenue, Chicago, IL 60626
773-338-9102
www.pactt.org

Serving children, young adults, and adults.

Therapeutic day school + Therapeutic residential ages 7-22
+ Adult residential/CILAs + Transition programs + Vocational and training +
Community involvement + Leisure skill development

Progress Center for Independent Living*

7521 Madison Street, Forest Park, IL 60130
708-209-1500
www.progresscil.org



Serving young adults, and adults.

Information and referral services + Advocacy + Independent living skills
+ Peer counseling + Personal assistance + Drop-in Center + Community education

Ray Graham Association

901 Warrenville Road, Lisle, IL 60532
630-620-2222
www.raygraham.org

Serving children, families and adults.

Residential/CILAs + Life Skills + Monarch Academy + Employment
+ Recreational + Community learning + Family support + Home-based services +
Speaker series + Therapeutic horsemanship

Suburban Access

900 Maple Avenue, Homewood, IL 60430
708-799-9190

Serving children, families and adults.

Case management + Screenings + Support and advocacy + Service coordination
+ Service plan development + PUNS list enrollment + Referral services

**United Cerebral Palsy (UCP) Seguin
of Greater Chicago***

3100 S. Central Avenue, Cicero, IL 60804
708-863-3803
www.ucpseguin.org



Serving children, young adults, and adults.

Community employment + Respite + Developmental life skills
+ Residential/CILAs + Accessibility Services + Technology Services +
In-home support services + Transition planning + Enterprise and entrepreneurship
+ Children's foster care program + Palliative care

West Suburban Special Recreation Association (WSSRA)

2915 Maple Street, Franklin Park, IL 60131
847-455-2100
www.wssra.net

Serving children, young adults, and adults.

After school and weekend recreation programs + School holiday programs
+ Summer day camp + Inclusion services + Imaginarium sensory room +
Special Olympics + Lekotek (*resource center and play library*) + Transportation



* Agency funded by grant from River Forest Township

Support, Resources, Information, and Advocacy

988 (Suicide and Crisis Lifeline)

Call or text 988

Chat 988lifeline.org/chat

Serving everyone.

+ 24/7 Suicide and crisis support line staffed by trained crisis counselors

211 Metro Chicago (Resource Helpline)

Call 211

Serving all Cook County residents.

+ 24/7 Resource line connecting people with health and social services

Al-Anon Family Groups

888-4AL-ANON (888-425-2666)

www.al-anon.org

Serving families and friends of alcoholics.

Alcoholics Anonymous

www.aa.org

www.chicagoaa.org

Serving those who want to do something about their drinking problem.

Depression and Bipolar Support Alliance (DBSA)

800-826-3632

www.dbsalliance.org

Serving young adults and adults with depression and bipolar disorder.

District 200 Wellness Collaborative

Oak Park and River Forest High School

708-366-2029 ext. 11

www.riverforesttownship.org

Serving parents and students of OPRF High School and River Forest & Oak Park middle schools.

+ Parent Universities provide information and resources to parents related to mental health and wellness.

Equip for Equality

312-341-0022

www.equipforequality.org

Serving people with disabilities in Illinois.

Family Resource Center on Disabilities

312-939-3513

www.frcd.org

*Serving parents of children with disabilities
in 8 Illinois/Chicagoland counties.*

FRED Parent Support Group*

fredparents@gmail.com

www.fredparentsupportgroup.com

*Serving parents and caregivers of children, teens
and young adults with mental illness, in the
River Forest/Oak Park area.*

+ Local support group led by trained parent leaders
and expert speakers



FRED

PARENT SUPPORT GROUP

Gamblers Anonymous

855-2CALLGA (855-222-5542) Chicago helpline

www.gamblersanonymous.org

Serving adults who desire to stop gambling.

Great Lakes ADA Center

University of IL at Chicago (UIC)

800-949-4232

www.adagreatlakes.org

*Serving those seeking to comply with the Americans
with Disabilities Act, in Illinois and 5 surrounding states.*

Illinois Disability Rights Bureau

312-814-5684 (helpline)

www.illinoisattorneygeneral.gov/rights-of-the-people/disability-rights/

Serving Illinois residents with disabilities.

