

Empowering Minds



Transforming Lives

# The 4th Annual Behavioral Health Resource Fair 2018



McHenry County Mental Health Board

August 8, 2018

## Behavioral Health Fair Exhibitors 2018

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Rosecrance, Inc.  
Samaritan Counseling  
Streamwood Behavioral Healthcare System  
Turning Point  
Yeschek & Associates Counseling & Anger Management Institute

## AMITA Health

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Alexian Brothers Behavioral Health Hospital	ABNWHC (EPS), Admar, Aetna PPO/ POS/HMO/Medicare Advantage, Aetna/ Adventist EE's, BCBS Medicaid, BCBS MMAI, Blue Cross of ILL-HMO, Blue Cross of ILL Blue Choice,	<a href="http://www.amitahealth.org">www.amitahealth.org</a> Call Center 855.383.2224	Individual, Family, Group, Expressive Therapy Child, Adolescent, Adult Partial Hospitalization Program. Inpatient adolescent through adult. Provide services youth through adulthood. Professional Trainings and School consultation
Crystal Lake Adolescent Partial Hospitalization Program	Blue Cross of ILL-PPO, CCN, Blue Cross of ILL-Marketplace, Cigna Behavioral Health, Clifton Health Systems, Compsych, Harmony/Wellcare, Employee Resource Ctr., First Health (Affordable), Health-Link, Humana, IDPA (Public Aid) (accepted under age 21 and over 65), IMX , Tricare and other insurances.	<a href="http://www.amitahealth.org">www.amitahealth.org</a> Call Center 855.383.2224	The program will be able to take up to 12 patients ages 12-17 – 18 if the patient is still in high school. It will run from 8:30 am to 2:30 pm, Monday through Friday and serves teens who struggle with mental illness and substance abuse.  Individuals who want to participate in the program must schedule an assessment at Alexian Brothers Behavioral Health, which is located in Hoffman Estates. If individuals live in McHenry County and it's appropriate, they can be admitted to the program regardless of insurance and ability to pay.

## Arbor Counseling Center

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Outpatient Counseling	BCBS, Aetna, UBH/UHC Optum, Humana, Value Options, Beacon Health Options, *Also accept reduced fee cash, EAPs, among others	847-913-0393 Office Manager	Arbor Counseling Center is a comprehensive psychotherapy practice providing counseling services to children, adolescents, adults, couples and families since 1988. We have four locations to serve your clients in Gurnee, Buffalo Grove, Hoffman Estates and Crystal Lake with over 30 therapists on staff. We have four Certified Drug and Alcohol Abuse counselors and seven trained in EMDR (Eye Movement Desensitization and Reprocessing Therapy) for treating trauma victims. Other therapists on staff are specially trained in marriage and family therapy, school counseling, Christian counseling, LGBT issues, sports counseling, weight management and woman's issues including pregnancy and postpartum. In addition we have counselors fluent in Spanish and American Sign Language. Arbor Counseling Center also provides customized presentations or training to teachers, school staff, parents and the communities that we serve on effective parenting, stress management, substance abuse and a variety of other topics. For more information please visit us online at: <a href="http://www.arborcounselingcenter.com">www.arborcounselingcenter.com</a> .

## Aroma Techniques

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Introduction to Brain Health and Essential Oils	N/A	Deborah Randazzo, Phone:630-664-7091 <a href="mailto:drandaz-zo12@yahoo.com">drandaz-zo12@yahoo.com</a>	How essential oils can improve brain health. We create individual programs and care programs for people. Insurance does not cover essential oils, but some health funded programs do cover the cost of the essential oils.

