

SUNSHINE FROM DARKNESS



MENTAL ILLNESS AWARENESS OCTOBER 2005

Artist: **Rodger Casler**
"Sorrow & History"

All his and our breath of mortality, if anyone,
Purified by an Untransmitted Substance (said from Wyatt Labrousse)
Mental: The Sacred Heart (Research Association) was Purified by the
National Alliance to the Mentally Ill, the Depression and Bipolar Support Alliance
and the National Mental Health Association
7-800-987-7686 • 718-831-5433 • www.mentalhealth.org



SILVER RIBBON™ CAMPAIGN FOR THE BRAIN

The silver ribbon has been registered by the U.S. Trademark Office for promoting public awareness of the need for support of people with brain disorders and disabilities. We are now to help those across the barriers to treatment and recovery. To help promote the program, please make your contribution to silver ribbon below. To learn more, visit www.SilverRibbon.org.

River Forest Township
and

Community Mental Health Board
of Oak Park Township

Behavioral Health and Developmental Disability
Resource Directory



River Forest Township

June 2009



Community Mental Health Board
of Oak Park Township

EMERGENCY

911

HOTLINES/CRISIS LINES

Available 24 hours/day, 7 days/week

CHILDHELP NATIONAL CHILD ABUSE HOTLINE (800) 422-4453
TDD (800) 222-4453
www.childhelp.org

Staffed with professional crisis counselors. Offers crisis intervention, information, literature and referrals to emergency, social service and support resources.

DCFS CHILD ABUSE HOTLINE (800) 252-2873
Out-of-state calls (217) 785-4020
TTY (800) 358-5117

Hotline to report abuse/neglect of children. www.state.il.us/dcfs

**THRIVE COUNSELING CENTER (formerly
FAMILY SERVICE & MENTAL HEALTH CENTER OF
OAK PARK/RIVER FOREST)** (708) 383-7500
Crisis intervention www.thrivecc.org

ILLINOIS DEPT. ON AGING AND ABUSE HOTLINE Mon.-Fri., 8:30 a.m. - 5 p.m. (800) 252-8966
Weekend and after 5 p.m. (800) 279-0400
TTY (888) 206-1327
www.state.il.us/aging

Information on elder services in IL, elder abuse reporting.

NATIONAL RUNAWAY SWITCHBOARD (800) 786-2929
www.1800runaway.org
Year-round confidential crisis intervention service for teens and families.

NATIONAL SUICIDE PREVENTION LIFELINE (800) 273-8255
TTY (800) 799-4889
www.suicidepreventionlifeline.org

Suicide prevention service staffed by trained counselors; free and confidential.

**PROCARE (RESURRECTION
BEHAVIORAL HEALTH)** (708) 681-4357
Crisis intervention

SARAH'S INN (708) 386-4225
Crisis intervention for domestic violence. www.sarahsinn.org

**SUICIDE HOTLINE-NORTHWESTERN
MEMORIAL HOSPITAL** (312) 926-8100
www.nmh.org
Suicide prevention.

River Forest Township
and
Community Mental Health Board
of Oak Park Township
Behavioral Health and Developmental Disability
Resource Directory

River Forest Township
8020 W. Madison
River Forest, IL 60305
(708) 771-6159 Ext: 234
Email: arudner@riverforesttownship.org

Community Mental Health Board of Oak Park Township
1100 W. Lake Street, Suite LL30
Oak Park, IL 60301
(708) 358-8855
Fax: (708) 358-8866
Email: cmhb@cmhb-oakpark.org

Dear Oak Park & River Forest Resident:

The River Forest Township and the Community Mental Health Board (CMHB) of Oak Park Township are proud to bring you this Behavioral Health and Developmental Disability Resource Directory. We have compiled this guide because we want to provide you with resources that may help you with behavioral health and developmental disability issues that arise. An additional on-line resource coming in July 2009 is the Community Mental Health Board of Oak Park Township's Network of Care. Please visit it at www.cmhb.networkofcare.org. Whether you're coping with mental health problems, substance abuse or other addictions, developmental disabilities, domestic violence, or any other related issues, there is help available. Please share this directory and the website with friends and members of your household.

While we do provide funding for some of the resources listed in this directory, we are not endorsing any particular agency over another. Inclusion or exclusion in this directory is not an indication of the quality of service offered by the agency. You must determine which service best meets your needs.

We'd like to express our thanks to Andrea Ravin for donating her time to compile this directory. We'd also like to acknowledge NARSAD Artworks for the use of the artwork on the cover. Please visit their websites at www.narsadartworks.org and www.silverribbon.org for more information.

If you know of any changes or additional information that should be considered for possible future editions of this directory, please use the form on the last page to send us your ideas. Thank you.

River Forest Township
And
Community Mental Health Board of Oak Park Township
www.cmhb-oakpark.org
www.cmhb.networkofcare.org

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Developmental Disability

LOCAL/STATE

THE ARC OF ILLINOIS (815) 464-1832
20901 LaGrange Road, Suite 209 Fax (815) 464-5292
Frankfort, IL 60423 www.thearcofil.org
Provides to persons with developmental disabilities and their families public policy advocacy, education and training, linkages to support groups and services, information and referral, and technical support and assistance.

ASPIRE (708) 547-3550
9901 Derby Lane Fax (708) 547-4067
Westchester, IL 60154 www.aspireofillinois.org
Provides 0-6 early intervention, vocational services, senior services and residential services for children and adults with developmental disabilities and their families.

THE AUTISM PROGRAM (217) 525-8332
5220 S. 6th Street Road, Suite 1700 Fax (217) 789-1420
Springfield, IL 62703 www.theautismprogram.org
The Autism Program (TAP) is the largest statewide network of services in the nation for treatment, diagnosis and resources for Autism Spectrum Disorders. TAP offers local programs and services as well as trainings based upon best practice standards and current research. TAP Service Network partners offer families local access to resources, innovative services and supports.

