



## FY23 FUNDING SUMMARY

The Community Mental Health Board of Oak Park Township (CMHB) awarded \$1.24M in FY23 (April 1, 2022, through March 31, 2023) to 15 local organizations to provide mental health, substance use, intellectual/developmental disability, and primary prevention programs and services for Oak Park residents who lack insurance or who have inadequate insurance. CMHB grants address gaps in other available funding and support infrastructure, technology, and training needs that directly affect the quality of services available to Oak Park residents. For more information about CMHB, visit [www.oakparktownship.org/CMHB](http://www.oakparktownship.org/CMHB).

<b>MENTAL HEALTH PROGRAMS &amp; SERVICES</b>		<i>pages 2-5</i>
Ascension Illinois Behavioral Health (formerly Presence Health)		\$15,000
Housing Forward		\$74,000
Infant Welfare Society Children's Clinic		\$12,000
NAMI Metro Suburban		\$113,800
Oak Park Township Senior Services		\$44,000
Smart Love Family Services		\$10,000
Thrive Counseling Center		\$108,000
<b>TOTAL</b>		<b>\$376,800</b>
<b>SUBSTANCE USE DISORDER PROGRAMS &amp; SERVICES</b>		<i>page 5</i>
Way Back Inn		\$81,885
<b>TOTAL</b>		<b>\$81,885</b>
<b>INTELLECTUAL/DEVELOPMENTAL DISABILITY PROGRAMS &amp; SERVICES</b>		<i>pages 5-7</i>
Community Support Services		\$114,500
Opportunity Knocks		\$72,000
UCP Seguin of Greater Chicago		\$78,000
<b>TOTAL</b>		<b>\$264,500</b>
<b>PRIMARY PREVENTION/INTERVENTION PROGRAMS &amp; SERVICES</b>		<i>pages 7-8</i>
DePaul Family and Community Services		\$292,533
New Moms		\$82,000
Sarah's Inn		\$56,000
YEMBA		\$85,000
<b>TOTAL</b>		<b>\$515,533</b>
<b>TOTAL FY23 AWARDS</b>		<b>\$1,238,718</b>

## MENTAL HEALTH PROGRAMS & SERVICES

Ascension Illinois Behavioral Health | 708.410.0615

[www.amitahealth.org/location/amita-health-community-mental-health-center-melrose-park](http://www.amitahealth.org/location/amita-health-community-mental-health-center-melrose-park)

### OAK PARK PROJECT

**\$15,000**

Ascension Illinois Behavioral Health (formerly Presence Health), located in Melrose Park, provides mental health services and programming for individuals who are uninsured and cannot afford treatment. Available services include an array of therapy and medication management, with treatment options including individual, group, and family therapy for mental health and substance use disorder (face-to-face and virtual), psychiatric services (face-to-face and virtual), crisis services, trauma-informed care for victims of violence, social skills groups, and therapeutic coaching/mentoring. Ascension Illinois also offers the *Strengthening Families Program (SFP)*, an evidence-based prevention program for families. It is a parenting skills, children's life skills, and family life skills training program specifically designed for high-risk families. Through psycho-education, skill building, and support, the program strives to prevent crises and the need for mental health and substance use disorder treatment. It teaches families how to implement more effective ways of communicating, develop positive relationships, and use coping skills to deal with difficult life situations. With participation, family members learn to become supportive of one another, and the need for further intervention is prevented. Consisting of 11 two-hour group sessions that include a meal, informal family practice time, and group leader coaching, the program is proven to prevent drug use in youth and teens due to stronger family ties and connection, and youth become more capable of dealing with peer pressure and criticism.

Housing Forward | 708.338.1724 | [housingforward.org](http://housingforward.org)

### DIVERSION

**\$18,000**

Shelter diversion ("diversion") is an intervention designed to immediately address the needs of individuals and families who are imminently homeless and seeking emergency shelter. With a goal of immediately helping clients secure safe housing alternatives (short- or longer-term), the program supports a diversion specialist who provides case management and support to help households rely on their strengths and support network. Staff work with clients to create a housing stabilization plan that identifies barriers to stable housing, identify community resources, and develop a strategy to connect households to these supports. Interactions with clients are person-centered, strengths-based, trauma-informed, culturally appropriate, and housing- and solution-focused. As in all of its programs, "housing first" principle are applied; services are offered without preconditions like sobriety or income.

