

COMMUNITY RESOURCES

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Adventist Hinsdale Hospital

120 N. Oak Street, Hinsdale, IL. 60521

630-856-6700

<http://www.keepingyouwell.com/ahh/care-services/behavioral-health>

- 24/7 assessment for mental health and chemical dependency

Adventist Hinsdale Hospital Outpatient Behavioral Health

(1) **Options Program** 630-856-7717

- <http://www.keepingyouwell.com/hinsdale/care-services/behavioral-health/adolescent-options-outpatient-services>
- Treatment for individuals struggling with chemical dependency or co-occurring disorders (i.e., mental health disorder and chemical dependency/abuse issues)
- For adolescents 13-18 years old and adults 18 and up
- Partial hospital program Monday through Friday 9-3

(2) **New Day Center** 630-856-7701

- <https://www.keepingyouwell.com/hinsdale/care-services/behavioral-health/new-day-center>
- Free confidential assessments
 - Call 630-856-7701 to make an appointment
- Treatment for individuals struggling with chemical dependency or co-occurring disorders (i.e. mental health disorder and chemical dependency/abuse)
- Levels of care are Partial Hospital Program (M-F) and IOP (4 evenings/ week)
- Adult Programs (ages 18 and older)
- Family programming 2x weekly which provides education and support to family members and loved ones
- 2 year aftercare program upon completion of a program
- Substance abuse awareness lecture series provides education for individuals and families

Alder Grove

4923 Main Street

Downers Grove, 60515

(630) 206-0272

<https://www.aldergrovecounseling.com/>

Child & Family Therapy

- Treatment Approaches:
 - Acceptance and Commitment Therapy (ACT)
 - Art Therapy
 - Child Centered Approach
 - Cognitive Behavioral Therapy (CBT)
 - Dialectic Behavior Therapy (DBT)

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- Family Systems Model
- Gottman Method
- Insight Oriented Psychotherapy
- Mindfulness Based
- Play Therapy
- Area of Focus: Changes in mood, time management, friends & relationships, risk-taking behavior, self identity, College & Career Planning, mental health, and other issues unique to adolescents.
- Group Counseling
 - Art Therapy : Ages 14-17 meet Saturdays at 1:00
 - Group participants have the opportunity to release emotions creatively. If expressing yourself with words is challenging you can pick up a pencil, marker, or paint brush instead. All materials will be provided.
 - Coping Skills: Ages 14-16 meet Fridays at 5:00 p.m.
 - This group teaches effective new skills to manage difficult emotions. Plus, participants will have the opportunity to connect with their peers who might be going through similar situations.

Alexian Brothers Hospital

1650 Moon Lake Blvd., Hoffman Estates, IL 60149

800-432-5005

www.abbhh.org

- Free Assessments 24/7
- Inpatient psychiatric and substance abuse
- Inpatient Program to address eating disorders and self-injury
- Partial/day programs for mood disorders, chemical dependency, school refusal/avoidance, anxiety, children, self-injury, and eating disorders
- After school chemical dependency program for adolescents
- Family Options program, a free psycho-educational program for teens and parents every week
- Autism spectrum resource center is available for all ages

Anxiety Treatment Center

1550 Spring Road, Suite 220

Oak Brook, IL 60523

877-559-0001

<https://anxietytreatmentcenter.com/>

- Psychologists and counselors are specially trained to treat anxiety, phobias, OCD, panic attacks and other stress-related disorders.
- Skilled at working with children, and provide parents with the resources and guidance they need to help their children succeed.

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- Their treatment works by systematically exposing you to fearful situations. Our therapists teach you to modify thought patterns using cognitive behavioral therapy, exposure-based therapy, and mindfulness training, resulting in diminished symptoms within a short period of time.
- Intensive treatment available

Center for Creative Arts

4336 Saratoga Ave, 2nd Floor
Downers Grove 60515
847-477-8244

<https://www.c4creativeartstherapy.com/home>

- Offers all four creative arts treatment modalities (Music, Drama, Art and Dance/Movement Therapies)
- Individual & Group Counseling offered
- Provide counseling for whatever struggles you may be facing:
 - Teen Pressures and Behavioral Issues
 - Children
 - Mom Stress
 - Anxiety
 - Stress Management
 - Trauma
 - Life Transitions (divorce, moving, birth of a child, changing jobs)
 - Eating Disorders
 - Autism
 - Grief/Bereavement
 - Terminal Illness
 - Career Counseling