AUTISM SOCIETY OF ILLINOIS (630) 691-1270
2200 South Main Street, Suite 317 Fax (630) 932-5620
Lombard, IL 60148 www.autismillinois.org
To improve lives of Illinois individuals and families affected by autism spectrum disorders. Information, referral, advocacy and legislative activities; and trainings and workshops.

COMMUNITY SUPPORT SERVICES (708) 354-4547
9021 Ogden Avenue Fax (708) 354-7412
Brookfield, IL 60513-2040 www.communitysupportservices.org
Provides individual and group respite, 24-hour supported living programs, community employment programs and specialized services.

Developmental Disability cont.

EQUIP FOR EQUALITY (312) 341-0022
20 N. Michigan Avenue, Suite 300 (800) 537-2632
Chicago, IL 60602 TTY (800) 610-2779
Fax (312) 341-0295
www.equipforequality.org

Provides self-advocacy and legal services for people with disabilities and their family members and free training seminars on disability rights related topics. Pursues public policy research and advocacy. Investigates and monitors public and private facilities and programs to uncover dangerous conditions and practices affecting people with disabilities. Provides the Special Education Clinic/Hotline for people with disabilities and their families for help in securing an appropriate education and related services.

FAMILY RESOURCE CENTER ON DISABILITIES (312) 939-3513
20 E. Jackson Blvd. Room 300 Fax (312) 939-7297
Chicago, IL 60604 www.frcd.org

Mission to improve services for all children with disabilities and their families through: parent education on the rights of their children to gain the necessary knowledge to secure those rights; parent training on self-advocacy to enable them to gain the necessary skills to be their child's best advocate; training of parent leaders, to enable them to train and educate other parents, in their own community; systems advocacy to effect positive change in policymaking agencies which impact on children with disabilities and their families; family support and service linkage to enable families to keep their family member at home; minority outreach to reach and serve underserved minority populations.

THE FAMILY SUPPORT NETWORK OF ILLINOIS (309) 693-8981
5739 W. Martindale Lane Fax (309) 693-8962
Peoria, IL 61615 www.familysupportnetwork.org

Educates individuals with disabilities and their families regarding funding, services and community resources that strengthen and support the individual and the family directly by responding to their individual needs and empowering them to live in their own homes.

FAMILY TO FAMILY HEALTH (866) 931-1110
INFORMATION AND EDUCATION CENTER (815) 464-8247
20901 LaGrange Road, Suite 209 Fax (815) 464-5292
Frankfort, IL 60423 www.thearcofil.org

Offers information and referral services; health-related training opportunities for families, youth and professional helpers (providers); specialized training for parent leaders and organizations; and linkages to local, regional, statewide and national partners. Serves families and friends of children up to age 21 who have special health care needs, disabilities and chronic illnesses.

Developmental Disability cont.

HEALTH AND DISABILITY ADVOCATES (312) 223-9600
205 W. Monroe, Suite 300 TTY (866) 584-8750
Chicago, IL 60606 Fax (312) 223-9518
www.hdadvocates.org

Provides a range of services including individual client services and legal representation, and customized trainings and technical assistance for a range of audiences, including consumers, service providers and state agencies.

ILLINOIS DEPARTMENT OF HUMAN SERVICES DHS Helpline (800) 843-6154
TTY (800) 447-6404
www.dhs.state.il.us

Provides a variety of services including residential living arrangements, in-home supports, day services, early intervention services, and other supports including adaptive equipment, speech and language therapy, occupational therapy, physical therapy, behavior therapy, respite care and information about support and advocacy groups.

ILLINOIS DIVISION OF DEVELOPMENTAL DISABILITIES (888) 337-5267
TTY (888) 376-8446
www.dd.illinois.gov

Provides services and supports for individuals with developmental disabilities and their families including: in-home supports to help you live more independently; respite care to provide temporary relief to your caregiver; job coaches to help you succeed in the workplace; residential living arrangements; adaptive equipment and other supports.

ILLINOIS LIFE SPAN PROJECT (800) 588-7002
20901 LaGrange Road, Suite 209 (815) 464-8647
Frankfort, IL 60423 Fax (815) 464-5292
www.illinoislifespanspan.org

Statewide information resource and referral for advocacy and services for people with developmental disabilities.

OAK LEYDEN DEVELOPMENTAL SERVICES (708) 524-1050
411 Chicago Avenue Fax (708) 524-2469
Oak Park, IL 60302 www.oak-leyden.org

Provides opportunities and programs for infants, toddlers, and adults with developmental disabilities. Includes early intervention services, developmental training programs, vocational evaluation, supported employment, maintenance and developmental training, and intermittent and 24-hour residential services.

Developmental Disability cont.

OAK PARK ELEMENTARY SCHOOL DIST. 97 (708) 524-3000
970 Madison Fax (708) 524-3019
Oak Park, IL 60302 www.op97.org
District 97 provides diagnostic, therapeutic and educational programs and services for children from preschool to middle school ages.

RIVER FOREST SCHOOL DISTRICT 90 (708) 771-8283
SPECIAL EDUCATION Fax (708) 771-8291
7776 Lake Street www.district90.org
River Forest, IL 60305
District 90 provides diagnostic, therapeutic and educational programs and services for children from preschool to middle school ages.

SEGUIN SERVICES (708) 863-3803
3100 S. Central Avenue Fax (708) 863-3863
Cicero, IL 60650 www.seguin.org
Provides residential services, day training, employment services, respite services, and CSLA for adults, and foster care for children.