### STREET OUTREACH

**\$36,000**

The street outreach team connects with people who may need housing assistance by creating a bridge to services. The program aims to reach the most at-risk, service-resistant individuals and families living on the streets or places not meant for human habitation (abandoned buildings and forest preserves) and link them to critical services, engage them in case management, and ultimately transition them into permanent housing, thereby reducing chronic homelessness. The program meets clients where they are, both emotionally and physically, in emergency shelters, on the streets, or on public transportation. Referrals from local municipal services (police departments, libraries, and township staff) enable the team to make contact.

### BEHAVIORAL HEALTH SPECIALIST

**\$20,000**

The behavioral health specialist focuses on addressing the more complex behavioral health issues presented by Housing Forward clients experiencing homelessness, working across all agency program areas to assess clients' need for behavioral health services, develop care plans with behavioral health goals, and make connections to needed supports, including appropriate housing. Additionally, the specialist conducts periodic group therapy sessions for

referred clients on a variety of topics (managing stress, dealing with depression, etc.). As needed, the specialist links clients to supportive services, including but not limited to substance use treatment, psychiatric services, and counseling services. The program employs best practices, including trauma-informed care, intensive case management, and motivational interviewing, with a goal of empowering clients to make their own care decisions.

**Infant Welfare Society Children’s Clinic** | 708.848.0528 | [childrensclinicwv.org](http://childrensclinicwv.org)

### **OAK PARK CHILDREN’S MENTAL HEALTH PROJECT**

**\$12,000**

The Oak Park River Forest Infant Welfare Society’s (IWS) Children’s Mental Health Project increases access to behavioral health care for low-income children by screening for social and emotional well-being in medical well-child visits and preventative dental visits at the IWS Children’s Clinic, where social workers also provide brief social work interventions for all clinic patients. These brief interventions provide a way to resolve issues that can be dealt with in a single session. Social service case management and referral services address concrete needs such as food insecurity and homelessness that affect well-being, and provide referrals to therapy, inpatient care, and DCFS as necessary. The full integration of medical, dental, and behavioral health is a distinguishing feature of care at the clinic. The Clinic’s goal of improving access to behavioral health care for low-income children is accomplished through creation of a seamless system of care in which patients with behavioral health issues are identified in the medical or dental setting, and by developing a plan that addresses behavioral as well as concrete social needs. Through this integrated care model, the program increases the likelihood that patients will comply with their behavioral health plans, receive the services they need, and improve their behavioral and mental health outcomes.

**NAMI Metro Suburban** | 708.524.2582 | [namimetsub.org](http://namimetsub.org)

### **DROP-IN CENTER**

**\$60,800**

The Drop-In Center provides an array of services to individuals with mental health conditions that enhances their lives and promotes their involvement in the larger community. Supervised by Certified Recovery Support Specialists (CRSS), the program utilizes *club house* and *peer-to-peer* models, and offers elements of small-group work, peer support, socialization activities, life skills building, and evidence-based job placement strategies. Participants engage in a wide variety of wellness classes, social activities, community/peer support, and employment programs.

### **EDUCATION PROGRAMS**

**\$48,000**

NAMI hosts school-based, family, and community education programs. The prominent message across programs is that a person with a mental illness living well in recovery conveys a powerful message of hope. Through education efforts, NAMI separates fact from fiction about mental illness, encourages early intervention, and provides participants the confidence and sense of possibility about living well in mental health recovery. Programming addresses and reduces the stigma associated with mental illness, educates affected families about mental illness, teaches coping skills that empower families/individuals and alleviate hopelessness, and limits negative effects experienced by families/individuals. The following school-based classes align with and enhance local school districts’ social-emotional learning curricula: (1) Ending the Silence, (2) Stress Less: Resilience for Success, and (3) Stress Less: Mental Health Fitness. Adult classes and recovery supports include: (4) Wellness Recovery Action Plan (WRAP) Class and (5) NAMI Connection. Family programs include: (6) Family support groups, (7) Family-to-Family, (8) Basics, and (9) Family Education and Advocacy Series.

