



FY21 SUMMARY OF FUNDING

A. Primary Mental Health Programs/Services

THRIVE COUNSELING CENTER
(708)383-7500

PSYCHIATRIC LEADERSHIP GRANT

FY21 Approved: \$20,000.00

The Community Mental Health Board has provided grant money to ensure that Oak Park clients without insurance, with regular Medicaid (not in a managed care plan), and those with private insurance with high deductibles receive psychiatric services with a no turn away policy. All Oak Park clients are seen under this program will be reported in the CMHB database. All DSM-5 psychiatric services are eligible services including assessments and medication management.

ADULT THERAPY AND CASE MANAGEMENT

FY21 Approved: \$65,000.00

Thrive Counseling Center's adult therapy and case management program provides comprehensive, coordinated services to adults and families that include a variety of therapy/counseling modalities (individual, group, family, and couples) in order to address identified needs such as psychiatric illness, life span issues, situational stressors, and family/interpersonal relationship issues. Psychosocial rehabilitation services are provided to guide eligible adults in optimizing their personal, social and vocational abilities to live independently and successfully within the community. Additionally, Thrive Counseling Center's therapy and case management program provides case management/service coordination to support clients their recovery efforts.

YOUTH THERAPY AND CASE MANAGEMENT

FY21 Approved: \$20,000.00

Thrive Counseling Center's program provides comprehensive, coordinated services to youth and families that include a variety of therapy/counseling modalities (individual, group, family) in order to address identified needs such as psychiatric illness, phase of life issues, childhood trauma, situational stressors, and family/ relationship issues. Thrive Counseling Center's therapy and case management program provides case management/service coordination to support clients their recovery efforts.

NAMI-METROSUBURBAN
(708)524-2582

DROP-IN CENTER

FY21 Approved: \$60,800.00

The Drop-In Center provides an array of services to mental health consumers that, through social interactions, enhances their lives and promotes their involvement in the larger community. Social isolation is a problem for people with mental illness and the Drop-In Center



serves as a source for ameliorating the effects of this debilitating isolation. Programming at the Drop-In Center promotes life skills development, enhances self-esteem and improves the overall quality of life for its participants through wellness programming.

EDUCATION AND SUPPORT

FY21 Approved: \$55,000.00

NAMI Metro-Suburban's education and support programs offer public education events that: Address and mitigate the stigma associated with mental illness; Educate affected families about mental illness; Teach coping skills that empower families/individuals and alleviate hopelessness; Limit the negative effects experienced by families/individuals. The Education Coordinator for NAMI-MS is responsible for developing and coordinating all NAMI signature programs. The Education Coordinator is marketing classes that will be held in Oak Park specifically to this community, and is continuously assessing local needs to assure the appropriate classes are offered.

IPS SUPPORTED EMPLOYMENT

FY21 Approved: \$5,000.00

IPS is an evidence-based practice developed to help promote the recovery of people who have serious mental illnesses through work. This model is well defined by eight practice principles and a 25-item fidelity scale. The IPS Initiative functioned well within the confines of NAMI's Recovery Programming, utilizing the evidence-based Fidelity model of Individual Placement and Support, as provided under the auspices of Dartmouth University.

OAK PARK TOWNSHIP SENIOR SERVICES

(708) 383-8060

GERIATRIC MENTAL HEALTH CASE MANAGEMENT

FY21 Approved: \$44,000.00

The purpose of this program is to provide community-based case management for older adults in Oak Park who are suffering from mental illness, substance abuse, and/or developmental disabilities. Professional, state certified care coordinators assist clients in accessing essential services that allow them to maximize their level of functioning and remain independent within the community. The care coordinators conduct a holistic, comprehensive care assessment that examines the client's environmental, physical, cognitive, psychological and social wellbeing. Once an assessment of need is conducted, care coordinators work with clients to create and implement a comprehensive care plan to facilitate maximum functioning and independence.