STARNET REGION II (224) 366-8579
2626 S. Clearbrook Drive Fax (847) 278-5434
Arlington Heights, IL 60005 www.thecenterweb.org
Support and technical assistance for families and professionals involved in the lives of children from birth through kindergarten with special needs.
Workshops, lending library, resources, family fellowships (financial assistance to attend workshops/trainings).

SUBURBAN ACCESS (708) 799-9190
925 W. 175TH Street Fax (708) 799-9178
Homewood, IL 60430 www.suburban-access.org
Programs provide individual MR/DD services for children and adults, eligibility determination for those over 18, point of entry for individual entering purchase of service programs with Office of Developmental Services, service coordination.

WEST SUBURBAN SPECIAL RECREATION (847) 455-2100
2915 Maple Street Fax (847) 455-2157
Franklin Park, IL 60131 www.wssra.org
Year-round therapeutic recreation programs for individuals of any age with any disability including cognitive, physical, sensory, developmental and mental health issues.

Developmental Disability cont.

NATIONAL

AUTISM SOCIETY OF AMERICA (800) 328-8476
7910 Woodmont Ave. Suite 300 Fax (301) 657-0869
Bethesda, MD 20814-3067 www.autism-society.org
Oldest grassroots organization supporting families with autism. Resources for helping individuals with autism and their families through advocacy, education, public awareness and research. Nationwide chapter network, national conference on autism.

FRAXA FRAGILE X RESEARCH FOUNDATION (978) 462-1866
45 Pleasant Street Fax (978) 463-9985
Newburyport, MA 01950 www.fraxa.org
Provides both research funding and parent support for Fragile X Syndrome.

INTERNATIONAL RETT SYNDROME FOUNDATION (800) 818-7388
4600 Devitt Drive Fax (513) 874-2520
Cincinnati, OH 45246 www.rettssyndrome.org
Provides information and referral service, parent support, supports research, clearinghouse for Rett Syndrome information.

NATIONAL ASSOCIATION FOR DOWN SYNDROME (630) 325-9112
P.O. Box 206 Fax (847) 723-3138
Wilmette, IL 60091 www.nads.org
Parent organization that provides information and connects parents of children with Down Syndrome with other parents in their area. Conferences and training for parents, information and referrals.

NATIONAL DISSEMINATION CENTER FOR CHILDREN (800) 695-0285
WITH DISABILITES (NICHCY) Fax (202) 884-8441
P.O. Box 1492 www.nichcy.org
Washington, DC 20013
Central resource of information on: disabilities in infants, toddlers, children and youth; IDEA, which is the law authorizing special education; No Child Left Behind (as it relates to children with disabilities); and research-based information on effective educational practices.

NATIONAL FRAGILE X FOUNDATION (800) 688-8765
P.O. Box 37 Fax (925) 938-9315
Walnut Creek, CA 94597 www.fragilex.org
Provides information and referral to professionals and parents of children with Fragile X Syndrome.

General Mental Health

LOCAL/STATE

THE C.A.R.E CENTER/PILLARS (708) PILLARS (745-5277)
6918 Windsor Ave. Fax (708) 795-4834
Berwyn, IL 60402 24-hour Sexual Assault Crisis Line (708) 482-9600
24-hour Domestic Violence Crisis Line (708) 485-5254
333 N. La Grange Road (Admin. Office) www.pillarscommunity.org
La Grange Park, IL 60526

Sexual Assault Services offers evaluation, counseling, advocacy, and innovative therapies for people affected by sexual assault—including a 24-hour crisis line. Support group for adult women who are survivors of child sexual abuse. Anyone under 18 free, for ages 18+, 10 free sessions then sliding scale fee. Domestic Violence Services provide temporary emergency shelter for up to 90 days, counseling, evaluation, individual and group therapy for 2-4 years for free, and legal advocacy.

CATHOLIC CHARITIES (708) 329-4023
1400 S. Austin Fax (708) 222-1495
Cicero, IL 60804 www.catholiccharities.net
Case management/social work, counseling/psychotherapy, parent support/training, eldercare referrals and advice.

THE CHILD AND ADOLESCENT BIPOLAR FOUNDATION (847) 256-8525
820 Davis Street, Suite 520 Fax (847) 920-9498
Evanston, IL 60201 www.bpkids.org
Web-based not-for-profit organization. Provides information and support to families raising children and teens diagnosed with bipolar disorder and related conditions.

DEPRESSION AND BIPOLAR (800) 826-3632
SUPPORT ALLIANCE Fax (312) 642-7243
730 N. Franklin Street, Suite 501 www.dbsalliance.org
Chicago, IL 60654
National patient-directed organization focusing on depression and bipolar disorders. Offers educational materials and tools about mood disorders. Peer-led support groups across the country, an information and referral line and a comprehensive informative website.

FAMILY SERVICE & MENTAL HEALTH CENTER OF
OAK PARK/RIVER FOREST
SEE: THRIVE COUNSELING CENTER

General Mental Health cont.

HEALTHCARE ALTERNATIVE SYSTEMS, INC. (HAS)
POSTPARTUM DEPRESSION PROGRAM

2755 W. Armitage (773) 252-3100
Chicago, IL 60647

4534 S. Western (773) 254-5141
Chicago, IL 60609

24-hour hotline (866) 364-6667
www.hascares.org

Free services for women who are either pregnant or who have recently delivered (One year post-delivery). Clinical evaluations with a therapist or psychiatric evaluations with a psychiatrist. Medication monitoring if medication is prescribed. Case management services. Treatment plans tailored for the individual client. Groups for women who are currently enrolled in individual therapy in the program.

ILLINOIS DEPARTMENT OF HUMAN SERVICES DHS Helpline (800) 843-6154
TTY (800) 447-6404

Provides a wide variety of services at all levels for adults and children throughout the state. These services are offered through hundreds of DMH partners called “Providers” (i.e. mental health clinics, agencies and hospitals).

