Mental Health and Substance Use Prevention/Intervention Resource Directory

SERVICES AND SUPPORTS FOR CHILDREN AND ADULTS
This document aims to enhance access to information about resources available to Oak Park and River Forest residents, with an emphasis on free or reduced-cost services. It is not intended to be an exhaustive resource list. While every effort has been made to ensure the accuracy of information included, we understand that some information may change over time. Thank you for your understanding.
ALIVIO MEDICAL CENTER
6447 W. Cermak Rd.
Berwyn, IL 60402
773.524.1400
aliviomedicalcenter.org

Housed within the clinic sites and using the same electronic medical record, the behavioral health team is integrated into Alivio’s comprehensive primary care. Referrals to the behavioral health team are made by the patient’s primary care provider.

Alivio’s behavioral health team is comprised of professionally trained, experienced, culturally competent, and compassionate staff members who focus on meeting the needs of patients. Services are provided in both English and Spanish.

SERVICES

Counseling services are available for children, adolescents, adults, couples, and families with issues such as depression, anxiety, domestic violence, learning disabilities, conduct problems, aggression, and many other behavioral and emotional difficulties.

- Individual counseling/therapy for children, adolescents, adults, and seniors
- Family counseling/therapy
- Couples counseling
- School-based counseling and groups
- Group therapy (topics and availability vary)
- Parent communication workshops (schedule varies)
- Domestic violence counseling

COLLABORATION FOR EARLY CHILDHOOD
171 S. Oak Park Ave.
Oak Park, IL 60302
708.613.6122
Collab4kids.org

The Collaboration for Early Childhood is a unique public/private partnership designed to improve early childhood outcomes and ensure that every child thrives in their first five years of life and beyond. Working in partnership with the community, the Collaboration strives to ensure that children arrive at kindergarten healthy, ready to succeed, and eager to learn.

The Collaboration believes that rich early learning experiences and the healthy development of all children cannot be supported without first supporting strong communities that have the tools and connections to the resources they need to nurture children. Therefore, they work with families and caregivers, educators and child care providers, health professionals, and systems leaders to promote the success of children in school and in life.

ASCENSION ILLINOIS BEHAVIORAL HEALTH CENTER
1414 West Main St. • Melrose Park, IL 60164 • 708.410.0615
healthcare.ascension.org

Ascension Illinois Behavioral Health Center provides a continuum of community-based clinical services on an outpatient basis to children, adolescents, adults, and families dealing with emotional, behavioral, and social problems. They offer comprehensive psychiatric and clinical care for individuals experiencing emotional distress or psychiatric disorders. Services include psychiatric evaluation and medication monitoring, individual and group therapy, individual and group counseling, case management, and parent education. Services are available in English and Spanish.

SERVICES

Mental Health Treatment for Adults, Teens, and Children
- Individual, group, and family therapy/counseling on-site and within the community

Psychosocial Rehabilitation Program (PSR)
- Day program providing structure and routine for clients who suffer from severe mental illness and or dual diagnosis

Psychiatric Services for Adults, Teens, and Children
- Evaluations and ongoing medication management services
- Telepsychiatry

SERVICES

Free Preschool in Oak Park
Contact the Collaboration to learn more about free, high-quality preschool experiences that support the development of the whole child.

Resources and Support for Parents and Caregivers
With community partnerships, the Collaboration offers expecting parents and parents with young children an array of programming, resources, and workshops that empower caregivers to be their first and most important teacher.

Child Health and Screenings
The Collaboration partners with health professionals and early childhood programs to ensure that children ages birth to five receive developmental, vision, and hearing screenings and have access to needed services.

Early Childhood Educator Professional Development
The Collaboration’s Early Childhood Symposium provides an arena for educators, caregivers, and anyone working with young children to gain knowledge, perspective, and practical skills in promoting positive learning experiences. The Collaboration also provides a calendar of professional development opportunities.

Parenting Classes
- 12-week educational group

Residential Program for Adults
- Short-term, long-term, and transitional housing

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

Substance Use Treatment for Adults and Adolescents
- Medication-assisted recovery, intensive outpatient treatment, outpatient therapy

DUI Services

Anger Management for Adults and Adolescents

Partner Abuse Intervention for Males and Females

Strengthening Families Program
- A family skills training program been found to significantly reduce problem behaviors in children, improve school performance, reduce delinquency and substance use in teens. Families meet for 2-hour sessions that begin with a family meal.