Institute on Public Policy for People with Disabilities

www.instituteonline.org

*Serving adults with intellectual/developmental disabilities,
human service organizations and direct service providers.*

Live4Lali

844-LV4-LALI (584-5254)

Helpline: 844-584-5254 x812

www.live4ali.org

*Serving individuals and families with substance use disorders,
plus professionals and law enforcement.*

* Agency funded by grant from River Forest Township

LOSS
(Loving Outreach to Survivors of Suicide)*

Catholic Charities
312-655-7283
www.catholiccharities.net/loss



Local LOSS group for adults aged 18+:
River Forest Township, 8020 Madison Street, River Forest, IL 60305
(Meets 3rd Monday evenings; 312-655-7283)

Serving children and adolescents, adults aged 18+, and families who have lost loved ones to suicide.

+ Non-denominational counseling and grief support program run by Catholic Charities

Safe2Help Illinois

844-4-SAFEIL (844-4-723345)
www.Safe2helpIL.com

Serving school-aged children and teens in Illinois.

SAMHSA's National Helpline

(Substance Abuse and Mental Health
Services Administration, Dept of HHS)
800-662-HELP (4357)
www.samhsa.gov/find-help/national-helpline

Serving individuals and families facing mental health and/or substance use disorders.

Sibshops*

Thrive Counseling Center
120 S. Marion Street, Oak Park, IL 60302
708-383-7500
www.thrivecc.org/services/group-services
(Meets on scheduled Saturdays)



NATIONAL PROGRAM:

www.siblingsupport.org

Serving siblings of people with developmental, health and mental health challenges.

LOCAL PROGRAM: in-person support group for school-age siblings

NATIONAL PROGRAM: online support groups for teen and adult siblings

SPANS

(Supporting Parents to Access and Navigate Services)
University of Illinois/Urbana-Champaign
217-300-1226

Serving parents of 3–5-year-olds with autism, residing in Cook County.

STAR NET Region II

www.starnetregionii.org
224-366-8579

Serving early childhood education professionals and parents of young children with special needs, in North and West Cook County and surrounding counties.

Support4U*

844-670-5838

*Serving middle school and high school students
in River Forest and Oak Park.*

24/7 anonymous texting program, staffed by licensed clinicians

+ Roosevelt Middle School students text SAFE +

OPRF High School students text CARE



The Trevor Project

866-488-7386 helpline

www.thetrevorproject.org

Serving LGBTQ youth aged 13-24.

* Agency funded by grant from River Forest Township

River Forest Township funds and directs essential human services for:

- seniors
- youth & families
- those with mental health needs or developmental disabilities
- those with financial need

In addition, the Township Assessor's Office assists River Forest property owners with property tax information, appeals, and exemptions.

The Township ensures that funds are specifically set aside for human services and assessor services. Just 1% of your property tax bill supports River Forest Township, with 75% of expenses supporting programs.

To learn more, sign up to receive Township Newsletters by email!

- **Assessor Updates** - news about property taxes, dates, and deadlines
- **Township Senior News** - monthly email for River Forest older adults
- **Community Connect** - resource for older adults in RF, OP, Austin and neighboring communities
- **General Township News** - updates about Township events and services



Scan the QR code

Use the following link: <https://bit.ly/RFT-signup>, or

Contact the Township Clerk at

clerk@riverforesttownship.org or 708-366-2029 x12.



RIVER FOREST
TOWNSHIP

Caring | Connection | Community

River Forest Township

8020 Madison Street
River Forest, IL 60305
708-366-2029

Stay connected

RiverForestTownship.org
facebook.com/RiverForestTownship
linkedin.com/company/riverforesttownship
instagram.com/riverforesttownship

PRSR STD
US POSTAGE
PAID
RESCIGNO'S MARKETING
CONNECTIONS

*****ECRWSS*****

Local
Postal Customer