ILLINOIS MENTAL HEALTH (866) 359-7953
COLLABORATIVE FOR ACCESS: Warmline TTY (866) 880-4459

The Warmline is a new opportunity in Illinois for persons with mental health challenges to receive peer support by phone. Peer and Family Support Specialists are professionals who have experienced mental health recovery in their own lives as an individual or family member. They have been trained in recovery support, mentoring, and advocacy. The Warmline is not a crisis hotline, but is a source of support as you recover or help a family member to recover.

NAMI (NATIONAL ALLIANCE FOR THE MENTALLY ILL) (708) 524-2582
METRO SUBURBAN Fax (708) 524-2502
816 Harrison www.namimetsub.org
Oak Park, IL 60304

Offers information/referrals, guidance, and support for families of those suffering from serious mental illness, advocacy services and resource materials. Peer support for/by consumers, Drop-In Center, monthly support meetings for family members.

General Mental Health cont.

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA (847) 831-3438
AND ASSOCIATED DISORDERS Fax (847) 433-4632
Box 7 www.anad.org
Highland Park, IL 60035 www.anadenespanol.org

Non-profit educational advocacy organization and hotline that assists sufferers with eating disorders and their families and helps to prevent eating disorders. Referrals, research and advocacy.

OCD CHICAGO (773) 880-1635
2300 Lincoln Park West Fax (773) 880-1966
Chicago, IL 60614 www.ocdchicago.org

OCD Chicago advocates for and supports the informational and emotional needs of people with Obsessive Compulsive Disorder (OCD), their families, and mental health professionals who treat them. It is the only Chicago area nonprofit organization dedicated solely to the growing needs of the OCD community. OCD is a neurobiological disorder that affects one in 40 adults and one in 100 children of all racial, cultural and socioeconomic backgrounds. OCD Chicago reaches out with compassion and encouragement to assure people with OCD that they are not alone and help them manage the disorder.

PARENTHESIS (708) 848-2227
405 S. Euclid Avenue Fax (708) 848-2269
Oak Park, IL 60302 www.parenthesis-info.org
Support group for postpartum depression. For further detailed information, please call and ask for Ann Puccetti.

PILLARS (708) PILLARS (745-5277)
120 S. Marion 4th Floor 24-hour Mental Health Crisis Line (708) 795-4800
Oak Park, IL 60302 24-hour Sexual Assault Crisis Line (708) 482-9600
24-hour Domestic Violence Crisis Line (708) 485-5254
Fax (708) 383-1253
www.pillarscommunity.org

Comprehensive community mental health center, with numerous locations, offers mental health services for children, adolescents, and families. Psychotherapy, parenting groups, psychological/psychiatric evaluations, crisis intervention. Sliding fee scale.

POSTPARTUM DEPRESSION (847) 205-4455
ILLINOIS ALLIANCE www.ppdil.org
Helpline for resources and support for postpartum depression.

General Mental Health cont.

PROCARE (RESURRECTION BEHAVIORAL HEALTH) Intake (708) 410-0615
24-Hour Crisis Line (708) 681-4357
Provides: 24-hour crisis intervention; outpatient counseling for adults and children; crisis residential and long-term residential; critical incident and trauma intervention; psychosocial day treatment; and community re-entry programs.

SARAH'S INN (708) 386-3305
101 Madison (Admin. Office) Fax (708) 386-3275
Oak Park, IL 60304 Hotline (708) 386-4225
or www.sarahsinn.org
5846 W. Madison (Program Office)
Chicago, IL 60644
Agency for domestic violence. Group and individual counseling for women and children who are victims of domestic violence. Educational classes for perpetrators of domestic violence.

THRESHOLDS COMMUNITY SUPPORT SERVICES (708) 386-0399
1515 N. Harlem. Suite 201 Fax (708) 386-0754
Oak Park, IL 60302 www.thresholds.org
Program provides case management and supportive services for mentally ill adults who reside in the OP/RF communities.

THRIVE COUNSELING CENTER (formerly known as (708) 383-7500
Family Service and Mental Health Center of Oak Park Fax (708) 383-7780
and River Forest) www.thrivecc.org
120 S. Marion Street
Oak Park, IL 60302
A continuum of behavioral healthcare services that include: psychiatric rehabilitation and recovery services; crisis intervention; individual, family and marital psychotherapy; group programming; youth services; and substance abuse prevention programming.

VETERAN'S CENTER (708) 383-3225
155 S. Oak Park Avenue Fax (708) 383-3247
Oak Park, IL 60302
Therapy, job counseling, support groups, and substance abuse counseling for veterans and their families.

VITAL BRIDGES (708) 445-9297
350 Harrison (708) 445-9217
Oak Park, IL 60304 www.vitalbridges.org
A non-profit agency that offers comprehensive support services to individuals and families who are affected by HIV/AIDS, providing food, case management, housing assistance & nutritional support.

General Mental Health cont.

VOLUNTEER CENTER

www.oprfvolunteercenter.org

Offered by The Volunteer Center, this program responds to the needs of the mentally ill in Oak Park and River Forest for constructive, structured activity in their daily lives by providing a variety of service activities at local non-profit agencies.

WEST SUBURBAN P.A.D.S.

(708) 338-1724

1851 South 9th Avenue

Fax (708) 338-1745

Maywood, IL 60153

Toll-Free (888) 338-1744

www.westsuburbanpads.org

Provides overnight housing to homeless seven months of the year. Transitional housing available. Case management provides linkage to mental health providers. Serves Oak Park, River Forest, Forest Park, and Proviso-Leyden area.