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DePAUL FAMILY AND COMMUNITY SERVICES

2219 N. Kenmore Ave., Ste. 300
Chicago, IL 60614
773.325.7780
csh.depaul.edu/about/
centers-and-institutes/dfcs

DePaul Family and Community Services is a full-service behavioral health clinic located in Lincoln Park on the campus of DePaul University that provides a multi-tiered mental health program for Oak Park elementary and middle schools.

The Mindfulness Matters: Resiliency Skills for Anxiety, Depression, and Executive Functioning program addresses the mental health needs of elementary- and middle school-aged students and families and strengthens 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 services.

SERVICES

Tier I
Tier I interventions include 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
Tier II interventions include group services geared toward students demonstrating clinically significant symptoms of anxiety, depression, and/or inattention. Groups offer the Mindfulness Matters Program, an adaptable, modular approach to teaching mindfulness to children and teens.

Tier III
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 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 appropriately connected to both school- and community-based supports.

HARTGROVE BEHAVIORAL HEALTH

5730 Roosevelt Rd.
Chicago, IL 60644
773.413.1700
hargrovehospital.com

Hartgrove Hospital offers a wide range of options, including inpatient, outpatient, and specialty programs, to deliver personalized help for adults, adolescents, and children to find lasting recovery.

SERVICES

• Inpatient psychiatric treatment for children and adolescents ages 3 years and up, and for adults
• Partial hospitalization program (PHP) for children and adolescents ages 5-17 years
• Intensive outpatient program (IOP) for adolescents ages 12-17 years
• Intensive outpatient program (IOP) for adults ages 18 years and up
• Inpatient trauma program for children, adolescents, and adults

HEALTHCARE ALTERNATIVE SYSTEMS

1915-17 W. Roosevelt Rd. • Broadview, IL 60155 • 708.498.0200
hascares.org

The mission of Healthcare Alternative Systems (H.A.S.) is to provide a continuum of multicultural and bilingual (English/Spanish) behavioral care and social services. Many of the people H.A.S. serves are without income and/or earn under the federal poverty level. Broadview H.A.S. works to promote and provide continuity of health care and access to supportive services for high-risk and disadvantaged individuals. H.A.S. encompasses itself within the community to promote healing through patience, transparency, and positive informed practices. H.A.S. operates within 14 facilities throughout Cook and DuPage counties, providing options to potential participants to be served closest to their easily accessible community.

SERVICES

• Adult Substance Use Treatment – Group counseling, intensive outpatient (IOP), risk reduction, intervention, continuing care, individual counseling
• Youth Substance Use Treatment – Group counseling, intensive outpatient (IOP), outpatient, intervention, continuing care, individual counseling
• Toxicology Testing
• DUI Services – Evaluations, treatment, risk education
• Postpartum Depression Therapy
• Mental Health Treatment – Individual counseling
• Mental Health Crisis Management – The Living Room, a peer-led, free-of-charge mental health support model that offers an alternative to the emergency room for adults experiencing emotional distress
• Community Healthcare Workers – Front-line health workers who provide direct community work by increasing health knowledge and self-sufficiency through community outreach, advocacy, and education
• Telehealth Services – Substance use, mental health, community healthcare workers
Hephzibah offers a wide range of support and intervention services for families in crisis. These include family support services, family assessment services, intact family services, and family reunification services. Hephzibah’s Family Services are designed to preserve the dignity of families while promoting personal growth, improved social skills, effective parenting, academic achievement, and individual empowerment.

The Diagnostic Treatment Center at Hephzibah Home
Abused and neglected children undergo a 90-day period of stabilization and evaluation, for children between the ages of 3 and 12.

The Residence at Hephzibah Home
A longer-term therapeutic program for severely traumatized children who need more time to heal.

Foster Care
Sometimes foster care is a temporary arrangement while parents and children receive the counseling, services, and support they need to succeed as a family unit.

Day Care
Day Care activities are designed to help school-age children achieve their full social, emotional, and intellectual potential.

Family Services
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Academic and Cultural Enrichment
An intensive program for school-age children of reading clinics, after-school tutoring, educational partnerships, workshops in the arts, and cultural expeditions.

SERVICES

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

Medical Respite Services
Short-term residential and post-acute medical care for patients experiencing homelessness who are too ill or frail to recover from a physical illness while living in a shelter or on the streets but not sick enough to be in a hospital. Offered at the RISE Center of Cook Co. and Sojourner House.