Community House

415 W. 8th Street, Hinsdale, IL. 605521
630-323-7500

www.thecommunityhouse.org

- **The Counseling Center**
 - <https://www.thecommunityhouse.org/what-we-do/thecounselingcenter/>
 - Anxiety, panic, and phobias, depression, self-injury, parenting skills, trauma, and school failure/refusal
 - Call 630-323-7500 x239 for the confidential intake line
 - Can offer services at a reduced fee/sliding scale
- **Charlie's Gift Center for Autism and Related Disorders**
 - <https://www.thecommunityhouse.org/what-we-do/charliesgift/>

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- Charlie's Gift offers individual and group therapy, and family support services, to address the behavioral and developmental needs of children, adolescents and young adults who are challenged by:
 - Autism spectrum disorders
 - Social-communication disorders
 - Sensory processing and integration disorders
 - Anxiety, mood and attention deficit disorders
- Charlie's Gift addresses the needs of children and families facing autism and related disorders through speech, occupational, behavior therapy, counseling services, social skills development, parent advocacy and family support.

83rd Professionals

6723 Kingery Hwy, Willowbrook, IL. 60527

630-850-0600

<http://the-83rd-professional-group-llc.business.site/>

- Open Monday-Saturday with late hours on Mon., Tuesday, and Thursday (8 pm)
- Team of Psychiatrists and Psychologists

Elmhurst Memorial Healthcare.

155 E. Brush Hill Road, Elmhurst IL. 60126

331-221-6109

www.emhc.org

- Free assessments for Mental Health Services and referrals
- Adult and Adolescent Chemical Dependence Intensive outpatient Programs (IOP level)
- Adult Mental Health Programs (PHP and IOP level)
- Adult individual counseling and DUI services

Genesis Clinical Services

1725 S. Naperville Rd. Suite #206, Wheaton, IL. 60189

630-653-6441

<http://www.genesisclinicalservices.com/>

- To set up an appointment, call 630-653-6441 x207
 - Your appointment will be scheduled within 24 hours
- Can offer new patients an initial evaluation appointment with an MD/APN within 2 weeks
- Psychiatric Physicians available

Heritage Professional Associates

120 East Ogden Avenue, Suite 220,

Hinsdale IL. 60521

<http://www.heritageprofessional.com/>

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- Children, Family, Relationship, Group, Addiction/Substance Abuse Therapy in order to meet your mental health needs
- Psychological Testing for Emotional, Behavioral, and Cognitive Functioning concerns
- Psychologist, social worker, licensed clinical professional counselor, certified addictions counselor, or spiritual counselor available

Insight Behavioral

1010 Jorie Blvd #200, Oak Brook, IL. 60523

708-665-5814

www.insightbhc.com/treatment-centers/oak-brook

- Mood and Anxiety Treatment Center in Oakbrook
- Offers treatment for adults and adolescents
- Levels of Care include:
 - Partial Hospitalization
 - Intensive Outpatient Programs
 - School Refusal Program available for adolescents

Life to the Fullest

2625 Butterfield Rd., Suite 138s, Oak Brook, IL. 60523

630-537-0124

www.lifetothefullestcounseling.com

- Call or email for individual, couples, or family therapy consultation
- Clinical Psychologists that specialize in: eating disorders, self-injury, self-esteem issues, anxiety disorders, and depression
- Clinical Counselor that specialize in: family problems, divorce, parenting skills, mood disorders, and anger management
- Reduced fee services are available on a limited basis

Linden Oaks at Edwards

801 S. Washington Street, Naperville, IL. 60540

630-527-3000

<https://www.eehealth.org/services/behavioral-health/specialties/adolescent-programs/>

- Free assessments 24/7
 - Call 630-305-5500
- Inpatient, partial hospitalization, intensive outpatient and outpatient services for adults and adolescents
- Outpatient Centers in Elmhurst & Hinsdale
- Programs address depression, anxiety (including school refusal), anger, anti-social disorders and obsessive-compulsive disorders. They also offer programs specifically for adolescents, including addictions, Asperger's disorder, eating disorders and self-injury.