### **INDIVIDUALIZED PLACEMENT SERVICES**

**\$5,000**

The Individual Placement and Support (IPS) Program is a standardized, peer-reviewed, and outcome-focused workforce development program for individuals with serious mental illness. It promotes recovery through work, supporting to prepare for, gain, and retain employment. Program specialists meet individually and in small groups with individuals, run a weekly Jobs Club at the Drop-In Center, and engage in outreach with the community. Program recruitment takes place through community events, job fairs, online, and by word-of-mouth referrals.

### **OLDER ADULT BEHAVIORAL HEALTH PROGRAM**

**\$44,000**

Oak Park Township Senior Services provides community-based case management for older adults living with a behavioral health or memory disorder, including dementia, substance use, and/or developmental disabilities. Care coordinators assist clients in accessing essential services that allow them to maximize their level of functioning and remain independent within the community. They conduct holistic assessments that examine clients' environmental, physical, cognitive, psychological, and social well-being, and work with clients to create and implement a comprehensive care plan. They also provide psychoeducation, offer options for care, and seek to enhance coping skills with the goal of promoting stability. Additionally, care coordinators work with clients to identify risk factors that negatively impact symptoms and to develop a crisis management plan to follow in the event of a psychiatric emergency.

### **IT TAKES A VILLAGE**

**\$10,000**

The It Takes a Village (ITAV) program aims to reduce barriers to mental health care for children of color and their families, recognizing that they face a disproportionate array of factors and influences that can have a powerful, negative impact on both their healthy development and long-term futures, and that individual and systemic racism pervade many aspects of our communal lives. The program has a two-fold purpose: 1) to help parents gain new insights and skills, build confidence, improve family relationships, and develop a greater sense of solidarity and connectedness to community resources; and (2) to help young people develop a stronger sense of their racial/ethnic identity and its value, along with a healthier sense of self. The program consists of three parent and youth groups facilitated by therapists, each offering a safe, confidential, and supportive space: 1) *Finding Strength Together* for Black parents; 2) *Mi Familia* for Spanish-speaking parents; and 3) *Youth Group* for children of color from all backgrounds. Individual parent coaching sessions and short-term therapy for uninsured young people of color are also available.

### **ADULT THERAPY AND CASE MANAGEMENT**

**\$60,000**

The adult therapy and case management program provides comprehensive, coordinated services to eligible adults and families. Available services include a variety of therapy/counseling modalities (individual, group, family, and couples) and crisis intervention services in order to address identified needs such as psychiatric illness, life span issues, situational stressors, and family/interpersonal relationship issues. Services are available in person and by phone or video, based on client need. Additionally, case management services support clients' recovery efforts, and include assessment, planning, coordination, linkage, and advocacy to help individuals gain access to healthcare, social, and community resources.

### **YOUTH THERAPY AND CASE MANAGEMENT**

**\$15,750**

The youth therapy and case management program provides comprehensive, coordinated services to eligible youth and families. Available services include a variety of therapy/counseling modalities (individual, group, family) and crisis intervention services in order to address identified needs such as psychiatric illness, phase of life issues, childhood trauma, situational stressors, and family/relationship issues. Services are available in person and by phone or video, based on client need. Counseling groups for youth include the *Coping Cat* series to address anxiety management and the *Sibshops* series for siblings of children with developmental, physical, and/or mental health challenges. Case management services support clients' recovery efforts, and include assessment, planning, coordination, linkage, and advocacy to help individuals gain access to healthcare, social, and community resources.

**OUTPATIENT PSYCHIATRIC SERVICES****\$20,000**

Thrive provides a local no-turn-away resource for psychiatric services for individuals who lack insurance, who have certain types of Medicaid, or whose insurance has a high deductible. Comprehensive psychiatric services, including psychiatric evaluations and ongoing medication monitoring services to children, adolescents, and adults, are available. All DSM-5 psychiatric services are eligible, including assessments and medication management.

