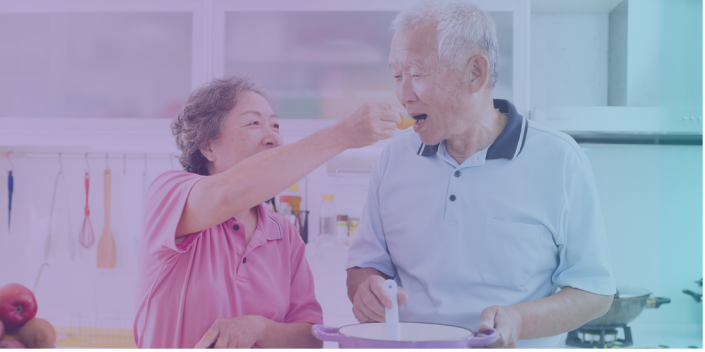

Mental Health and Substance Use Prevention/Intervention

RESOURCE DIRECTORY

SERVICES AND SUPPORTS FOR CHILDREN AND ADULTS

Community Mental Health Board of Oak Park Township

River Forest Township

TABLE OF CONTENTS

Alivio Medical Center	4
Ascension Illinois Behavioral Health Center	5
Collaboration for Early Childhood	6
Hartgrove Behavioral Health	6-7
Healthcare Alternative Systems	7
Hephzibah Children's Association	8
Housing Forward	9
Journey's Community Center	10
Leyden Family Service	11
NAMI Metro Suburban	12
New Moms	13
Oak Park River Forest Infant Welfare Society	14
Oak Park Township	15
PCC Community Wellness Center	16
Pillars Community Health	17
Riveredge Hospital	18
Rosecrance	19
Sarah's Inn	20-21
Smart Love Family Services	20
Thrive Counseling Center	21
Way Back Inn	22
YEMBA	23

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.

WHO WE ARE

Community Mental Health Board of Oak Park Township (CMHB)

CMHB supports Oak Park residents by planning, developing, coordinating, evaluating, and funding mental health and substance use prevention and treatment services as well as services for people with intellectual/developmental disabilities. Created in 1973 by a township referendum under the Community Mental Health Act and governed by nine Oak Park residents, CMHB's mission is to:

- Enhance the mental health and developmental potential of Oak Park residents
- Ensure a continuum of community support services
- Manage local resources in a fiscally responsible manner

708.358.8855

oakparktownship.org/cmhb

facebook.com/CommunityMentalHealthBoardOPT

instagram.com/cmhboakpark

linkedin.com/company/cmhboakpark

River Forest Township
Mental Health Committee

River Forest Township funds and manages essential human services in the areas of older adults, youth, behavioral health, developmental disabilities, substance use prevention, and financial assistance. Through these funded services, River Forest Township enhances the mental health and well-being of River Forest residents, providing a sense of caring, connection, and community.

708.366.2029

RiverForestTownship.org

facebook.com/RiverForestTownship

instagram.com/riverforesttownship

linkedin.com/company/riverforesttownship

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

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

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

- Medication-assisted recovery, intensive outpatient treatment, outpatient therapy

Strengthening Families Program

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

DUI Services

Child Development Center/ Early Head Start in Bellwood

Adult Drop-In Center in (Westchester)

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 community-driven organization that cultivates the development of the whole child, birth to age five, by engaging families, local organizations, early childhood educators, caregivers, and health providers to create equitable, nurturing, and interconnected systems of support.

The Collaboration envisions communities where every young child has the care, relationships, and resources needed to thrive and to begin school safe, healthy, and empowered to succeed.

Services

A One-Stop Shop for Families
The Collaboration's Intake Coordinator connects families to early learning program resources, free preschool, home visiting, social services, and support for children with developmental delays and/or disabilities.

Resources and Support for Parents and Caregivers
The Collaboration offers expecting families and families with young children an array of free workshops and resources that empower caregivers to be their child's first and most important teacher. They also publish an Early Childhood Resource Directory with local listings of early learning programs and enrichment in Oak Park, River Forest, and Forest Park.

Child Health and Screenings
Partnering with early learning programs and community sites, the Collaboration conducts hearing and vision screening for children at their early learning programs and trains programs to administer developmental and social-emotional screenings as part of the Developmental Screening Project.

Early Childhood Educator Professional Development
The Collaboration's annual 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.