Interim Housing Program
Assists individuals and families experiencing homelessness to connect to housing resources. Provides accommodations and meals, as well as structured programming to help participants achieve more permanent housing.

Supportive Housing
A variety of supportive housing programs address a wide range of client needs and circumstances, including short-term and long-term housing assistance.

Wraparound Services
Comprehensive, personalized supports and resources assisting individuals and families to address the complex issues that often accompany homelessness and can interfere with obtaining long-term housing stability, including case management, employment support, medical clinic, legal clinic, and others.

Medical Health
- Outpatient mental health (children and adults)
- Crisis intervention
- Transitional living program (adults with chronic and persistent mental illness)
- Psychosocial rehabilitation program (adults)
- Community support team (adults)
- Transitional care and support program (linkage with state operated facilities)
- Living Room Program (adults)
- Intensive placement stabilization (adolescents)
- Psychiatric medication monitoring
- School-based counseling

The SHARE Program
(Inpatient and outpatient substance use treatment)
- Inpatient medication-assisted recovery (MAR)
- Inpatient rehabilitation (female unit)
- Inpatient rehabilitation (male unit)
- Outpatient program (substance use and gambling)
Adult Recovery Services
- Living Room – Peer-support alternative for crisis or emotional stressors 365 days a year (in person or virtual)
- Drop-In Center – Clubhouse model that offers socialization, life skills, and job readiness and placement for adults 18+ living with a mental health condition
- Support groups and W.R.A.P. (Wellness Recovery Action Plan) classes

Family Support Services
- Family to Family – 8-week class for family members of someone living with a mental illness
- Basics – 6-week class for parents or caregivers of a youth under age 18 with a mental health condition
- Family and parent support groups – Peer-led group that shares experiences, coping skills, and resources

Community Education
- Ending the Silence – Educating youth, parents, and teachers about mental health conditions, in a school setting
- Community Wellness Center – Mental health education and wellness classes
- Mental Health First Aid – 8-hour class for schools, businesses, police and fire, faith-based organizations, and the entire community

New Moms partners with young moms, aged 24 and under, experiencing poverty and homelessness. They provide housing, paid job training experience, and a range of services to promote family well-being. At New Moms, young moms are in the driver’s seat of their lives, setting and accomplishing goals, and laying a strong foundation for thriving futures.

Family Support
New Moms provides early childhood services. Through home visits, highly trained family support coaches partner with young moms during the critical early years of their children’s lives.
- Promote safe, stimulating home environments
- Foster positive, language-rich relationships
- Ensure their families are connected to medical, dental, and mental health care, and other supports

Doula Services
Birth doulas (also known as birth coaches) offer support and education to young, pregnant women as they prepare for birth and early parenthood.

Housing
New Moms offers transitional and permanent supportive housing in both Chicago and Oak Park for young moms and their children experiencing homelessness. While in this program, young moms are partnered with a family support coach and find the support and resources they need to work towards personal and family goals.

Job Training
A fully paid, 16-week job training program blends classroom and on-the-job training at New Moms social enterprise candle company, Bright Endeavors. Young moms, 18-24 years old, will experience a positive environment of learning and employment practice, develop financial literacy, and access permanent job placement assistance.

The Oak Park River Forest Infant Welfare Society Children’s Clinic provides quality, affordable pediatric, dental, and behavioral health care services in an integrated medical home model, for children from birth through age 18. Additionally, social services and nutritional counseling are offered.

Comprehensive Medical Services
School physical and sports examinations, immunizations, flu shots, sick child care, developmental and social/behavioral screening, emotional and behavioral counseling, weight management counseling, health education

Behavioral Health Services
Behavioral health screenings during all well-child visits, short-term intervention, mental health assessments, resources/referrals, case management assistance, individual, family and group therapy, medication monitoring
Oak Park Township assists residents by providing a variety of locally governed supportive services and resources for all residents at every stage of life.

SENIOR SERVICES

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

Support Programs
- Energy assistance
- Senior health insurance program
- Carrier watch program
- Transportation services
- Caregiver support program
- Cooling and warming center

YOUTH AND FAMILY SERVICES

Youth Services supports programs and services that address youth (ages 6-18 years old) through the implementation of prevention techniques, crisis intervention, restorative justice, therapeutic involvement, case management, and coordination of wraparound services with other community partners and agencies.