**YOUTH GROUP INTERVENTION****\$12,250**

Thrive leads a suicide awareness and prevention training called *Question, Persuade, Respond (QPR)* for teens through workshops at Oak Park River Forest High School and Fenwick High School.

**SUBSTANCE USE DISORDER PROGRAMS & SERVICES**

Way Back Inn | 708.345.8422 | [waybackinn.org](http://waybackinn.org)

**WAY BACK INN****\$81,885**

The Way Back Inn provides long-term, extended 90-day residential substance use treatment for adult female clients at the Grateful House in Oak Park, where two beds are reserved for Oak Park residents. Clients are provided room and board, as well as substance use and/or gambling disorder interventions at therapeutic levels of care using an evidence-based assessment and American Society of Addiction Medicine (ASAM) criteria. Clients participate in group and individual treatment, as well as a recovery-based program, attending community and in-house meetings. Residential clients also participate in the *Stress Management Group*, which offers didactic/process-oriented therapy devoted to stress management topics and physical activity (e.g., yoga, pet therapy, etc.). The Way Back Inn also offers the *Family Program*, an outpatient group open to all Oak Park residents that provides an educational and process-oriented space where families of persons affected by substance use and gambling disorders can process their recovery and family structure. The group focuses on codependency, enabling, the disease concept of addiction, cross addiction, recovery, relapse prevention, difficulty surrounding holidays, homecoming, children-parent relationships post treatment, and the family's use of alcohol or medications after a client returns home.

**INTELLECTUAL/DEVELOPMENTAL DISABILITY PROGRAMS & SERVICES**

Community Support Services | 708.354.4547 | [cssservices.org](http://cssservices.org)

**RESPITE****\$81,000**

Community Support Services (CSS) offers respite services to provide families with a break from the demands of caring for a family member (minor or adult) with intellectual/developmental disabilities while providing the individual opportunities for socialization, encouragement, and new experiences. Providing respite services as a reprieve improves family functioning and care-giving skills. Each family, based on an assessment of family needs, is allocated a number of respite hour per year to use in ways that make sense for their family.

**CASE MANAGEMENT****\$33,500**

This program offers person- and family-centered support for individuals with intellectual/developmental disabilities and their families. In addition to the need for direct supports such as respite and group programs, families usually have a tremendous need for information about the available service delivery system for people with disabilities, as

well as for support and advocacy in the school system. Case management supports the individual and family with planning, facilitating, advocating, and ensuring access to wanted and needed services, benefits, and/or other resources, making sure families are aware of and supported in accessing the resources available to them, including various respite options offered at CSS.

**Opportunity Knocks | 708.771.6159 | [opportunityknocksnow.org](http://opportunityknocksnow.org)**

### **OK PROGRAM**

**\$72,000**

The OK Program provides virtual and in-person services for adults with intellectual/developmental disabilities aged 22 or older (“Warriors”), empowering and supporting them in all major facets of community life. Activities foster self-determination, independence, healthy lifestyles, vocational skills, functional communication, and community engagement. In virtual programming, Warriors select daily from four activities based on interests and personal goals in the areas of life skills, social skills, wellness, and recreation. During in-person programming, Warriors stay in small cohorts throughout a programming block for a period of 6 weeks, which allows for skill development and evaluation. Services include: 1) *Health and wellness* – participants learn firsthand how to lead a healthy lifestyle, planning the lunch menu, grocery shopping, and preparing lunches. A nutrition club teaches how to make fast food meals into a healthier version. Physical fitness is incorporated into the daily routine, including guided breathing and meditation; 2) *Job skills development* – participants advance and expand skills necessary to succeed in the work force, including programming, community-based volunteer efforts, and participation in paid employment opportunities within Opportunity Knocks’ three social enterprises; 3) *Life skills* – covers kitchen skills, laundry and home skills, personal care, shopping, and budgeting. Each participant takes on a new role each week to obtain a variety of skills; and 4) *Community integration* – educational, recreational, and volunteer activities that connect participants to the community.