## Association for Individual Development (AID)

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Adult Drop-In-Center	Free	847-931-2340	Peer driven group geared towards aiding in improving social networks, improve/develop daily living skills, and improve healthy coping skills. Activities are held Monday-Friday and individuals can choose which activities to participate in.
Adult Outpatient Therapy/Counseling	HFS Medicaid, HFS NonMedicaid Managed Medicaid (MCOs: BCBS, Beacon Health, Harmony Health, IlliniCare, Meridian, Molina).	847-931-2351	1 on 1 evidence-based, outcome-oriented, counseling services designed to assist the client with stabilization of symptoms and the development of functional skills needed to effectively manage daily life stressors. All services provided by Master's level clinicians.
Behavioral Health Supported Living		847-931-2352	The AID Behavioral Health Supported Living Program is designed to assist individuals in the community improve their ability to live successfully in their own home or apartment. The program works with adults to increase access to the community. Areas of focus include: behavioral health support, physical health support, securing entitlements, community integration, and independent living skills. Program Eligibility: Participants must be at least 18 years old, a resident of McHenry County, and eligible for or already covered by HFS Medicaid or Managed Medicaid or are undocumented resident of McHenry County.
Behavioral Health Community Support		630-966-9393	Wrap-Around services provided by a team of Case Managers to include: Recovery-Oriented counseling to facilitate independent living, assistance with obtaining medical, social security, and other benefits, homelessness prevention, increase compliance with medication and treatment, symptom management, and aid to increase job, social, and daily living skills.
Psychiatry		847-931-2351	Advanced Practice Nurse offered Medical Based Services on site or Psychiatrist offered Medical Based Services. Nursing staff providing Rule 132 Services of Med. Monitoring, Training and Administration. Genoa/QoL pharmacy located in facility for convenience with prescriptions and the need for labs connected with certain medication.

## Aunt Martha's

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Psychiatry	<p>Medicare, All Kids, Medicaid, Blue Cross Community, Harmony, Illinicare, Meridian, Molina and NextLevel Health, BCBS PPO. We do not currently take any private HMO. Uninsured patients will be put on a sliding scale based on household income. Proof of income required at first appointment.</p>	<p>In order to get connected to psychiatry services a referral is required. The referral will need to be faxed directly to the Woodstock office. Fax number is: 815-337-4706. If a patient does not currently have a PCP or someone who can send the referral, they will need to be seen by an in-house PCP. That appointment can be made by calling 877-692-8686. Any hospital or community agency staff can reach out to Ashley Thompson at 708-747-8111.</p>	<p>We do not prescribe any Suboxone or Methadone.</p> <p>Dr. Imran Shakir is currently accepting new patients under the age of 18, or any age person with a Developmental Disability or Autism. Dr. Saisha Gupta is currently accepting new patients under the age of 23. Dr. Erin Humphrey is currently accepting new patients age 18 and older. Dr. Godbolt is not currently accepting any new patients.</p> <p>All appointments are through tele-psychiatry. Please call 877-692-8686 with any additional questions.</p> <p>Aunt Martha's does not currently offer substance abuse treatment.</p>

## Blair Counseling & Mediation

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
<p>Psychotherapist working with ages 5 and up seeking referrals</p>	<p>Aetna, Cigna, Blue Cross/BlueShield, United Health Care, various EAPs</p>	<p><a href="mailto:marcie@blaircounseling.com">marcie@blaircounseling.com</a> (815) 276-3947</p> <p><a href="mailto:Dan@Blaircounseling.com">Dan@Blaircounseling.com</a></p>	<p>Licensed Clinical Professional Counselor.</p> <p>Fluent in ASL and has experience working with students with disabilities.</p> <p>Family and Individual Therapy</p>

## Centegra Health System

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Co-occurring Disorders PHP/IOP	Commercial Insurance, Medicaid Medicare	800-765-9999 to schedule an intake	Group therapy based intensive outpatient programs. IOP meets 9-15 hours per week. PHP meets 20-30 hours per week. Clients are assigned to primary therapist who provides individual therapy and case management throughout stay. Family therapy is available and encouraged. All clients see a psychiatrist within three program days and are followed by physician and nurse throughout program. Must have a primary psychiatric diagnosis and co-occurring substance use disorder. Medication assisted treatments are available. 12-step group involvement is strongly encouraged. Average length of stay is 4-6 weeks.
Mental health PHP/IOP	Commercial Insurance, Medicaid, Medicare, MHB funded	800-765-9999 to schedule an intake	Group therapy based intensive outpatient programs. IOP meets 9-15 hours per week. PHP meets 20-30 hours per week. Clients assigned to primary therapist who provides individual therapy and case management throughout stay. Family therapy is available and encouraged. All clients see a psychiatrist within three program days and are followed by physician and nurse throughout program. Must be able to give and receive feedback in a group setting and stay focused for 50 consecutive minutes. Average length of stay is 4-6 weeks.

## Center for Emotional Wellness of the Northwest Suburbs

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Individual, Family, Group, Expressive Therapy	BCBS, EAP, sliding scale, other insurance accepted as out of network provider	Jackie Rhew and Kathleen Berger 815-526-3750 <a href="http://www.centerforemotionalwellness.com">www.centerforemotionalwellness.com</a>	Provide services for youth through adulthood. Professional Trainings and School consultation.