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- Anxiety Program to address school refusal, phobias and those struggling with Asperger's who may have mood disorders as well

Northwestern Medicine Behavioral Health Services

Central Dupage Hospital

27 W. 350 Highlake Rd., Winfield, IL., 60190

630-933-4000

<https://www.nm.org/conditions-and-care-areas/behavioral-health>

- 24 hour access by phone
- Evaluations by appointment only
- Inpatient psychiatric crisis stabilization
- Day/partial hospital mental health or co-occurring substance abuse patients
- ½ day intensive outpatient treatment
- School refusal track
- Outpatient counseling

The Pillars Community Services Child and Adolescent Center

1023 Burligton Aveue

Western Springs 60558

708-PILLARS (708-745-5277)

www.pillarscommunity.org

- Domestic & Sexual Violence Services
- Adolescent substance abuse program
- Drug testing (as part of services)
- Outpatient Mental Health: Through office-based, home-based, and community-based therapy, children, adults, and families can learn to improve their overall mental health and functioning.
- Psychological Testing Services: Our psychologists may be available to conduct testing for existing clients to clarify a diagnosis and provide recommendations for treatment.
- Psychiatry and Integrated Care Services: Our Health Center patients have access to pediatric development and behavioral screenings; screenings for depression, anxiety, peri-and post-partum depression; substance abuse and domestic violence screenings; brief interventions; referral to outpatient mental health; and psychiatry services.
- Discounted prescription program for qualified patients
 - Buddy's Place
 - (708) 995-3751
 - <https://pillarscommunityhealth.org/services/behavioral-health-and-support-services/buddys-place-grief-support/>

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- Buddy's Place is Pillars Community Health's childhood bereavement support program, which offers family-based support groups to grieving children, teens, and their families. Buddy's Place is committed to providing a safe, accepting, and supportive environment where each family can come and express their grief and connect with others in a group setting.
- There is *no charge* to attend the programs offered by Buddy's Place.
- **The Living Room**
 - <http://thelivingroomlg.org/>
 - The Living Room in La Grange offers a free alternative to the emergency room for adults ages 18 and older who are seeking help in a mental health crisis. Guests are screened by masters-level clinicians and can meet with trained recovery support specialists.

Presence Behavioral Health Addiction Services

2001 Butterfield Rd., Suite 320,
Downers Grove, IL. 60515
847-493-3600

<http://www.presencehealth.org/medical-services-presence-behavioral-health-addiction-services>

- Free confidential Individual assessment at 847-493-3600
- Multidisciplinary Assessment Program (MAP) – 1–3 day process designed to assess complex behavioral problems, conducted by a multidisciplinary team. This comprehensive evaluation seeks to identify the causes of the concerns, assess for the existence and severity of medical/psychiatric illness and make recommendations for resolution and treatment.
- Intensive Outpatient Program (IOP) – 3-hour group sessions either during the day 3 to 5 days per week. IOP is designed for those who need to achieve abstinence through a structured treatment program.
- Partial Hospitalization (Day) Program (PHP) – 6--8 hour group sessions for 5 days per week. PHP is used at the beginning of a treatment program for those who need the support and structure of a full-day program to stabilize physically and emotionally away from the work or home setting. The program includes several specialized services, including nutrition counseling, fitness, meditation and mindfulness training.
- Continuing Care Groups- Weekly support groups

Robert Crown Center for Health Education

15 Spinning Wheel Rd #410, Hinsdale, IL. 60521
630-325-1900

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www.robertcrown.org/heroin/researchandeval.html

The Robert Crown Center for Health Education (RCC) has been preparing one of the heroin prevention education programs in the country. The initiative, **Heroin Prevention Education...because even once is too much** focuses on primary prevention, providing middle school and high school students and their parents and school staff with the scientific and social/emotional learning content to understand the risk of drug use, specifically targeting prescription pain medication and heroin. The program is based on research commissioned by RRC in partnership with the Reed Hruby Foundation, and conducted by the Illinois Consortium on Drug Policy