HARTGROVE BEHAVIORAL HEALTH

5730 Roosevelt Rd.
Chicago, IL 60644
773.413.1700
hartgrovehospital.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 (HAS) is to deliver a comprehensive continuum of culturally competent, bilingual (English/Spanish) behavioral health care and social services. HAS is deeply committed to serving individuals and families—many of whom have little or no income and live below the federal poverty level—with compassion, dignity, and respect.

Embedded within the communities they serve, HAS fosters healing through patience, transparency, and informed, person-centered practices. With 14 locations throughout Cook and DuPage counties, HAS offers accessible, community-based services to ensure individuals receive care close to where they live. The HAS Broadview location plays a vital role in advancing equitable health care access and ensuring continuity of care for high-risk and underserved populations.

They continue to grow and evolve to meet the complex and changing needs of our communities, empowering individuals on their journey toward recovery, wellness, and stability.

Services

Adult Substance Use Treatment
Group counseling, intensive outpatient programs (IOP), risk reduction, intervention, continuing care, individual counseling

Youth Substance Use Treatment
Group counseling, intensive outpatient programs (IOP), intervention, continuing care, individual counseling

DUI Services
Court-approved evaluations, treatment, risk education

Mental Health Treatment
One-on-one counseling for a range of emotional and behavioral health needs

Mental Health Crisis Management
The Living Room, a peer-led, no-cost alternative to emergency rooms offering immediate emotional support for adults in crisis

Community Healthcare Workers
Trained frontline workers who enhance community well-being through outreach, education, and advocacy

HEPHZIBAH CHILDREN'S ASSOCIATION

1144 Lake Street • Fifth Floor • Oak Park, IL 60301
946 North Blvd. • Oak Park, IL 60301 • 708.649.7140
hephzibahhome.org

Hephzibah Children's Association has an esteemed history of caring for vulnerable children and families in need, and is Oak Park's oldest social service agency, founded in 1897. Each year, Hephzibah delivers services to more than 1,700 children and 850 families throughout the Chicago metropolitan area. Hephzibah's mission is to help children thrive and families flourish through innovative, community-based programs.

With a focus on keeping children safe by strengthening, healing, and keeping families together, Hephzibah provides both prevention and intervention child welfare programs through a continuum of services dedicated to stabilizing families and supporting vulnerable children.

Services

- Hephzibah Home, the only Qualified Residential Treatment Program in Illinois designated to care for the most severe cases of abuse and neglect of young children ages 3-11
- Family-based foster care services for children who require extensive support and their foster families
- Positive Parenting Program to prevent abuse and neglect
- Intensive case management and support services for low-income families in crisis due to poverty, mental illness, substance abuse, domestic violence, homelessness, and other factors
- Afterschool and summer day care services for Oak Park elementary school children
- Adoption program for children who cannot return to their biological families

HOUSING FORWARD

1851 S. 9th Ave. • Maywood, IL 60153 • 708.338.1724
housingforward.org

Housing Forward believes that housing is a basic human right. Founded in 1993 and serving more than 2,000 individuals each year, they are a recognized service leader in suburban Cook County with a mission to transition people from housing crisis to housing stability.

Housing Forward's goal is to prevent homelessness at its onset, respond to those experiencing a housing crisis, and provide stability through permanent housing. Their vision is one of ending homelessness.

Services

Prevent

- Emergency Financial Assistance – preventing eviction with one-time monetary support or diversion case management

Respond

- Street Outreach – identifies people who are unsheltered and works to transition them into supportive housing, provides diversion case management
- Emergency Shelter – a safe place to sleep overnight, with meals and a place to shower, provides diversion case management
- Respite (Medical & Behavioral Health) – short-term residential care with case management
- Interim Housing – a fixed-site 24/7 shelter model that provides temporary private accommodations and structured programming
- Transitional Housing – a scattered-site model that provides temporary housing and structured programming
- Wraparound Services – a collaborative, team-based approach to providing person-centered services and support planning

Stabilize

- Housing Navigation Services – guides the entire housing search from identifying available units through lease execution
- Permanent Supportive Housing – combines affordable housing assistance with case management and support services for people with a history of chronic homelessness, physical and mental disabilities, or serious health conditions
- Rental Support/Rapid Re-Housing – provides time-limited rental subsidies and wraparound support services to help achieve long-term housing stability

JOURNEY'S COMMUNITY CENTER

6632 Roosevelt Road • Oak Park, IL 60304 • 773.550.0714
journeyscommunity.com

Journey's Community Center is a 501(c)(3) nonprofit supporting undeserved, diverse populations across Chicago-land and nearby suburbs. Their mission is to reduce resource gaps through evidence-informed psycho-education, clinical services, and research. Founded in 2014, Journey's operates two sites—Chicago and Oak Park—serving communities including Cicero and Berwyn, with bilingual clinicians dedicated to equity and lasting community growth.