## Changing Perceptions

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Hypnotherapy for Vocational and Advocational Self Improvement	Private pay/sliding scale	Lisa Efflandt 262-573-7055 office located in: Options 4 Health 5435 Bull Valley Road Suite 118 McHenry, IL	Working with EFT ( Emotional Freedom Technique) Anxiety, Fears/Phobias, Self Esteem, Motivation, Relaxation, Stress Management, Inner Child, Pain Management, Addiction Recovery (post sobriety) and more.  Some topics may require a medical referral.

## Clearbrook

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
CHOICE Program	Medicaid Waiver provider	Heidi Raymond, Director of Admissions. Heidi's contact information is: <a href="mailto:hraymond@clearbrook.org">hraymond@clearbrook.org</a> or at (847) 870-7711.	A day program for Adults 18+ with Developmental Disabilities who are interested in participating in community volunteering, educational, and leisure activities. We have a nurse onsite 10:00 a.m. - 2:00 p.m. to pass medications, administer treatments, or tube feeding.
Home Based Services	Medicaid Waiver Provider	Hollis Gorrie, Director Home Based Services 847-385-5041, <a href="mailto:hgorrie@clearbrook.org">hgorrie@clearbrook.org</a>	Individuals with intellectual disabilities from ages 3 and up can receive case management, personal support, clinical, transitional and educational services provided in the natural environment.

## Court Appointed Special Advocate (CASA) of McHenry County

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Court Appointed Special Advocate	N/A	Jorie Siemens or Suzi Schoenhof	CASA works with the court system to ensure that children have the best opportunity for a life free of abuse. CASA advocates are appointed by the court after being matched by CASA staff and receiving 40 hours of training that includes information about the child welfare system, child abuse/neglect, trauma, mental health, professional communication, substance abuse, cultural competencies and advocacy. Our advocates are mandated reporters and thorough background checks are completed. They become the voice of the child. Each year in McHenry County, there are more than 2000 reports of child abuse/neglect. Of these reports, approximately 200 of these children become court involved as a victim of abuse and or neglect. CASA is proud to have assigned an advocate for each of those children. Because the abusers of children are typically family members, it is crucial for our community to raise awareness of the signs and symptoms of abuse and neglect.

## Epilepsy Foundation

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Epilepsy - Case Management	Applicants must be McHenry County residents. No insurance needed.	Jessie Flores, CM 815-893-0709 Ext. 12	We offer bilingual services to McHenry County residents with epilepsy/seizures or with concerns of seizures secondary to acquired brain injury. Some of the services we offer include education, advocacy, linkage, support groups, medical clinics, telemedicine, service coordination and mental health coordination.
Epilepsy - Clinic	Applicants must be McHenry County residents. No insurance needed.	Jessie Flores, CM 815-893-0709 Ext. 12	EF model of care includes RUSH Epileptologist Marvin Rossi, MD Pd.D., a nurse clinician and bilingual care coordination team to provide comprehensive care to people with epilepsy. Dr. Rossi offers in person clinic appointments once a month at our office location and focuses on assisting all people with epilepsy to reach their full potential and explore all options for treatment.
Epilepsy - Telemed/RN	Applicants must be McHenry County residents. No insurance needed.	Jessie Flores, CM 815-893-0709 Ext. 12	EF provides case management, access to cutting edge and specialized medical care through mobile health. Telemed visits with Epileptologist Marvin Rossi, MD Pd.D. out of Rush University Medical Center. Dr. Rossi focuses on assisting all people with epilepsy to reach full potential and explore all options for treatment.
Epilepsy - Medication Reconciliation	McHenry County residents. No insurance needed	Jessie Flores, CM 815-893-0709 Ext. 12	EF provides ongoing medication case management by a Doctor of Pharmacy (Pharm D) from Sinfonia Rx in coordination with patients of Dr. Rossi.
Brain Injury Health Management: Including: Brain Injury – Case Management and Skills groups	Applicants must be McHenry County residents to meet funding requirements. There are no insurance requirements.	Diane Grant, CM 815 893-0378	This program serves children and adults with acquired (not congenital) brain injuries. Typical acquired brain injury causes include traumatic brain injuries, strokes, aneurysms, anoxic injuries, brain tumors, and seizure disorders. Applicants are asked to provide proof of residency and medical documentation of brain injury. When medical documentation is not available, supporting documentation or testing may be accepted. Certain medical conditions, unaddressed mental health issues, or active substance abuse may preclude acceptance if these conditions limit ability to benefit from services. Service needs are assessed at application for admission. Typical service needs include provision of case management supports, medical and mental health linkages, community resource linkages, housing needs, benefits and financial resources and linkages, representative payee services, accommodation strategies, employment supports, educational supports, family and caregiver support groups, skills development groups, and community integration supports.
Mental Health Nurse Practitioner	Must be McHenry County resident and receiving Epilepsy or Brain Injury services		Nurse Practitioner provides psychiatric support, medication monitoring and limited therapy services to children and adults who meet Epilepsy Foundation or Brain Injury Health Management admission requirements.