Rosecrance

47 6th Ave., Suite L
La Grange, IL 60525
815-391-1000

www.recoverystartshere.com

- Confidential drug and alcohol evaluations
- Early intervention services
- Adolescent Intensive Outpatient Program (IOP)
- Assistance to families who need help finding resources
- Prevention resources and presentations for parents and students
- Substance abuse awareness training and education for professionals, community organizations and parents
- Urine drug screens offered at an additional cost

Rogers Behavioral Health

907 N. Elm St, Suite 300
Hinsdale, IL 60521
630-686-4544

- Intensive outpatient program for OCD and anxiety
- FOCUS partial hospital program for depression/mood disorders
- Partial hospital program for OCD and anxiety

360 Youth Services

1548 Bond Street, Suite 114, Naperville IL, 60563
630-717-9408

www.360youthservices.org

- Counseling Programs
 - Youth and adult
 - Issues addressed: anxiety, depression, grief, family conflict, life transitions, self-esteem

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- Housing Programs
 - 18-24 who were previously homeless and 13-17 year olds who can't live with their parents. Services include life skills, budgeting, counseling, art therapy, and more
- LGBTQ Collaborative

OCD & Anxiety Center

1100 Jorie Blvd. Suite 132

Oak Brook 60523

630-522-3124

<http://www.theocdandanxietycenter.com/>

- At The OCD & Anxiety Center in Chicago, they treat OCD, anxiety, and related disorders so it doesn't keep you from living the life you want to live.
- What they treat: Mixed Anxiety-Depressive Disorder, Selective Mutism, OCD, GAD, Social Anxiety Disorder, Panic Disorder with or without Agoraphobia, Specific Phobias, Health Anxiety, Trichotillomania, Body Dysmorphic Disorder, Separation Anxiety, School Refusal, Tourette Syndrome and Tics, Autism Spectrum Disorder with ANxiety, and Hoarding

QChat Space

<https://www.qchatspace.org/>

- Digital LGBTQ+ center where teens join live-chat, professionally facilitated, online support groups. The program gives youth safe opportunities to connect with each other, in spaces moderated by trusted adults, within a structure that encourages compassionate interactions and discourages bullying and harassment.
- Q Chat Space is operated by CenterLink: The Community of LGBT Centers in collaboration with staff at CenterLink member LGBTQ+ centers who facilitate the conversations.
- The program was developed in partnership with Planned Parenthood Federation of America and PFLAG National. The program is intended to fill a crucial and unmet need for accessible and safe support groups for LGBTQ+ youth who face many obstacles to accessing in-person services.
- For outreach materials, including social media graphics, go to <https://www.lgbtcenters.org/Programs/Q-Chat-Space>

Rago & Associates

525 S. Washington Street

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Naperville, IL 60540

630-637-9300

<http://www.ragotherapy.com/>

- Provide solution-focused counseling for individual, group and family therapy
- Intensive Outpatient Services available for Depression, Anxiety, Eating Disorders, Body Image Counseling, Weight Management, Addiction and Post Traumatic Stress Disorder
- A private, full-service counseling company

Still Point

201 E. Ogden Avenue, Suite 116, Hinsdale, IL. 60521

630-325-8893

www.stillpointmentalhealth.com

- Strive to provide excellent diagnosis and treatment for adults, adolescents, and children who suffer from a spectrum of psychiatric disorders
- Open Monday-Friday
 - Late hours on Tuesday and Thursday (8:30 pm)
- Alternative Language: Polish
- Psychiatrists who specialize in: Anxiety Disorders, Mood Disorders, and Psychotic Disorders
- Psychologists who see both children and adults as well as families
 - Emotional Regulation, Grief, Family Conflict, Autistic Spectrum, Attention Deficit, behavioral, and self-esteem

St. Thomas Hospice

Amita Health

John Hurd, LCSW, Bereavement Supervisor

119 E. Ogden Ave. Ste. 111

Hinsdale, IL 60521

Office: 630-856-6995

Mobile: 630-280-7918

- Free group & individual grief counseling