Youth Engagement Program
Engaging with Oak Park and River Forest youth ages 6-18 through individual counseling, mentoring, group connection, and community outreach. The program is free and designed to provide supportive services to youth as they navigate complex trauma, crisis, anxiety/depression, behavioral issues, gang involvement, or any pressing needs of youth. The goal is to help youth live life in their greatest capacity and dismantle any barriers that may exist.

Financial Aid Scholarships
Provides financial assistance to youth to participate in extracurricular activities.

Girls on the Rise
Custom group curriculum, specifically for Black and Brown girls, that focuses on self-esteem, communication, and advocacy skills. Serves middle school and high school girls in Oak Park and River Forest.

Prevention Program
Provides access to tools, resources, support groups, and service agencies that address the unique needs of an individual and lead to well-being. In addition, the Positive Youth Development (+PYD) coalition promotes healthy choices through education, awareness of health issues, community collaboration, and evidence-based programs that support substance use prevention.

Hygiene Closet
Free hygiene products are available to youth in the Oak Park and River Forest communities. Call 708-445-2727 or email youth@oakparktownship.org to arrange a pick up or drop off at a community location.

PCC COMMUNITY WELLNESS CENTER

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

SERVICES

Behavioral Health Services
- Individual, couple, and family counseling
- Psychiatric services and medication management
- Medication-assisted treatment
- Chemical dependency clinic
- Parenting support
- Support groups
- Resource linkage

PILLARS COMMUNITY HEALTH

Pillars Community Health services are community-based—meaning individuals can locate services close to home, and staff work to help them remain and thrive in their community. Pillars believes in creating an empowering, caring environment where individuals can make informed decisions about their own futures. They envision communities where all people have equal access to the care they need when they need it. To that end, services are committed to eliminating barriers to care, such as language, income, or stigma. Many of the programs are available in both English and Spanish; some programs are offered in Arabic or Polish. Furthermore, some services are available free of charge; others are offered on a sliding fee scale (meaning the amount paid depends on one’s ability to pay).

SERVICES

Community Health Center Services
- Medical
- Behavioral health
- Dental
- Benefits and enrollment

Behavioral Health and Support Services
- Outpatient mental health
- Buddy’s Place/grief support
- Community support – individual
- Mobile crisis response/SASS
- Family support program
- Substance use disorder/DUI services
- Community Integrated Living Arrangement
- Community support – team
- Employment services

Domestic and Sexual Violence Services
- Constance Morris House
- Sexual assault services
RIVEREDGE HOSPITAL

8311 W. Roosevelt Rd.
Forest Park, IL 60130
708.771.7000
riveredgehospital.com

Riveredge Hospital is the largest free-standing psychiatric hospital in the state of Illinois and offers specialized inpatient and outpatient behavioral healthcare to children, adolescents, young adults, and adults. Riveredge strives to foster an environment that demonstrates compassion and caring with timely and effective communication through comprehensive, clinically excellent behavioral health care services. Their goal is to be a leading provider of quality behavioral health services for children, adolescents, and adults, exceeding the expectation of their customers.

SERVICES

Inpatient Services
The inpatient program serves children ages 3 through 12, adolescents ages 13 through 17, and adults who are in acute crisis due to mental illness, emotional distress, or destructive behavior patterns. The Riveredge team, along with patients and their families, determines an individualized treatment plan. All patients are offered individual, family, and group therapy, including expressive therapies like dance and movement, art, drama, play, and animal-assisted therapy.

Child and Adolescent Partial Hospitalization Program (PHP)
The child and adolescent PHP is a therapeutic day treatment program offered to children ages 5 through 12 and adolescents ages 13 through 17 who are at risk of hospitalization in transition from an inpatient hospital stay or experiencing functional impairment at home, in school, or within the community. The program aims to serve individuals who require more structure than is found in traditional outpatient services but do not meet criteria for inpatient treatment.

Intensive Outpatient Services (IOP) for Adolescents and Adults
In the IOP for adolescents ages 13 through 17, participants benefit from a less intensive and therapeutic after-school program. The adult IOP program is for anyone over age 18 with a mental health diagnosis in need of less restrictive treatment. This program allows for flexibility to attend work and attend to other daily responsibilities while receiving meaningful treatment.

Medication Management
The medication management group is led by bilingual professionals to make all participants feel at home in a low-pressure, group setting. This service is co-facilitated by a psychiatrist and one of three additional therapists.