## Family Health Partnership Clinic

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations
Primary Care Services	No insurance accepted	Front Desk for appointment 779-220-9300	Offering non-emergency services which includes physical exams, preventative healthcare, chronic disease management, basic labs, and referral to specialist if needed. Must be resident of McHenry County. Must not have any type of medical insurance including Medicaid and/or Medicare.
Dental Services	No insurance accepted	Dental Program Coordinator: Veronica Arellano 779-220-9300 ext. 311	Offering dental services, such as cleanings, extractions, and referral to specialist if needed. Must be resident of McHenry County. Must not have any type of medical insurance including Medicaid and/or Medicare. Must be an established patient at FHPC to receive dental services.
Mental Health Services	No insurance accepted	Mental Health Therapist: Val Carbajal LCPC 779-220-9312	Offering Mental Health counseling (bilingual). Must be resident of McHenry county. Must not have any type of medical insurance including Medicaid and/or Medicare. Must be an established patient at FHPC to receive mental health services.
Patient Navigator Services	No insurance accepted	Patient Navigator: Veronica Resendez 779-220-9300 ext. 328	Offering navigation assistance and support services to connect patients to community resources, social services, and other organizations in McHenry county.

## Footprints to Recovery

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Substance use and mental health issues	Most private insurance accepted	Darek Horan (224)-500-9732 Dhoran@footprintstorecovery.com	Our state licensed addiction recovery center located in the Arlington Heights suburb of Chicago, Illinois offers accessible, affordable and effective alcohol and drug treatment programs. With a team of counselors credentialed in addressing both substance use and mental health issues clients are provided with comprehensive and individualized tx plans.

## Gateway Foundation

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Residential and Outpatient Substance Use Disorder, Medication Assisted Treatment	All	877-505-HOPE (4673)	Residential and Outpatient Substance Use Disorder Treatment, Medication Assisted Treatment, Program specializes in treatment for clients with co-occurring disorders. Serves male adolescents, adult men and women with a specialized Bridge program for emerging adult males in the residential program. Outpatient services for adults in a co-ed program.

## Girl Scouts of Northern Illinois

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Girl Scouts of Northern Illinois Youth Serving Agency for Girls grades K-12th	Financial Assistance Available	MaryBeth Markell 844-476-4463 Mobile: 224-239-5307  <a href="mailto:mmarkell@girlscoutsni.org">mmarkell@girlscoutsni.org</a>  <a href="http://www.girlscoutsni.org">www.girlscoutsni.org</a>	Girl Scout Mission: Build girls of courage, confidence, and character, who make the world a better place. Through the Three Leadership Keys by Discover – find out who you are, what you care about, and what your talents are Connect – collaborate with other people, locally and globally, to make a difference in the world, and Take Action – do something to make the world a better place. Girl Scout Processes are: Girl Led, Learning by Doing, and Cooperative Learning. The 4 areas of concentration are  Outdoor Activities: Camping, Horseback Riding, Canoeing, Career & Interest Exploration: STEM, Business, and Arts, Practical Life Skills: Manage budgets, Do it yourself projects, Cooking, Travel: Travel & Global Community & Highest Awards.

Please join us for our all area recruitment on August 29<sup>th</sup> from 6:30 - 7:30pm at Bethany Lutheran 76 W Crystal Lake, Ave., Crystal Lake, IL 60114. Or if you live in another town check out our website at [www.girlscoutsni.org](http://www.girlscoutsni.org) to find a location closer to your family.