**UCP Seguin of Greater Chicago | 708.863.3803 | [ucpseguin.org](http://ucpseguin.org)**

### **BUILDING BRIDGES TO THE FUTURE**

**\$10,000**

Building Bridges to the Future supports the successful transition of high school students ages 14-21 with intellectual/developmental disabilities into adulthood, as well as students who recently left high school (ages 22-25) and need access to adult services. UCP Seguin works with parents, families, and students in Oak Park River Forest High School (OPRFHS) to provide coaching; linkages to financial, medical, and legal resources; and adult services training experiences. This program also provides counseling, training, and hands-on assistance to special education students with disabilities and their families. Transition outreach staff work with OPRFHS to identify individuals, participate in Individual Educational Plan (IEP) meetings, assist families in applying for the state waiting list for services, help families secure Social Security benefits and Medicaid eligibility for their student, and support families in obtaining any and all possible funding for adult services.

### **WEEKEND/IN-HOME RESPITE**

**\$10,000**

The weekend and in-home respite program provides supportive assistance, personal care, life-skills training, and social, recreational, and community activities for individuals with intellectual/developmental disabilities so their parents, other family members, and primary caregivers can have some respite from providing such intensive care themselves. Staff provide weekend respite care, including personalized care and social and recreational activities in one of the safe, family-like homes or within a participant’s home, as needed.

### **SOCIAL/RECREATIONAL**

**\$30,000**

The Social/Recreational program provides adults with intellectual/developmental disabilities opportunities to enhance their social/recreational exposure, skills, and enjoyment. It offers participants a wide array of interesting and entertaining opportunities to meet others, gain friends, enjoy fun activities, improve their physical fitness, and learn new skills, so that they can achieve their potential, advance their independence, and act as full members of the community. These opportunities include social and recreational gatherings at various community venues (i.e.,

gaming arcades, sports arenas, movie theatres, coffeehouses, restaurants, and other participants' homes) located throughout the western and southwestern suburbs of metropolitan Chicago. The activities are selected based on the preferences and interests of program participants.

### **VOCATIONAL EXPLORATION/SUPPORTED EMPLOYMENT**

**\$28,000**

This program offers adults with intellectual/developmental disabilities opportunities to explore vocational options and secure and maintain paid and volunteer jobs in the community. Services include but are not limited to job development, placement, coaching, retention, counseling, and on-site intervention and support services. Participants also receive instruction and guidance in communication skills, social skills, life skills (i.e., using public transportation, managing money, and gaining basic work preparedness tools such as reading and arithmetic), as well as specific, employer-defined job skills.

## **PRIMARY PREVENTION/INTERVENTION PROGRAMS & SERVICES**

**DePaul Family and Community Services | 773.325.7780**

[csh.depaul.edu/about/centers-and-institutes/dfcs](http://csh.depaul.edu/about/centers-and-institutes/dfcs)

### **MINDFULNESS MATTERS: RESILIENCY SKILLS FOR ANXIETY, DEPRESSION AND EXECUTIVE FUNCTIONING**

**\$292,533**

This program expands capacity to address the mental health needs of elementary- and middle school-aged students and families and to strengthen the caregiving system around them. The program serves students, families, and school staff from D97 middle schools and two of its elementary schools. It leverages 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. This 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 that those who are at increasing risk or symptom severity will utilize more intensive, individualized service. Tier I includes workshops for parents, school staff, and the entire community designed to help develop skills needed to create responsive and supportive environments for youth who are struggling with mental health and executive functioning concerns. Tier II includes group services geared toward students demonstrating clinically significant symptoms of anxiety, depression, and/or inattention. Groups will offer the Mindfulness Matters Program, an adaptable, modular approach to teaching mindfulness to children and teens, and includes activities from the evidence-based approach: mindfulness-based cognitive therapy for children (MBCT-C). Tier III is designed for students and families in need of a higher level of individualized care for mental health and/or inattention. Students and families are referred for MBCT-C groups and individual and family counseling provided in school- or home-based settings. In addition to the above-mentioned services, the program also provides care coordination services to D97 families so that they are connected to both school- and community-based supports. Care coordinators engage students and families to assess functional status and clinical needs and match them with appropriate treatment, care, and school/community supports.