Services

Journey's Community Center offers a range of culturally responsive mental health services. Together, these services reflect Journey's dedication to empowering individuals and communities to lead healthier, more resilient lives:

- Psychotherapy services—including telehealth—are available to children, adults, couples, and families, tailored to promote self-awareness and strengthen relationships.
- School-based mental health services support students' social-emotional growth by collaborating with educators and families within educational settings.
- Professional development training for educators and mental health providers focus on trauma-informed care, cultural competency, and effective intervention strategies. Community workshops increase mental health awareness and resilience by equipping participants with practical tools to manage stress and promote well-being.
- Through partnerships with Employee Assistance Programs (EAPs), Journey's delivers Mental Health First Aid response services, providing timely support and crisis intervention to communities across Chicago and its suburbs.
- Additionally, Journey's is committed to advancing understanding of human behavior and community needs through research and development. Their evidence-informed studies and initiatives guide the creation of culturally relevant programs that improve mental health outcomes in underserved populations.

LEYDEN FAMILY SERVICE

10001 Grand Ave.
Franklin Park, IL 60131
847.451.0330
leydenfamilyservice.org

Leyden Family Service and Mental Health Center is dedicated to excellence in providing counseling, mental health, substance use, and social support services that strengthen individuals, families, and communities. Services are provided with integrity, a caring spirit, and respect for individual needs.

Leyden Family Service primarily serves the Medicaid population but also accepts all commercial insurance.

Services

Mental 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)*
- 24/7/365 Living Room Program *(adults)*
- Intensive placement stabilization *(adolescents)*
- Psychiatric medication monitoring

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)*

NAMI METRO SUBURBAN

814 Harrison St.
Oak Park, IL 60304
708.524.2582
namimetsub.org

NAMI's mission is to improve the lives of individuals, families, and communities affected by mental health conditions by providing free mental health support, education, and advocacy.

NAMI Metro Suburban is a trusted resource for well-being, offering prevention, education, support, 24/7 crisis care, recovery, and hope.

Services

Adult Recovery Services

- Living Room – 24/7 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
- Workforce Development & Employment – Helps individuals develop a vocational plan focused on personal goals and skill-development, with wraparound support for job or educational preparation, attainment, and retainment

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 groups that share experiences, coping skills, and resources

Community Education

- Ending the Silence – Educating youth, parents, and teachers about mental health conditions, in a school setting
- Employer Wellness – Presentations and workshops to strengthen mental health culture and discuss warning signs and symptoms, treatment, support, self-care, and how to support others in crisis
- Mental Health First Aid – 8-hour class for schools, businesses, police and fire, faith-based organizations, and the entire community

NEW MOMS

Chicago Location
5317 W. Chicago Ave.
Chicago, IL 60651
773.252.3253
newmoms.org

Oak Park Location
206 Chicago Ave.
Oak Park, IL 60302

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.

Services

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, experience a positive environment of learning and employment practice, develop financial literacy, and access permanent job placement assistance.

OAK PARK RIVER FOREST INFANT WELFARE SOCIETY

28 Madison St.
Oak Park, IL 60302
708.848.0528
childrensclinicIWS.org

Founded in 1916, the Oak Park River Forest Infant Welfare Society, (OPRF IWS) is a diverse member-driven organization with an abiding commitment to ensuring the health and well-being of children in need. Through their Children's Clinic, OPRF IWS provides the highest quality medical, dental, behavioral health, and social services to children from families unable to afford the cost of private health care. Serving children from birth to 21 who live in suburban West Cook and DuPage counties and Chicago, the Children's Clinic adheres to a medical and dental home model to deliver consistent, coordinated, and integrated care.

Services

IWS Children's Clinic Health Care Services

In their Medical Department, highly experienced staff provides school physicals, sports examinations, flu shots, sick child care, developmental and social/emotional screenings, weight management, and health education. In their Dental Department, a dedicated team provides essential preventive and restorative care, nitrous oxide sedation, oral health education, behavioral health screenings, and accommodations for children with special needs. The IWS Children's Clinic accepts Medicaid, BCBS PPO, and MetLife, and offers a modest sliding fee for eligible families. New patients are welcome and encouraged to call to make an appointment.