THRESHOLDS

(773) 572-5400

COMMUNITY SUPPORT SERVICES

FY21 Approved: \$15,000.00

Through the West Suburban Community Support Services program, Thresholds provides team and individual services to assist individuals with chronic mental illness in achieving and

maintaining recovery. The Community Support Team provides intensive interventions for individuals in order to decrease hospitalizations and increase community functioning. These services are available twenty-four hours each day, seven days per week. Community Support Individual services provide a less intensive level of support for individuals who have achieved relative stability with their symptoms. Both teams are comprised mental health professionals who provide outreach, counseling and crisis intervention services. Services are provided in the community, enabling the providers to achieve greater success in linking clients with needed resources, supports and services. Vocational services are also provided to assist clients in developing and achieving educational and employment goals. All clients are supported in improving medication/treatment compliance and increasing pro-social activities within the community.

HOUSING FORWARD
(708)338-1724

MOBILE OUTREACH AND ENGAGEMENT

FY21 Approved: \$33,900.00

The outreach team is based upon a dyad model. The collaborative team focus is individuals with mental illness and or substance abuse who are persistently homeless or at risk of becoming homeless within the city limits of Oak Park. The workers initiate outreach and engagement, conduct mental health interviews, provides linkage services and follow-up community support appointments to unsheltered individuals. These services will be directed into areas designated as “Hot Spots”, or anywhere else eligible individuals are frequently encountered. The team is comprised of two seasoned case managers supervised by mental health professionals one of whom is a licensed clinical social worker. The dyad will operate for twenty (20) hours per week with hours varying in accordance to identified need.

COORDINATED ENTRY

FY21 Approved: \$18,000.00

Short-Term Stabilization is a community-wide system that standardizes and expedites the process by which people experiencing homelessness or who are at imminent risk of homelessness can access shelter, housing, and prevention resources. By standardizing the intake process across the region, by sharing information in real-time, and by adopting uniform prioritization policies, homeless service agencies will be able to refer people to the right program based on their preferences and level of need. The goal of Coordinated Entry is to prioritize and expedite resources within the homeless assistance system for households and to reduce the time someone remains homeless.



IWS CHILDREN’S CLINIC

(708)848-0528

THE CHILDREN’S MENTAL HEALTH PROJECT

FY21 Approved: \$15,000.00

The Oak Park River Forest Infant Welfare Society dba The IWS Children’s Clinic is a community health care organization that provides behavioral health services to children of families who are unable to afford the cost of private health care. Primary care visits at the Clinic have been attended by a social worker since 1920. Embedding mental health professionals in medical well-child visits and preventative dental visits has proved to be an effective way to identify concerns regarding social and emotional health and developmental delays to parents. The stigma of mental illness is greatly reduced when the mental health intervention is considered a routine part of a well-child and/or dental visit. This integrated model of care is a major distinguishing feature of the health care provided in the Clinic.

AMITA HEALTH (Presence)

(708)786-8548

THE OAK PARK PROJECT

FY21 Approved: \$15,000.00

Presence Behavioral Health has been providing community mental health services for 44 years in the Midwest suburban areas. The Oak Park Mental Health Board Program (OPMHBP) through Presence Behavioral Health will provide the following services to those that reside in the Oak Park Community: In-Home treatment –In home community-based treatment, Trauma Informed Care, Crisis Services, Individual, Group, Family for mental health and/or substance abuse, Respite Services, Psychiatric Services, Parent/sibling support training, Social Skills groups, and Therapeutic coaching/mentoring, as well as the Strengthening Families substance use prevention and family skill building program.

SMART LOVE

(773)665 -8062

FAMILY SUPPORT SERVICES

FY21 Approved: \$12,000.00

Smart Love Family Services provides two major programs, The Minority Family Support Program and Counseling Services. The Minority Family Support Program is an effort to help parents and children of minority families whose youth are at risk for developing behavior and learning difficulties at school. The children of families in the program are struggling with school-related issues of organization, managing homework, problems with authority and grades, complicated by issues these families face such as racism, poverty, housing concerns, incarceration, medical issues of their own, while being the sole parent in many cases. The program model consists of 2 integrated modes of delivery: 1) two 10-month biweekly group



therapy sessions for parents and youth 6-18, for 1.5 hours per sessions, 2) individual parent coaching session; and 3) individual youth therapy sessions. Counseling services for Oak Park children between the ages of 6 and 12. All of the children served must come from low-income families who are uninsured. Means-tested through the intake process, the families will agree to a treatment plan for their child/children based on a six-month treatment framework, with weekly therapy (4) sessions per month. Smart Love therapist working with each child will be available to consult with parents to answer general questions, get feedback on the child’s behavior and progress, and other salient details as vary individually. At the end of treatments, parents will evaluate the program in terms of the perceived benefits for their child, the improvement the child makes during that time, and their opinion of the program as a whole.