Support Groups
Riveredge offers specialized support groups to children, adolescents, and adults in a comfortable setting. These groups, based on patient type, need, and age, include everything from new mom support groups, art therapy, anger management, and more.

ROSECRANCE

LaGrange, Warrenville, and Rockford locations
Visit rosecrance.org or call the 24-hour access line at 815.391.1000 for more information.

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

SERVICES

Teen Substance Use
- Medically monitored detoxification
- Residential treatment
- Partial hospitalization
- Intensive outpatient treatment
- Recovery homes
- Prevention and early intervention services
- Urine drug screenings are offered for a fee with assessment

Adult Substance Use
- Detoxification
- Partial hospitalization
- Specialized programming for young adults, veterans, firefighters and police officers, women, older adults, and those with opioid use disorders
- Residential inpatient
- Intensive outpatient treatment
- Recovery homes

Adult Mental Health
- Crisis residential
- Pre-admission screening (PAS)
- Psychiatric services
- Projects for assistance in transition from homelessness (PATH)
- Rosecrance triage program
- Crusader community health partnership (off-site)
- Homeless mental health access program

Teen Mental Health Residential
- Mood disorder
- Major depression
- Post traumatic stress disorder (PTSD)
- Poor impulse control
- Bipolar disorder
- Anxiety disorder
- Poor impulse control
SERVICES

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

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

Community Education
Through professional and community stakeholder education, Sarah's Inn works to create a network of skilled advocates on behalf of domestic violence survivors to ensure access to resources and services.

SARAH’S INN
1547 Circle Ave.
Forest Park, IL 60130
708.386.3305
24-hour Crisis Line: 708.386.4225
sarahsinn.org

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

Sarah's Inn believes in hopeful futures for survivors of domestic violence through the strength that comes from a networked and supportive community.

THRIVE COUNSELING CENTER
120 S Marion St. • Oak Park, IL 60302
708.383.7500 • thrivecc.org

Thrive Counseling Center’s mission is to build healthy minds, families, and communities by empowering people to attain mental and emotional well-being. Thrive offers a respective, compassionate, and multicultural approach to counseling and mental health services.

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

Psychiatric Services
- Psychiatric assessment and diagnosis
- Integrated care with other services
- Medication management

24/7 Crisis Team
- Provides intervention and de-escalation
- Psychotic episodes
- Stabilizes a mental health crisis including suicidal thoughts/intentions/gestures or other behaviors that seem out of control
- Restores functioning

Education and Support
- Suicide prevention workshops in the schools
- Sibshops groups
- Thrive Talks

Smart Love Family Services provides counseling, tutoring, assessments, and parenting services to the Oak Park community and surrounding area. Their gentle and effective counseling for children, adolescents, parents, families, and adults is based on the latest knowledge of human development. Smart Love helps children and adults of all ages with a wide range of issues to achieve a greater sense of inner well-being, happiness, and fulfillment. They provide a wealth of information on child development and parenting tips via their webinars, video library, and blog hosted on the website. All programming and offerings are designed to help parents discover an alternative method to parenting that does not rely on hard discipline or soft permissiveness. The Smart Love parenting approach allows parents to focus on the long-term goal of parenting: to raise children to become happy, secure, and successful adults who make healthy choices on their own.

SARAH’S INN
1547 Circle Ave.
Forest Park, IL 60130
708.386.3305
24-hour Crisis Line: 708.386.4225
sarahsinn.org

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WAY BACK INN

412 S. Wesley Ave.
Oak Park, IL 60302
708.345.8422
waybackinn.org

The Way Back Inn serves people and families who are experiencing a substance use or gambling disorder. Their overall goal is to help clients achieve continuous recovery.

The Way Back Inn is licensed by the State of Illinois, Division of Substance Use Prevention and Recovery and accredited by CARF International.

Alcoholic Anonymous/AA meetings and Gamblers Anonymous/GA meetings available.