Behavioral Health Program

The IWS Children's Clinic integrates behavioral health screenings into all well-child medical visits and preventative dental visits. Their skilled and compassionate social worker attends appointments and applies a variety of standard assessment tools for the early identification and treatment of social-emotional problems, developmental delays, and social service needs. Services include developmental and behavioral health screenings, social work consultations, short-term interventions, case management, and referrals to reputable resources. Behavioral health support is available to all established medical and dental patients at the IWS Children's Clinic.

OAK PARK TOWNSHIP

Senior & Disability Services
130 S. Oak Park Ave.
Oak Park, IL 60302
708.383.8060
oakparktownship.org/senior-services

Youth & Family Services
105 S. Oak Park Ave
Oak Park, IL 60302
708.445.2727
oakparktownship.org/youth-and-family-services

Oak Park Township provides a variety of social services to residents of Oak Park and River Forest (through partnership with River Forest Township) in an effort to meet the unique needs of the community. Most services are free or low cost.

Senior & Disability Services

Oak Park and River Forest Townships Senior & Disability Services offers a broad continuum of supportive services in order to promote independence of older adults. Services are available to seniors aged 60+ as well as to adults with disabilities.

- Housing assistance and resource counseling
- Benefits applications (SNAP, Medicaid, etc.)
- Advance directives, affordable wills, notary
- Chore program, home repairs, and home mobility modifications
- Medical equipment lending
- Mental health assessment, service planning, and care coordination
- Senior Health Insurance Program (SHIP) counseling for Medicare and prescription drug coverage
- Adult Protective Services
- Caregiver support groups, respite, & training
- Dine-In Lunch and home meal delivery
- Memory Cafe and wellness/social activities
- Transportation and taxi coupons

Youth & Family Services

Youth and Family Services provides programs for youth (ages 6-18) that include prevention, crisis intervention, restorative justice, counseling, and wraparound support with partner agencies.

- **Youth Engagement Program**
  Individual counseling, mentoring, group connection, and outreach
- **Financial Aid Scholarships**
  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 social-emotional learning skills from a cultural perspective, serving elementary to middle school girls
- **Community Justice**
  Works with youth referred through local village administrative adjudication processes, coordinating community service hours, delivering a custom group curriculum, and performing substance use assessments
- **Substance Use Counseling**
  Individual and group substance use counseling and education
- **Jobs Program**
  Assists youth with creating resumes, applying for jobs, and interview prep
- **Hygiene Closet**
  Free hygiene products available to youth in Oak Park and River Forest

PCC COMMUNITY WELLNESS CENTER

14 West Lake St.
Oak Park, IL 60302
708.383.0113
pccwellness.org

PCC Community Wellness Center is dedicated to providing quality, accessible, and affordable primary health care and support services to residents 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
- Parenting support
- Psychiatric services and medication management
- Support groups
- Medication-assisted treatment
- Resource linkage
- Assisted recovery center

PILLARS COMMUNITY HEALTH

Locations throughout the western and southwestern suburbs • 708.745.5277
pillarscommunity.org

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, and some programs are offered in Arabic or Polish. Furthermore, some services are available free of charge, while 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
- Dental
- Benefits and enrollment

Behavioral Health and Support Services

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

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 Adults
The adult IOP program is for anyone over age 18 with a mental health diagnosis in need of intensive services that are less restrictive than PHP or inpatient 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

Locations throughout the Chicago area and Northern/Central Illinois

Visit **rosecrance.org** or call the 24-hour access line at 815.391.1000 for more information.

Rosecrance offers comprehensive abehavioral health services to people and families experiencing mental health and substance use disorders. Their outcomes-based treatment programs are personalized to meet individual needs, including prevention, intervention, detoxification, inpatient and outpatient treatment, psychiatric services, individual/group therapy, assessments, 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

Adult Substance Use
- Detoxification
- Partial hospitalization
- Specialized programming for young adults, veterans, firefighters and police offers, 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
- Individual therapy

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

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

SMART LOVE FAMILY SERVICES

1010 Lake St., Ste. 500 • Oak Park, IL 60301 • 773.665.8052 ext. 4
smartlovefamily.org

Smart Love Family Services provides counseling, tutoring, assessments, parenting services, and educational/support groups to the Oak Park community and surrounding area. They provide a wealth of information on child development and parenting tips through their website. Smart Love's gentle, effective approach is based on the latest knowledge of human development. Their mission is to help people of all ages achieve greater inner well-being, sustain closer relationships, and build happier, healthier lives.