B. Primary Substance Use Disorder Programs/Services

WAY BACK INN
(708) 345-8422

GRATEFULHOUSE

FY21 Approved: \$70,722.00

The Grateful House Residential Home located in Oak Park offers the following three services that are partially supported with CMHB funds:

Extended Residential 24 Hr. Bed Nights

The CMHB funds two beds at Grateful House in Oak Park. The resident is provided with room and board as well as substance abuse therapy. Clients are expected to work and contribute to their expenses. The client’s therapeutic need is assessed using ASAM criteria. Clients can participate in the 90-day program, but the average length of stay is less than that. Funding this bed guarantees there is always an expedited opening at Grateful House for a woman who already lives in Oak Park and is in need of residential substance abuse placement. All clients who reside at the home are Oak Park residents.

Family Support Group

The Family Program provides process oriented and didactic therapy for family, significant others, and supportive friends of clients living at Grateful House in recovery from pathological substance abuse. The group is held once a week from 6:30 pm to 8:30pm. The only exception is Thanksgiving, Christmas and New Year. Once a month the group is for families and the client; the rest of the time the group is intended for the family of the client, while the client receives family intervention therapy in their group separately.

Stress Management Group

The Stress Management Group focuses on living stress free, meditation, health diet, anger management, mental health and medication, and positive ways to deal with stress as part of a six-week program. The group is held once a week for two hours on an opposite night of the Family Support Group. The group is open to Grateful House residents and community members.



C. Primary Developmental Disabilities Programs/Services

COMMUNITY SUPPORT SERVICES
(708)354-4547

RESPIRE

FY21 Approved: \$81,000.00

Community Support Services, Inc. (CSS) offers Respite Services to provide families with a break from the demands of caring for a family member (minor or adult) with disabilities while providing the individual with opportunities for socialization stimulation and new experiences. Providing respite services as a reprieve improves family functioning and care-giving ability. The program is designed to enable families to have maximum flexibility in using respite hours. Each family, based on an assessment of family needs is allocated a number respite hour per year in use in ways that make sense for their family.

CASE MANAGEMENT

FY21 Approved: \$33,900.00

CSS provides family-centered case management services that guide the individual and family in obtaining and utilizing available resources, benefits and assistance. These services link families with the resources they need to thrive as a family, help them master the skills they need to access a complex system of care and provide them with the supports they need to keep their children with developmental disabilities living at home in the community. When accepted to services, he or she is assigned to a Service Coordinator and a Qualified Support Professional (QSP). This QSP works with the participant and his or her family and does an extensive assessment that is the basis for an Individual Service Plan (ISP) outlining goals and objectives for the year. The Service Coordinator keeps in touch with the family monthly. If a family is experiencing a crisis, CSS provides more intensive services.

OAK LEYDEN DEVELOPMENTAL SERVICES
(708)524-1050

EARLYINTERVENTION

FY21 Approved: \$25,000.00

The Early Intervention Program of Oak-Leyden Developmental Services has provided supports for children from birth through age five and their families since 1975. Children who are experiencing delays in development or who have a qualifying medical diagnosis receive individualized care and support to lessen the impact of their delays and increase their ability to fully participate in their communities. The family-centered approach is typically provided in a child's natural environments, working with the child's caregivers and taking advantage of everyday learning opportunities. Services included Family Support and Service: Case Consultation, Home Programming, and Developmental Screenings; Parent Child Play Groups: Drop-In Days, Family Events, and Music Together.