NATIONAL

ANXIETY DISORDERS ASSOCIATION OF AMERICA

(240) 485-1001

8730 Georgia Ave, #600

Fax (240) 485-1035

Silver Spring, MD 20910

www.adaa.org

Provides free educational information and resources about anxiety disorders, local treatment providers, self help groups, self tests and more.

POSTPARTUM SUPPORT INTERNATIONAL

(800) 944-4773

(805) 967-7636

www.postpartum.net

Call for information and local support and resources.

NATIONAL INSTITUTE OF MENTAL HEALTH

(301) 443-6464

6001 Executive Boulevard, Room 8184, MSC 9663

(866) 615-6464

Bethesda, MD 20892-9663

Fax (301) 443-4279

TTY (301) 443-8431

TTY (866) 415-8051

www.nimh.nih.gov

Resource of information on mental disorders and clinical trials.

Free brochures and publications on a variety of mental disorders.

MENTAL HEALTH AMERICA

(800) 969-6642

2000 North Beauregard Street, 6th Floor

Fax (703) 684-5968

Alexandria, VA 22311

www.mentalhealthamerica.net

A grassroots advocacy movement dedicated to addressing all aspects of America's mental health and mental illness. Local and state chapters work to improve services, prevent mental illness, and promote mental health.

Grief/Loss

LOCAL/STATE

BARR-HARRIS CHILDREN'S GRIEF CENTER (312) 922-7474
122 South Michigan Avenue, Suite 1300 Fax (312) 922-5656
Chicago, IL 60603 www.barrharris.org
Clinic for children who have experienced a significant loss of someone they loved.
Outpatient psychotherapy/counseling/support for children and their families.
Sliding fee scale. Four locations throughout Chicago and suburbs.

CENTER FOR HOME CARE & HOSPICE (708) 216-1646
2160 S. First Ave Fax (708) 216-6669
Maywood, IL 60153 www.loyolamedicine.org
Journey toward healing grief support groups offered throughout the year include:
general grief support for adults, infant-prenatal-neonatal, young widow/widower,
widow/ widower, motherless daughters, loss of an adult child, suicide.

COMPASSIONATE FRIENDS (630) 990-0010
P.O. Box 3696 Fax (630) 990-0246
Oak Brook, IL 60522 www.compassionatefriends.org
Nonprofit organization offering emotional support for families grieving the death
of a child.

LOSS (LOVING OUTREACH FOR (312) 655-7283
SURVIVORS OF SUICIDE) Program manager (312) 655-7285
651 W. Lake Street Fax (312) 559-1530
Chicago, IL 60661 www.catholiccharities.net/loss
Sponsored by Catholic Charities but is interdenominational. Monthly meetings in
Cook and Lake counties. Weekly groups for the newly bereaved in 8-week sessions.
Individual and Family Counseling.

OAK PARK ELEMENTARY SCHOOL DISTRICT 97 (708) 524-3000
970 Madison Fax (708) 524-3019
Oak Park, IL 60302 www.op97.org
District 97 provides diagnostic, therapeutic and educational programs and services
for children from preschool to middle school ages.

RAINBOW HOSPICE AND PALLIATIVE CARE (847) 685-9900
RAINBOW HOSPICE BEREAVEMENT SERVICES Fax (847) 685-6390
444 N. Northwest Highway www.rainbowhospice.org
Park Ridge, IL 60068

Community bereavement services for any loss. Loss crisis intervention and
counseling for businesses, organizations and school districts. Provides monthly
groups based on loss type, events and education on grief and loss. Includes
Widowed Persons Services, the only targeted grief group associated with AARP
as well as the Good Mourning Program for children and families.

Grief/Loss cont.

RAINBOWS (800) 266-3206
2100 Golf Road, Suite 370 Fax (847) 952-1774
Rolling Meadows, IL 60008 www.rainbows.org
International not-for-profit organization that provides a healthy path toward healing to those grieving a loss or life-altering crisis. This is accomplished by collaborating with neighborhood schools, faith communities and agencies.

RIVER FOREST SCHOOL DISTRICT 90 (708) 771-8282
7776 Lake Street Fax (708) 771-8291
River Forest, IL 60305 www.district90.org
School psychologists and social workers offer evaluation, short-term counseling, small groups, referral services to elementary and middle school students.

Senior Services

LOCAL/STATE

ACCOLADE ADULT DAY SERVICE (708) 445-1300
112 S. Humphrey Fax (708) 445-9595
Oak Park, IL 60302
Affiliated with Catholic Charities. Provides a safe setting for older adults with physical disabilities or cognitive impairments that need supervision during the day.

AGEOPTIONS (708) 383-0258
1048 W. Lake Street, Suite 300 Fax (708) 524-0870
Oak Park, IL 60301 www.ageoptions.org
Helps to assure that older adults aged 60 and over in suburban Cook County obtain needed benefits, programs, and quality services. Information on respite care.

AGE-WISE (708) 660-2005
520 S. Maple Ave Fax (708) 660-2027
Oak Park, IL 60304 www.roph.org
Programs offer older adults and their families a comprehensive resource for current information and support on health-related issues.

ALZHEIMER'S ASSOCIATION HELPLINE (800) 272-3900
225 N. Michigan Ave, 17th Floor (National Office)
Chicago, IL 60601
8430 W. Bryn Mawr, Suite 800 (Greater Illinois Office) (847) 933-2413
Chicago, IL 60631 Fax (847) 444-0930
www.alz.org

Information and referral, care consultation, support groups, education, MedicAlert/Safe Return Program. Request line for literature.

Senior Services cont.

OAK PARK TOWNSHIP SENIOR SERVICES (708) 383-8060
418 S. Oak Park Avenue Fax (708) 383-5168
Oak Park, IL 60302 www.oakparktownship.org
Meets needs of senior community through a broad array of supportive services,
opportunities for social interaction and volunteerism by promoting the values of
independence, self-esteem, and dignity.