## Greater Elgin Family Care Center - McHenry Community Health Center

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Medical Services	Accept All Kids, all Medicaid plans, Medicare, and most PPO private/commercial insurance plans and HMO plans. Also, accept uninsured clients. Services offered on a sliding scale fee.	Front desk 815-363-9900	Provides quality, affordable health care for all, including any person who is publicly insured, underinsured or uninsured. Offers a wide variety of services including: pediatric care, adult medicine, obstetrics/gynecology, adolescent and adult psychiatry, child, adolescent, family, couple and adult individual therapy/counseling, chronic disease management, immunizations, physicals, public benefits enrollment, care management and a full-service laboratory offered by Centegra Health System. Accredited by The Joint Commission and certified as a Primary Care Medical Home.
Psychiatry		815-363-9900 x6626 to speak to our Behavioral Health Coordinator Marc Genson	Open to residents of McHenry County who are 15 years of age and older.
Counseling		815-363-9900x6626 Behavioral Health Coordinator Marc Genson	Open to residents of McHenry County of all ages who are looking for individual, couples and family counseling services.

## Lake Behavioral Hospital

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Adult Inpatient Psychiatric Hospitalization	<ul style="list-style-type: none"> <li>· Aetna</li> <li>· Beacon Health/ValueOptions</li> <li>· BlueCross BlueShield</li> <li>· BlueCross BlueShield MMAI</li> <li>· BCBSIL HMO of Illinois</li> <li>· BCBSIL Blue Advantage HMO</li> </ul>	Assessment & Referral Intake: 847-360-2017 or 855-990-1900	<p>Inpatient psychiatric hospitalization treatment for adults (18+) experiencing mental health disorders such as Bipolar Disorder, Schizophrenia, Depression, Anxiety, PTSD, ADHD, and co-occurring substance abuse.</p> <p>Call our 24/7 intake number at 847-360-2017 to set up an assessment or walk in to our 24/7 Assessment &amp; Referral Department for a free level of care assessment. We are in network with most commercial insurance and managed care insurance providers. We offer a self-pay option and can set up a payment plan when applicable. For more information, visit our website at <a href="http://www.lakebehavioralhospital.com">www.lakebehavioralhospital.com</a>.</p>
Adult Intensive Outpatient Programming - IOP	<ul style="list-style-type: none"> <li>· BCBSIL Blue Precision HMO</li> <li>· CareSource</li> <li>· Cigna Health Insurance</li> <li>· Countycare Health Plan</li> <li>· Harmony Health Plan   WellCare</li> <li>· Healthlink</li> <li>· Humana</li> <li>· Humana Select HMO</li> <li>· Human Platinum HMO</li> </ul>	Assessment & Referral Intake: 847-360-2017 or 855-990-1900	<p>A full continuum of care for adult patients after inpatient treatment or another option for patients who do not need inpatient treatment.</p> <p>Groups meet 9:00 a.m. to 12:30 p.m., Monday through Friday, for adults 18 and over seeking treatment for Mental Health, Addiction, Anxiety, Depression, Dual Diagnosis (substance abuse and mental illness), PTSD and Trauma.</p> <p>Program features include: next-day admission in most cases, meet with a psychiatrist during first week, group therapy setting, variety of psychodynamic, educational and process groups, lunch provided in a communal setting, transportation provided within 30 miles of Waukegan, IL, discharge planning to identify further resources, previous hospitalization not required to qualify for program.</p>
Adolescent Partial Hospitalization Program - PHP (available Fall 2018)	<ul style="list-style-type: none"> <li>· Humana IPA HMO</li> <li>· IlliniCare Health</li> <li>· Magellan</li> <li>· Medicare</li> <li>· Meridian Health Plan</li> <li>· Molina Health Care</li> <li>· UMR</li> <li>· United Healthcare</li> </ul>	Assessment & Referral Intake: 847-360-2017 or 855-990-1900	<p>A structured and intensive treatment program for adolescents 13 - 17 that operates six hours per day, five days per week and participants go home to their families at the end of the day. This program offers coordinated multidisciplinary clinical services for adolescents that are able to function at a minimally appropriate level and do not present as an imminent potential for harm to themselves or others. Participants in PHP have psychiatric, behavioral and substance abuse difficulties that require more intensive treatment than weekly therapy or intensive outpatient. Previous hospitalization is not required to qualify for the program.</p>