SUPPORTED EMPLOYMENT PROGRAM

FY21 Approved: \$40,000.00

The Supported Employment Program (SEP) provides adults with developmental disabilities the opportunity to secure competitive employment within a field or industry of interest. A process of evaluation and consultation assists participants to identify their work skills and vocational goals. Participants receive Vocational Evaluation, Job Seeking Skills Training, Job Placement, and Job Training. A Qualified Intellectual Disabilities Professional (QIDP) is assigned to monitor service and make referrals for ancillary services as needed. The program seeks to secure employment with above minimum wages, health benefits, and in the vicinity of the participant's residence.

MULTIDISCIPLINARY CLINIC

FY21 Approved: \$8,000.00

The Multidisciplinary Clinic (MDC) exists so adults with developmental disabilities receive appropriate and timely attention to their health and wellness needs, improving their quality of life and increasing their independence. Treatment strategies are tailored to the needs of individuals with developmental disabilities. The MDC offers collaborative behavioral and health treatment, coordinating the skills and knowledge of medical practitioners with the oversight and expertise of Oak-Leyden's personnel to identify and treat the healthcare needs of this underserved population.

UCP SEGUIN SERVICES OF GREATER CHICAGO
(708)863-3803

BUILDING BRIDGES to the FUTURE

FY21 Approved: \$9,600.00

The purpose of this program is to ensure the successful transition of students with developmental disabilities, ages 18-21, into adulthood. UCP Seguin will achieve this by working with parents, families, and students in the Oak Park/River Forest High School (OPRFHS) to provide coaching, linkages to financial, medical, and legal resources, and adult services training experiences. This program will also provide counseling, training, and hands-on assistance to special education students with disabilities, and their families. The Transition Outreach Specialist will work with OPRFHS to identify individuals, participate in Individual Educational Plan (IEP) meetings, assist families in applying for the state waiting list for services, helping families secure Social Security and Medicaid eligibility for their student, and supporting families in obtaining any possible funding for adult services.

WEEKEND/IN-HOME RESPITE

FY21 Approved: \$8,000.00

The weekend and in-home respite programs provide supportive assistance, personal care, life skills training, and social, recreational, and community activities for individuals with disabilities while their parents, other family members and primary care-givers can have respite for themselves. Respite staff provide personalized care and social and recreational activities in a safe, family-like home Friday afternoon through Sunday evening. In-home respite care is provided by respite staff during daytime, evening and weekend hours as



needed.

SOCIAL/RECREATIONAL

FY21 Approved: \$40,000.00

The Young Adult Social Club provides opportunities for social and recreational activities on site, in homes, and in the community for Oak Park young adults ages 18-30 who have intellectual or developmental disabilities. CMHB funding supports staff hours to deliver group services which include O.P. clients.

VOCATIONAL/SUPPORTED EMPLOYMENT

FY21 Approved \$30,800.00

This initiative serves young adults (18-30) with developmental disabilities who reside in Oak Park with opportunities to explore vocational options and secure and maintain paid and volunteer jobs in the community. These are clients who are not eligible for regular supported employment slots. CMHB funding supports staff hours to deliver group services which include Oak Park clients.

OPPORTUNITY KNOCKS

(708)771-6159

LIFE SHOP

FY21 Approved: \$50,000.00

The Life Shop is the Opportunity Knocks' day program that serves young adults with intellectual and developmental disabilities who are 22 years and older. Services include: Health and Wellness- Participants learn firsthand how to lead a healthy lifestyle. Each week, time is dedicated to learning about topics including but not limited to: healthy hearts, fruits, vegetables, sugar shock, and the importance of water, exercising at home, and being active among other important health lessons. Job Skills Development – Participants advance and expand skills necessary to succeed in the work force. Life Skills – While some program activities directly teach life skills such as the cooking group who spend time each week planning the lunch menu, grocery shopping, and preparing lunch, other activities take an indirect approach at advancing life skills. Each participant takes on a new role each week to obtain a variety of skills. Community Involvement – This includes educational, recreational, and volunteer activities that connect the participants to the community.



D. Primary Prevention Programs/Services

NEW MOMS, INC.