NATIONAL

ALZHEIMER'S DISEASE EDUCATION/REFERRAL CENTER (800) 438-4380
NATIONAL INSTITUTE ON AGING
P.O. Box 8057 Fax (301) 495-3334
Gaithersburg, MD 20898 www.alzheimers.nia.nih.gov
Provides information to health professionals, patients, families and the public.

CHILDREN OF AGING PARENTS (800) 227-7294
P.O. Box 167 Admin.Office (215) 355-6611
Richboro, PA 18954 Fax (215) 355-6824
www.caps4caregivers.org
National non-profit resource/referral information organization dedicated to
caregivers of the elderly covering all aspects of care giving.

ELDER CARE (800) 677-1116
www.eldercare.gov
Nation wide agency to help family and friends find information about community
services for senior citizens 60 years and older.

MEDICARE BENEFICIARY HOTLINE (800) 647-8089
ILLINOIS FOUNDATION FOR QUALITY HEALTH CARE www.ifqhc.org
1776 W. Lakes Parkway
West Des Moines, IA 50266
Peer review organization, review quality of care for Medicare beneficiaries.

NATIONAL HOSPICE AND PALLIATIVE CARE (800) 658-8898
ORGANIZATION HELPLINE www.caringinfo.org
1731 King Street
Alexandria, VA 22314
Caring Connections, is a program to improve care at the end of life, providing free
resources to help people make decisions about end-of-life care and services before
a crisis. Brochures and information on advance care planning, hospice and
palliative care are available.

Senior Services cont.

NATIONAL INSTITUTE ON AGING
31 Center Drive MCS 2292
Building 31 Room 5C27
Bethesda, MD 20892
Clearinghouse on information specific to the elderly.

Clearinghouse (800) 222-2225
(301) 496-1752
Fax (301) 496-1072
www.nia.nih.gov

Smoking Cessation

LOCAL/STATE

AMERICAN LUNG ASSOCIATION
55 West Wacker Drive, Suite 800
Chicago, IL 60601

(312) 781-1100
Illinois Tobacco Quitline (866) QUIT-YES
Fax (312) 781-9250
www.ffsonline.org

Provides adult cessation programs including: the Illinois Tobacco Quitline, a free, unlimited, confidential weekly counseling program conducted by staff of RN, RRT and Addiction specialists; Freedom From Smoking Online, a free, interactive 7 week self-driven program monitored by Addiction Specialists; and Freedom From Smoking Group Format (check with your local health department, hospital or on-line class locator: www.lungil.org)

NICOTINE ANONYMOUS
8311 W. Roosevelt
Forest Park, IL 60130

(312) 458-9826
www.nicotine-anonymous.org
www.nicotine-anonymous-chicagoland.org

Support group for smokers trying to quit, local group now meeting in Forest Park and Riveredge Hospital. People helping people.

RESPIRATORY HEALTH ASSOCIATION OF
METROPOLITAN CHICAGO
1440 W. Washington Blvd.
Chicago, IL 60607

(312) 243-2000
Fax (312) 243-3954
www.lungchicago.org

Trains leaders for smoking cessation clinic; lung disease research and advocacy.
Educational material available.

TOBACCO QUIT LINE

(800) QUIT NOW
(800) 784-8669
www.1800quitnow.cancer.gov

Free resource including quit coaches and quit plans supporting those wishing to quit smoking or chewing tobacco.

Substance Abuse

LOCAL/STATE

AL-ANON (312) 409-7245
www.niafg.org

Multiple meetings in the Oak Park area for those whose lives have been affected by someone else's drinking. Call for information.

ALATEEN (312) 409-7245
www.niafg.org

Multiple meetings in the Oak Park area for young people whose lives have been affected by someone else's drinking. Call for information.

ALCOHOLICS ANONYMOUS (312) 346-1475
180 N. Wabash, Suite 305 Fax (312) 346-5477
Chicago, IL 60601 www.chicagoaa.org
24-hour phone service. Provides information about meetings and treatment centers.

ENUF (EDUCATION TO NULLIFY USAGE www.oprfvolunteercenter.org
FOR FIRST-TIMERS)

Offered by The Volunteer Center, this program educates teen offenders and other at-risk youth in the community on the dangers and risks associated with use of alcohol and drugs.

FAMILIES ANONYMOUS (773) 777-4442
First United Church www.familiesanonymous.org
848 Lake Street
Oak Park, IL 60302

A support group to help relatives and friends of people with alcohol, drug or emotional problems. Meets every Tuesday, 7:30 p.m., on first floor in room #14. Enter from parking lot behind the Church off Kenilworth. Meetings are free and open to all, with no religious affiliation required. Visitors welcome.

NARCOTICS ANONYMOUS Chicagoland Helpline (708) 848-4884
Eisenhower Tower Spanish speakers (708) 848-5184
1701 S. First Avenue, Suite 508A Fax (708) 450-1885
Maywood, IL 60153 www.chicagona.org
Provides information on meetings and treatment centers in Chicago and suburbs.
24-hour help line.

Substance Abuse cont.

NEW VISION /WESTLAKE HOSPITAL (708) 938-7738
1225 Lake Street (800) 939-CARE (939-2273)
Melrose Park, IL 60160 Fax (708) 938-4974
Provides an inpatient medical stabilization service for adults with drug, alcohol and related health issues. The service accepts appropriate adults, who are currently using or are experiencing acute withdrawal symptoms from certain drugs. It consists of a medically supervised hospital stay for inpatient stabilization that typically lasts 3 days. The inpatient stay includes the following aspects: crisis intervention, referral, assessment and medical management.