**New Moms | 708.252.3253 | [newmoms.org](http://newmoms.org)**

### **NEW MOMS OAK PARK**

**\$82,000**

New Moms provides home visiting, family-centered coaching, parent support groups, and child developmental programming to high-risk pregnant and parenting families. Participants include young mothers and expectant mothers aged 24 years and under, and mothers facing parental isolation as a result of single parenthood or low community connectedness. Each of these is a significant risk factor for mental health and child development issues, and poor parenting efficacy. Services are delivered through a two-generation model, acknowledging that the well-

being of mothers and children are inextricably linked, and supporting both generations simultaneously yields healthy outcomes. An array of interventions tailored to the need of each family are offered. Participants receive home-based parenting education and/or family-centered (preventive) coaching, weekly parent support groups, and external linkages to additional services. The evidence-based Parents as Teachers curriculum and family-centered coaching are also offered.

**Sarah's Inn | 708.386.3305 | [sarahsinn.org](http://sarahsinn.org)**

### **PREVENTION PROGRAM**

**\$16,000**

Sarah's Inn works with adolescents ages 11-18 years when they are first experimenting with intimate relationships, both online and in person, through the *Together Strong Project*, which 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. Research indicates that the majority of students will neither perpetrate violence nor become victims themselves, so the program teaches teens how to advocate against violence as a bystander. The project includes the following programs: Together Connect, Together Discover, Together Prepare, and Together Strong (called Step Back at OPRFHS), as well as additional educational opportunities for youth and adults through presentations and discussions with academic, athletic, or club-related activities and parent nights.

### **INTERVENTION PROGRAM**

**\$40,000**

The program seeks to meet the needs of victims of domestic violence, which include improving the safety of victims and their children, increasing survivors' life stability and self-sufficiency, and ensuring that children and teen witnesses of domestic violence become less likely to repeat the cycle of violence as adults. The specific activities of the Intervention Program that address these needs include: 1) emergency assistance through a 24-hour crisis line, safety planning, emergency shelter referrals, transportation and housing assistance; 2) individual and group advocacy and counseling to help survivors rebuild their lives and heal; 3) legal advocacy to help ensure protections under the law; 4) children and teen programming including art and play therapy, group services, and individual counseling; and 5) partner abuse intervention for those who have used violence in intimate partner relationships. All of these services aim to break the cycle of violence for future generations, and are provided in English and Spanish at no charge to the victim.

**YEMBA | 708.719.6700 | [yemba-inc.org](http://yemba-inc.org)**

### **MENTORING EMPOWERMENT PROGRAM & TRAINING**

**\$85,000**

YEMBA educates youth mentally, physically, and spiritually and equips them with knowledge and tools for leadership development and success in life through a two-pronged approach to mentoring—Mentoring Empowerment Program (MEP) and Mentoring Empowerment Training (MET). MEP is a school-based group program utilizing a focused curriculum to teach middle school students valuable life skills that promote success, equity, and access. Recognizing the elementary-to-middle and middle-to-high school transitions as critical stages in youth development, YEMBA provides students in grades 6-8 with a foundation for social and emotional learning and character development, arming mentees with the knowledge, leadership skills, and decision-making tools to support a successful transition from an elementary school environment to a middle school system and educational culture—and for them to flourish and excel throughout the remainder of their scholastic career into adulthood. Workshops offered to D97 middle-schoolers are focused on: 1) leadership development, 2) substance use education, and 3) financial literacy. MET is a training program and curriculum for D200 high-schoolers to help them focus on college and workforce preparation, career exploration, and financial literacy while fostering leadership skills. MEP graduates are encouraged to start new journeys as junior mentors by learning how to effectively empower others while incorporating social and emotional learning practices that support success in school and beyond. Youth mentors are paid an hourly stipend to create a paid work experience, enhancing their dedication and promoting responsibility. Through mentoring, YEMBA offers consistent positive interactions with mentors of color in an environment where these examples are not readily seen.