Services

Counseling Services
- Child and adolescent therapy
- Individual adult therapy
- Couples therapy
- Parent counseling
- Play therapy

Learning Services
- Therapeutic Tutoring – high quality academic tutoring with a supportive, therapeutic approach for K-12 students
- Psychological Assessments & Evaluations

Parent Education & Support Groups
Free-of-charge educational and support groups for expectant parents, new parents, and parents of school-aged children.

It Takes A Village Program
Free-of-charge program for parents and youth of color that is uniquely tailored to fit their needs. Includes parent groups, youth groups, parent coaching, and consultation.

Additional Parenting Resources
(available on website)
- Smart Love Blog
- Parenting Tips
- Tips from Teachers

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 respectful, compassionate, and multicultural approach to counseling and mental health services.

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
- Manages psychotic episodes
- Restores functioning
- Stabilizes a mental health crisis including suicidal thoughts/ intentions/gestures or other behaviors that seem out of control

Education and Support
- Suicide prevention workshops
- Thrive Talks

Services

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

Violence Prevention
The Together Strong Project engages children and teens through school-based violence prevention education programming to pursue non-violence, cultivate healthy relationships, and possess 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.

WAY BACK INN

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

Way Back Inn has been helping individuals rebuild their lives since 1958, providing a recovery space for people struggling with gambling and/or substance use.

Way Back Inn has grown into a unique model of recovery that incorporates evidence-based practices, addressing the needs of affected individuals and their loved ones.

Today, Way Back Inn encompasses seven distinct residential environments that provide an individualized recovery program tailored to meet individuals where they are along the recovery continuum.

Services

For Gambling and Substance Use Disorders

- Extended residential care
- Intensive outpatient care
- Optional boarding
- Recovery homes
- Outpatient
- Family group
- Teen program (outpatient)

Life at the Inn

- Staff 24/7
- Structured communal living
- Life skills
- Family-style meals
- Budget management
- Financial literacy
- Clinical treatment services
- 12-step support
- Certified peer support

YEMBA

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

YEMBA provides youth with group mentoring programs, creating space for students to grow and enhance their social emotional/executive functioning skills and to support them as they build community, develop positive relationships, and work towards short- and long-term goals. Programs are designed to meet students where they are and engage them in play and movement-based learning experiences that enhance their self-worth, self-control, self-esteem, and social skills.

Services

Mentoring Empowerment Program (MEP)
Group or one-on-one mentoring program providing middle school students with a safe space where they can learn valuable skills with the intention of improving their holistic wellness and utilize the power of relationships. YEMBA's framework is intentional about incorporating youth voice as well as supporting families and the Oak Park community to provide a strong wraparound foundation for our youth. MEP programming incorporates youth development, evidence-based approaches, recreation, financial literacy, nutrition, and the creative arts to provide youth with a thorough and meaningful experience.

Mentoring Empowerment Training (MET)
Professional development and training for those who are involved with youth or who aspire to serve youth through mentoring.

- Adult mentors — Engaged in mentoring middle and high school students while bringing their unique skills and experiences to enhance programming.

- Junior mentors — High school juniors and seniors have the opportunity to learn valuable leadership, facilitation, public speaking, and social emotional learning skills by providing program support.

Summer Empowerment Program (SEP)
Designed to help middle school students transition to high school, this six-week program includes field trips, workshops on time management, stress management, and study skills as well as financial literacy sessions. Students develop action plans to help them enter high school with confidence and receive stipends for participation.

ADDITIONAL RESOURCES

FRED Parent Support Group

FRED Parent Support Group, a program of River Forest Township, is a free support group to help parents and caregivers learn about childhood mental health disorders and how to find care for a child, youth, or young adult with mental health needs. FRED helps families navigate the mental health system and offers resources and education on accommodations, health care providers, public benefits, and ways to get support.

RIVER FOREST TOWNSHIP

riverforesttownship.org/fredparentsupportgroup
fredparents@RiverForestTownship.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.

COMPASS HEALTH CENTER

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.

MOSAIC COUNSELING & 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.

Community Mental Health Board of Oak Park Township

RIVER FOREST TOWNSHIP