PILLARS (708) PILLARS (745-5277)
120 S. Marion 4th Floor Fax (708) 383-1253
Oak Park, IL 60302 www.pillarscommunity.org
Comprehensive community mental health center, with numerous locations, offers mental health services for children, adolescents, and families. Psychotherapy, parenting groups, psychological/psychiatric evaluations, crisis intervention. Sliding fee scale.

PRO-CARE CENTER Central access (708) 410-0615
(RESURRECTION BEHAVIORAL HEALTH) Admin./Office (708) 681-2324
1820 S. 25th Avenue Fax (708) 681-1289
Broadview, IL 60155 www.reshealth.org
Substance abuse programs for adults. Multiple locations.

RESURRECTION BEHAVIORAL HEALTH-
ADDICTION SERVICES (847) 493-3500
2913 N. Commonwealth Ave. Fax (847) 493-3531
Manor Bldg., Floor 6 www.rbhaddiction.reshealth.org
Chicago, IL 60657
The program provides chemical dependency treatment for health care professionals and other high functioning individuals with an intensive integration of the treatment into a daily living routine that emphasizes self responsibility, accountability and the development of specific behavioral skills.

RESURRECTION BEHAVIORAL HEALTH-
ADDICTION SERVICES (847) 493-3600
2001 Butterfield Road, Suite 320 Fax (847) 493-3627
Downers Grove, IL 60515 www.rbhaddiction.reshealth.org
Adult and adolescent outpatient chemical dependency treatment.

Substance Abuse cont.

WAY BACK INN, INC. (708) 345-8422
1915 W. Roosevelt Road Fax (708) 344-2944
Broadview, IL 60155 www.waybackinn.org

Program includes transitional living with continuing treatment. Separate facilities for men and women suffering from chemical dependence and pathological gambling in a supportive family atmosphere.

YOUTH OUTREACH SERVICES (773) 777-7112
2411 W. Congress Parkway Fax (773) 777-7611
Chicago, IL 60612 www.yos.org

Cicero Office: 24-Hour Line (708) 652-5370
6117 W. Cermak Rd.
Cicero, IL 60804

Leyden-Proviso Office: 24-Hour Line (708) 547-1091
4419 W. North Ave.
Melrose Park, IL 60160

Outpatient substance abuse counseling for individuals, groups and families. Offers counseling programs impacting youth with substance abuse issues, helping each to overcome challenges that lead to addiction, such as low self-esteem, drug and alcohol abuse, gang involvement, poor school performance, delinquency and family conflict. Specific programs include: Substance abuse intervention, counseling and 24/7 crisis intervention.

YOUTH SERVICES OF OAK PARK/RIVER FOREST (708) 445-2727
TOWNSHIPS Fax (708) 383-8062
105 S. Oak Park Avenue www.oakparktownship.org
Oak Park, IL 60302

Youth Services provides resources for youth ages 9-17. Programs include contracts with youth agencies, scholarship opportunities, OPRF Youth Network Council, Gang and Drug Task Force, and Teen Job Bank/TOW (Teens Out Working) program.

NATIONAL

ALCOHOL AND DRUG ABUSE HELPLINE (800) 821-4357
Referrals to local alcohol and drug dependency units and self-help groups. 24-hr. Helpline.

ALCOHOL AND DRUG ABUSE HOTLINE (800) 252-6465
Referral line for substance abuse and treatment centers. 24-hour hotline.

Substance Abuse cont.

NATIONAL CLEARINGHOUSE FOR ALCOHOL AND DRUG INFORMATION (800) 729-6686
TDD (800) 487-4889
Information on alcohol and substance abuse. www.health.org

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) (800) 662-4357
TDD (800) 487-4889
NATIONAL HELPLINE www.mentalhealth.samhsa.gov
Treatment referral routing service for alcohol and drug treatment. 24-hour hotline.

Youth

LOCAL/STATE

CHILD FIND/LOOK WHAT I CAN DO (800) 851-6197
Fax (618) 252-8472

A collaborative effort between the Illinois State Board of Education and the Illinois Department of Human Services. The goal of this program is to educate the public about the importance of early intervention and preschool special education services for children and families in Illinois. Provides free informational material about child development and the availability of screening and evaluation services for children, birth through 21 years of age.

THE PROVISO CHILDREN'S ADVOCACY CENTER (708) 338-3806
1820 South 25th Street Fax (708) 681-9496
Broadview, IL 60155
Non-profit program dedicated to helping children, adolescents, and their families survive acts of sexual victimization.

ENUF (EDUCATION TO NULLIFY USAGE FOR FIRST-TIMERS) www.oprfvolunteercenter.org
Offered by The Volunteer Center, this program educates teen offenders and other at-risk youth in the community on the dangers and risks associated with use of alcohol and drugs.

FAMILY SERVICE & MENTAL HEALTH CENTER OF
OAK PARK/RIVER FOREST
SEE: THRIVE COUNSELING CENTER

Youth cont.

HEPHZIBAH CHILDREN'S ASSOCIATION (708) 649-7100
946 North Blvd. Fax (708) 649-7102
Oak Park, IL 60301 www.hephzibahhome.org

Provides short- and long-term group homes for children traumatized by neglect or abuse, foster care and adoption services, comprehensive services for children and families in crisis and high-quality day care on a sliding scale for families of all income levels. Serves 1,200 children and families each year through all programs.

LUTHERAN CHILD AND FAMILY SERVICES (800) 363-5237
7620 W. Madison Fax (708) 771-7184
River Forest, IL 60305 www.lcfs.org

Case management social work, parent support/training, foster care and adoption. Community services-housing and mentoring.

OAK LEYDEN DEVELOPMENTAL SERVICES (708) 524-1050
EARLY INTERVENTION Fax (708) 524-2469
411 W. Chicago Avenue www.oak-leyden.org
Oak Park, IL 60302

Provides developmental screenings and physical, occupational, speech/language therapy for infants/toddlers ages 0 through 3.