## Lakeview Counseling & Consulting

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Counseling	BCBS Cigna	Beth Janczak or Amber Rakoczy (224) 456-9356	Our kind and caring staff is here to support through life's difficult moments and help you develop the skills and tools necessary to thrive. Specializing in motherhood, women's mental health, teens, and children. Re-occurring groups and workshops also available throughout the year. Contact us or visit our website to learn more <a href="http://www.lakeviewcounselingservices.com">www.lakeviewcounselingservices.com</a>

## Lantern Therapy Services

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Traditional Outpatient Services	Blue Cross Blue Shield, Cigna, ComPsych, Military, One Source, Beacon, Medicare, Magellan, Some Medicaid, Sliding Scale Offered	Crisy Gowan 815-564-8633	Lantern Therapy Services is composed of a team of therapists that are trained or certified in play therapy, dialectical behavioral therapy, cognitive behavioral therapy, marriage therapy, and EMDR. Lantern Therapy Services offers individual, group, family, and marriage therapies. Specialties include: Depression, ADHD, Asperger's, Bipolar Disorder, Anxiety, Parenting Issues, Relationship Struggles, Separation/Divorce, Self-Injury, Borderline Personality Disorder, Emotional Struggles Related to Physical Disability, Vocational Needs, and Trauma. Languages spoken at Lantern Therapy Services are Spanish and English.

## Live4Lali

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Overdose Prevention	N/A	Alex Mathiesen, <a href="mailto:alex@live4lali.org">alex@live4lali.org</a> (708) 638-8432	Help prevent overdose by learning the signs and differences between opioid intoxication and overdose. Learn how to use naloxone and take the proper steps to minimize damage by overdose. Every resident of McHenry County is eligible.

## Mainstay Therapeutic Farm

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Therapeutic Riding & Horsemanship	No insurance accepted	Main Stay office (815) 653-9374	Therapeutic riding helps clients with physical, developmental, cognitive and emotional disabilities by utilizing the movement of the horse to benefit the rider. Lessons teach horsemanship skills to the unique ability level of each rider and are specifically structured to enhance learning, educational and social skills.
Equine and Animal Assisted Learning			Equine and Animal Assisted Learning focuses on the social, emotional and behavioral needs of clients. Sessions can be for individuals, families, or groups. Clients observe and interact with animals through hands on activities, interacting with large and small animals in an adaptive farm setting. Session goals can be aligned with the Illinois Department of Education Social/Emotional Learning (SEL) Standards.
Adaptive Gardening			The Adaptive Gardening program provides clients with an opportunity for healing, stress reduction, physical exercise, and learning opportunities. The hands-on approach facilitates social, emotional, and physical development.
Personal and Professional Development			Harness the Power of Your Team is a personal and professional development program. The program offers a unique team building experience designed for professionals, organization and the individuals involved in them.

## Mathers Clinic

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Psychiatry	Medicare, Medicaid, MCO's	Phone: 815-527-7300 Address: 145 S. Virginia St. Crystal Lake, IL Days/Times: Monday-Friday: 8am-6pm	Psych Express offers services on an urgent need basis. Services are provided by Psychiatrists and Psychiatric Nurse Practitioners who can diagnose and properly prescribe medications on an urgent need basis. Psych Express patients can get an appointment for same day, next day, OR by appointment for Medical Mental Health services. This is not to be used for routine outpatient services or non-emergent mental health issues. Psych Express has a new Child and Adolescent psychiatrist: Dr. Timothy Yovankin.
Therapy	Medicare, Medicaid, MCO's	Phone: 815-527-7300 Address: 145 S. Virginia St. Crystal Lake, IL Days/Times: Monday-Friday: 8am-6pm	Psych Express is available for all Mental Health crisis and emergency situations. Psych Express offers services on an urgent need basis: Evaluation, counseling and med monitoring. Individual Therapy is facilitated by experienced counselors. Mental Health crisis patients that are experiencing extreme anxiety, panic attack, trauma from abuse or even a loss of reality can contact Psych Express.

## McHenry County Substance Abuse Coalition

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
McHenry County Substance Abuse Coalition	N/A	Laura Crain Phone: 815-334-4048	The coalition is a grassroots effort to make changes in our environment to reduce substance abuse and increase access to services. We do not provide direct care. We work with individuals, families, businesses, service agencies, law enforcement and government agencies to determine needs, strategies, and partners needed to address substance abuse issues. The coalition partners created the police Narcan program, community Narcan program, medication drop box system to destroy unused medications, A Way Out program, school education and prevention programs, community education programs, and employee addiction programs. The SAC meets the 4 <sup>th</sup> Monday of every month, 3:30 p.m. at the Mental Health Board.