(708)848-2227

SPECIAL POPULATIONS

FY21 Approved: \$82,000.00

New Moms, INC. provides home visiting, support groups, workshops, and age-appropriate child developmental programming to families living in Oak Park. Participants include young mothers, aged 13-22; single mothers who are in a position of parenting primarily on their own; and mothers facing parental isolation either as a result of single parenthood or low community connectedness. Each of these is a significant risk factor for mental health issues, poor parenting efficacy, and child developmental issues. All services are delivered through a unique two-generation model—acknowledging that the well-being of mothers and children are inextricably linked, and supporting the health, development, and well-being of both generations simultaneously. New Moms, INC. provides an array of interventions, tailored to the particular need of each family. Participants receive home-based parenting education and support, with frequency and intensity based on client need, geared toward ensuring adequate supports are in place for both mother and child(ren); weekly parent support and education groups (delivered in circumstantially-appropriate groups, e.g. teen mothers, single mothers); weekly drop-in parent workshops (Morning Parent Meet-Up) for additional support; and external linkages for additional support. They use the evidence-based “Parents As Teachers” curriculum, which is a proven model. In addition, they use evidence-informed material based on Behavioral Parent Training and Cognitive Behavioral Theory.

SARAH'S INN

(708)386-4225

PREVENTION SERVICES

FY21 Approved: \$16,000.00

Through the Together Strong Project, Sarah’s Inn prevention program that targets adolescents ages eleven-eighteen when they are first experimenting with intimate relationships both online and in person. Sarah’s Inn provides critical information for students on how to protect themselves against potential threats and how to seek help if they are a victim of violence or abuse. The Together Strong Project includes the following programs; Together Connect, Together Discover, Together Prepare, and Together Strong.

SUPPORTIVE SERVICES

FY21 Approved: \$40,000.00

The Intervention Services Program delivers a continuum of advocacy, support, and emergency services to victims of domestic violence. These services assist individuals in obtaining the resources needed to become self-sufficient and free of domestic violence. Supportive Services offers the following programs: Twenty-four-hour Crisis Line; Individual Advocacy and Counseling; Support and Education Groups; Life Skills Development; General Legal Advocacy;



and Art Therapy. Services are offered in English and Spanish at no charge to the victim.

YEMBA
(708)842-5022

MENTORING EMPOWERMENT PROGRAM FY21 Approved: \$90,000.00
Mentoring Empowerment Program (MEP) is a continued/contained program, whose mission is focused on providing mentoring services to at-risk middle school youth and families, of Oak Park. Mentoring services in the MEP will target “at risk” youth for substance use, mental health needs, homelessness, school resistive and refusal behaviors. The MEP is designed to run all year round. There will be a total of six (6) sessions: three school-year sessions for 6th-8th grade boys, and three school-year sessions for 6th-8th grade girls. Sessions will be administered in the fall, winter and spring. During these sessions, there will be two (2) workshops provided per week afterschool from 3:30p-6:30p. Each workshop will include: homework help hour, mentoring workshop, and a recreation workshop.

DePaul University – Family and Community Services
(773)325-7787

MINDFUL MIDDLE SCHOOLERS FY21 Approved: \$70,000.00
Expanding the Mindful Middle-Schoolers Program (MMP): Resiliency Skills for Anxiety, Depression and Executive Functioning, to address the mental health needs of students and families. The Program will leverage the evidenced-based Multi-Tiered System of Support (MTSS) model that offers universal (Tier I), group (Tier II), and individualized (TIER III) interventions of increasing intensity. The MTSS ensures efficient use of limited resources with the idea that many children can be served through universal approaches that teach them and their caregivers about emotional health and those that are at increasing risk or symptom severity will utilize more intensive, individualized services at higher TIERS. Two clinicians will be assigned to this project. They will provide (2) 7 hour days per week to this project, for a total of 28 hours per week from for Tiers I, II, and III services.

Tier I – Parent and school staff workshops.

Tier II – Group services geared toward students demonstrating clinically significant symptoms of anxiety, depression and/or inattention. 12 week groups using the Mindfulness-Based Cognitive Therapy for Children curriculum.

Tier III – For students and families that need a higher level of individualized care. Students and families can be referred to the DePaul Family and Community Services clinic for psychological/neuropsychological evaluations.