THE OPALGA CENTER (708) 848-0273
947 Garfield Street Fax (708) 848-7544
Oak Park, IL 60304 www.opalga.org

Provides resources, social and educational events for lesbian, gay, bisexual, transgender and questioning youth and young adults. Groups meet weekly.

PARENTHESIS (708) 848-2227
405 S. Euclid Avenue Fax (708) 848-2269
Oak Park, IL 60302 www.parenthesis-info.org

Nonprofit social service agency that provides parenting education and support services to parents with young children. Parenthesis offers programs for all families including the Morning Family Drop In, Parenteen for teen parents, Parenting On Our Own for single parents and Family Wrap for all other families.

THRIVE COUNSELING CENTER (formerly known as (708) 383-7500
Family Service and Mental Health Center of Oak Park Fax (708) 383-7780
and River Forest) www.thrivecc.org
120 S. Marion Street
Oak Park, IL 60302

A continuum of behavioral healthcare services that include: psychiatric rehabilitation and recovery services; crisis intervention; individual, family and marital psychotherapy; group programming; youth services; and substance abuse prevention programming.

Youth cont.

TIME (TEEN INITIATIVE FOR MEETING EXPECTATIONS)

www.oprfvolunteercenter.org

Offered by The Volunteer Center. Addresses the need for prevention and early intervention services for youth offenders by providing the opportunity to increase personal responsibility and accountability for their actions through the completion of community service hours.

YOUTHCONNECT

www.oprfvolunteercenter.org

Offered by The Volunteer Center, this is an afterschool and evening group mentoring program for at-risk teens working with peer and adult mentors.

YOUTH OUTREACH SERVICES

(773) 777-7112

2411 W. Congress Parkway

Fax (773) 777-7611

Chicago, IL 60612

www.yos.org

Cicero Office:

24-Hour Line (708) 652-5370

6117 W. Cermak Rd.

Cicero, IL 60804

Leyden-Proviso Office:

24-Hour Line (708) 547-1091

4419 W. North Ave.

Melrose Park, IL 60160

Non-profit human service agency dedicated to caring for youth in and around Chicago, inspiring positive development in their lives, families and communities. Provides a wide variety of child welfare, counseling, juvenile justice and prevention services.

YOUTH SERVICES OF OAK PARK/RIVER FOREST

(708) 445-2727

TOWNSHIPS

Fax (708) 383-8062

105 S. Oak Park Avenue

www.oakparktownship.org

Oak Park, IL 60302

Youth Services provides resources for youth ages 9-17. Programs include contracts with youth agencies, scholarship opportunities, OPRF Youth Network Council, Gang and Drug Task Force, and Teen Job Bank/TOW (Teens Out Working) program.

NATIONAL

ATTENTION DEFICIT DISORDER ASSOCIATION

(800) 939-1019

P.O. Box 7557

Wilmington, DE 19803

www.add.org

Provides resource information, support, and advocacy for people with ADD, distributes publications, sponsors conferences and provides referrals to support groups.

Youth cont.

FEDERATION FOR CHILDREN WITH SPECIAL NEEDS (617) 236-7210
1135 Tremont Street, Suite 420 Fax (617) 572-2094
Boston, MA 02120 www.fcsn.org
Coalition of parent groups offering a variety of services to parents of children with
varying disabilities.

NATIONAL CENTER FOR LEARNING DISABILITIES (888) 575-7373
381 Park Ave. South, Suite 1401 Fax (212) 545-9665
New York, NY 10016 www.ld.org
Provides essential information to parents, professionals and individuals with
learning disabilities, promotes research and programs to foster effective learning
and advocates for policies to protect and strengthen educational rights and
opportunities.

STEPFAMILY FOUNDATION (212) 877-3244
333 West End Ave. Fax (212) 362-7030
New York, NY 10023 (24 Hour Info)(212) 799-7837
www.stepfamily.org
Nationwide phone counseling for people living in remarried families. Stepfamily
Foundation certification for professionals, clergy, and coaches. Provides
educational materials on stepfamilies. Membership available.

The River Forest Township has provided
funding to the following agencies:

Aspire

Community Support Services

Hephzibah Children's Association

NAMI (National Alliance for the Mentally Ill)

Oak/Leyden Developmental Services

Parenthesis

Pillars

Sarah's Inn

Seguin Services

Thrive Counseling Center (formerly Family Service & Mental Health Center
of Oak Park and River Forest)

Volunteer Center

Way Back Inn

Community Mental Health Board of Oak Park Township has provided funding to the following agencies:

Aspire

Community Support Services

Hephzibah Children's Association

NAMI (National Alliance for the Mentally Ill)

Oak/Leyden Developmental Services

Oak Park Township Senior Services

Parenthesis

Pillars

Sarah's Inn

Seguin Services

Suburban Access

Thresholds

Thrive Counseling Center (formerly Family Service & Mental Health Center of Oak Park and River Forest)

Vital Bridges

Volunteer Program

Way Back Inn

West Suburban P.A.D.S.

Do you have changes to suggest for possible future editions of the Behavioral Health and Developmental Disability Resource Directory? Please submit your ideas to:

CMHB of Oak Park Township
1100 W. Lake Street, Suite LL30
Oak Park, IL 60301
(708) 358-8855
Fax: (708) 358-8866
Email: cmhb@cmhb-oakpark.org

I have an idea for the Behavioral Health and Developmental Disability Resource Directory!

- 1 Add the following not-for-profit agency/organization:

- 2 Change information for an agency/organization already listed:

Please fax or mail your comments to numbers 1 and 2 to the number/address listed above.

- 3 If you would like to know more about us or would like to be involved with the River Forest Township Mental Health Committee or the CMHB of Oak Park Township, please contact us.

NOTES