# HELP STARTS HERE CALL 2-1-1

#### WHAT IS 2-1-1?

United Way 2-1-1 provides a free and easy way for everyone to access help with almost any challenge. Dialing 2-1-1 from any phone will connect you to a call center that will direct you to an appropriate social service agency or nonprofit organization.

#### WHO ANSWERS WHEN I CALL?

Trained specialists will quickly assess your needs and offer knowledgeable information and referral. Every call is completely confidential.

#### WHEN CAN I CALL?

United Way 2-1-1 is available 24 hours a day, 7 days a week.

#### 2-1-1 CONNECTS YOU TO INFORMATION ABOUT...

Emergency Shelter	Health Resources
Food Pantries	Disability Resources
Day Care	Drug/Alcohol Rehabilitation
Rent/Utility Assistance	Domestic Abuse
Elderly Care	Counseling
Mental Health Services	Disaster Recovery

[www.findhelp211.org](http://www.findhelp211.org)

ALTERNATE NUMBERS: (800) 570-7284 | (309) 827-4005



## National Alliance on Mental Illness (NAMI) McHenry County

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Family-to-Family	All mental health services are free to McHenry County residents.	Call: 815-308-0851 for information, individual appointments, and registration for educational courses.  Bilingual Staff	A free 12 week structured course providing caregivers and families information about mental illness and how these conditions affect their loved ones.
Mental Health First Aid (MHFA) & Youth Mental Health First Aid			A free public education program which introduces participants to risk-factors, warning signs and overviews of mental health treatment.
WRAP (Wellness Recovery Action Plan)			A free, evidence based 8-12 week educational course designed to improve quality of life and goal achievement. WRAP also includes mental health crisis planning.
Individual Support			Residents are encouraged to make an appointment for free individual emotional support, mental health resources and referrals.
Empowerment Calls			Monthly mental health conference calls hosted at the NAMI office focusing on education and recovery skills. Call is followed by 30 minutes of facilitated discussion and peer support. CEU's are available for professionals. Call for dates/times/topics.
Community Education			Monthly educational presentations by mental health experts. Call for dates/times.
Support Groups			Residents are encouraged to call for mental health support and education in a group setting. Separate groups available for individuals and family members. Call for dates/times.

## New Directions Addiction Recovery Services

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
New Directions Sober Living	Self-pay, we do not bill insurance	Phone: 779-220-0336 please leave a message and a Case Manager will return the call. Or email <a href="mailto:info@ndars.org">info@ndars.org</a>	New Directions operates 3 sober living homes in Crystal Lake including 2 for men and 1 for women in recovery from drug and alcohol addiction. To gain entry to a home, you must call to be placed on the wait-list. When you receive a call from New Directions regarding potential move-in, the applicant will have an interview scheduled at the appropriate house. Applicants must be able to pass a drug test and breathalyzer test, pay the first 2 weeks of fees (\$250 at \$125 per week), and be willing to adhere to the house schedule, meet all expectations, and participate in Alcoholics Anonymous. We do not allow medications that interfere with drug testing such as Suboxone, Methadone, Amphetamines like Adderall, or Benzos like Xanax.

## Northern Illinois Special Recreation Association (NISRA)

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Community recreation programs for people with disabilities	N/A	<a href="http://www.nisra.org">www.nisra.org</a> 815-459-0737	<p>NISRA offers approximately 100 programs each season for people ages 3 and older with a disability. Programs are held throughout 13 communities in McHenry County and parts of Cook, Kane, Lake counties (for the complete list, please visit the NISRA website). Activities are designed to meet a wide variety of interests: cultural arts, sports, social, motor skill development, summer day camps, trips and more. Full-time staff have degrees in Therapeutic Recreation for related fields, and are supplemented by part-time staff and volunteers.</p> <p>Residents of the 13 member districts pay an in-district fee, while non-residents pay a non-resident fee.</p> <p>The complete brochure of programs is available on the Home Page of NISRA's web site at: <a href="http://www.nisra.org">www.nisra.org</a> along with information on how to register.</p>