SERVICES

Adult (18+) Women’s and Men’s Recovery
- Weekly treatment program
- Group therapy and individual counseling
- Family group
- Stress management
- 12 step meetings
- Alcoholics Anonymous (AA) meetings
- Aftercare

Gambling Disorder Programs
- Compulsive gambling program
- Outpatient treatment program
- Group therapy and individual counseling
- Family group
- 12 step meetings
- Gamblers Anonymous (GA) meetings
- Additional outpatient services for teens aged 13-17 and their families

WEST SUBURBAN MEDICAL CENTER

63 Erie St.
Oak Park, IL 60302
708.763.6703
westsuburbanmc.com

The West Suburban Medical Center intensive outpatient program (IOP) offers group treatment for people needing a safe environment to address emotional and behavioral needs. The program serves people who have completed inpatient or residential treatment for mental health, behavioral health, and/or substance use; individuals whose mental, behavioral, or substance related needs do not rise to the level that requires inpatient and residential treatment.

SERVICES

Therapeutic Groups
- Aftercare planning sessions
- Therapeutic expressive arts groups
- Mindfulness (deep breathing and meditation)
- Psychopharmacological management
- Individual counseling and family therapy as part of treatment and as needed

Telehealth
- All clients must be able to connect to the internet themselves
- Tablets are available and must be returned upon completion of the program

Benefits of the program:
- Reduce psychiatric symptoms
- Cognitive behavioral strategies
- Improve overall level of functioning reduce hospital readmissions
- Provide outpatient support
- Prevent decompensation
- Stress reduction
- Stress management
- Provide coping skills

YEMBA

218 Lake St. • Oak Park, IL 60302 • 708.719.6700 • yemba-inc.org

YEMBA provides youth with the mentoring, educational, and recreational opportunities necessary for enhancing their social/ emotional development and avoiding negative influences. The program helps youth develop mentally, physically, and spiritually to ensure that they are on a path to success.

SERVICES

Mentoring Empowerment Program (MEP)
Group or one-on-one mentoring program providing middle school students with valuable skills such as leadership, goal-setting, stress reduction, time management, effective communication, and financial literacy. MEP includes homework help and tutoring to advance students’ academic success. The program also provides opportunities for youth to develop leadership skills through athletics by emphasizing teamwork, conflict resolution, and effective communication.

Mentoring Empowerment Training (MET)
Professional development and training for those who are involved with youth or who aspire to serve youth through mentoring.
- Mentors – adults engaged in mentoring middle and high school students
- Junior mentors – high school juniors and seniors who receive a stipend for providing peer mentoring services to middle school students

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Mentoring Empowerment Program (MEP)
Group or one-on-one mentoring program providing middle school students with valuable skills such as leadership, goal-setting, stress reduction, time management, effective communication, and financial literacy. MEP includes homework help and tutoring to advance students’ academic success. The program also provides opportunities for youth to develop leadership skills through athletics by emphasizing teamwork, conflict resolution, and effective communication.

Mentoring Empowerment Training (MET)
Professional development and training for those who are involved with youth or who aspire to serve youth through mentoring.
- Mentors – adults engaged in mentoring middle and high school students
- Junior mentors – high school juniors and seniors who receive a stipend for providing peer mentoring services to middle school students

Benefits of the program:
- Reduce psychiatric symptoms
- Cognitive behavioral strategies
- Improve overall level of functioning reduce hospital readmissions
- Provide outpatient support
- Prevent decompensation
- Stress reduction
- Stress management
- Provide coping skills
Additional Resources

The HUB
The HUB is a free, internet-based site dedicated to connecting individuals living in the Western Suburbs of Chicago to quality health, housing, mental health, substance use, and other supportive services.

healthconnectionhub.org

Compass Health Center
Provides behavioral health care for children, adolescents, young adults, and adults with mood and anxiety disorders and other mental health conditions that affect daily functioning. Both partial hospitalization (PHP) and intensive outpatient (IOP) programs offer group therapy as well as individual therapy, psychiatric sessions, medication management, and family therapy, if indicated.

750 Oakmont Ln.
Westmont, IL 60559
844.552.0242
compasshealthcenter.net

Mosaic Counseling & Wellness
Offers individual therapy for adults, adolescents, and children; couples/marital therapy, family therapy, and group therapy; as well as psychological testing, psychiatric evaluation, and medication management. Therapists provide traditional talk therapy in addition to creative arts therapies and more integrated, holistic paths to wellness.

215 Harrison St.
Oak Park, IL 60304
708.628.8000
mosaiccare.com

This document aims to enhance access to information about resources available to Oak Park and River Forest residents, with an emphasis on free or reduced-cost services. It is not intended to be an exhaustive resource list. While every effort has been made to ensure the accuracy of information included, we understand that some information may change over time. If you know of additional services to be included in this directory, please contact the Community Mental Health Board.