## Northwest Center Against Sexual Assault (NW CASA)

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Counseling for Survivors and Significant Others	All services are free to sexual violence survivors and their significant others.	Patricia Nolan, LCPC Clinical Services Manager	We provide individual counseling services in English and Spanish for ages 4 and over. Counseling services are provided for both survivors and their significant others. All counseling services are free and unlimited. Occasionally, there is a wait list for services. Please call to enquire.
Medical and Legal Advocacy		Allyson Schnoor, Advocate and Volunteer Coordinator	24/7 Crisis Intervention through the McHenry county Crisis Line. We provide 24/7 medical advocacy at local hospitals as well as legal advocacy at McHenry County police departments and courthouse. Legal advocacy includes court accompaniment and support and assistance in obtaining civil no contact orders.
Prevention Education		Liv Harmening, Prevention Ed Coordinator and Advocate	We provide prevention education for K- 12, and colleges. We also offer professional trainings.
Volunteer Program		Allyson Schnoor, Volunteer Coordinator	We offer a 40-hour Rape Crisis Intervention training for all potential volunteers. Volunteers help with medical and legal advocacy for victims of sexual violence, as well as hotline coverage.



## Options & Advocacy

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Child & Family Connections Program *	No insurance needed	Contact Angela Krambeer 815-477-4720 ext. 238 email: <a href="mailto:angela.krambeer@opad.org">angela.krambeer@opad.org</a>	Serves infants and toddlers up to three years old. This program is the system point of entry to the state's early intervention system. Services include: Evaluation/ Assessment, service plan development, family education, on-going service coordination and transition to early childhood services. Eligibility criteria include an eligible medical diagnosis, the presence of a 30% delay in one or more developmental domains or eligible at risk factors.
Autism Support Program *	No insurance needed	Contact Winter Noe 815-477-4720 ext.230 <a href="mailto:winter.noe@opad.org">winter.noe@opad.org</a>	Serves McHenry County infants, children, and adults with a formal or informal diagnosis of Autism Spectrum Disorder. It provides a wide range of service coordination activities include helping families to understand the diagnosis, education, support groups, educational advocacy, Wraparound services, and referral and linkage.
Community Access Coordination *	No insurance needed – individuals/families will need to apply for Medicaid	Contact Debbie Klosinski 815-477-4720 ext. 232 email: <a href="mailto:debbie.klosinski@opad.org">debbie.klosinski@opad.org</a>	Serves individuals aged 3 through the lifespan who have a life-long intellectual/developmental disability.
Services included in the above (see the 3 rows below): *Bilingual (Spanish) staff are available for all programs	For intake for the Autism, and Community Access Coordination programs, please contact Jamie Speckhart at ext. 250 or <a href="mailto:jamie.speckhart@opad.org">jamie.speckhart@opad.org</a> . Please inform families that the following documents will be needed: Social Security card, Birth Certificate, Medicaid card, current IEP, MDC (3 yr. eval.), report with diagnosis, IQ, & functioning level, and Guardianship or custody agreement paperwork.		
Special Education Advocacy	Our goal is to educate and empower families so that they can effectively advocate for their son or daughter. We strive for a collaborative process that utilizes the expertise of school personnel, families, and community providers. We focus on improving communication between home and schools.		
Resources	Regarding other services that may be accessible now, based on income, assets or disability.		
Division of Developmental Disabilities supported services	Options & Advocacy is the system point of entry for state funded services through the Department of Human Services/Division of Developmental Disabilities for persons with developmental disabilities that reside in McHenry County. The first step is enrollment in the state data base known as the PUNS. For McHenry County residents that can only be done through Options and Advocacy.		

## Owens & Associates Counseling & Therapy Center

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Individual Therapy, Couples Therapy, Family Therapy, Weekend Warriors, Breakfast Club, S.C.A.R.S.	BCBS PPO & EAP, United Health PPO & EAP, TRI CARE, CIGNA, Aetna EAP & PPO, OPTUM Health, CIGNA EAP, Health Partners, HUMANA, Military OneSource, ASR Health Benefits, Value Options (Beacon Health), Assurance	Sari Flage: <a href="mailto:sari@owenscounseling.com">sari@owenscounseling.com</a> Shannon Olson: <a href="mailto:shanon@owenscounseling.com">shanon@owenscounseling.com</a> Admin: <a href="mailto:admin@owenscounseling.com">admin@owenscounseling.com</a> Alan Owens: <a href="mailto:alan@owenscounseling.com">alan@owenscounseling.com</a>	<p><u>Weekend Warriors</u> (ages 11-14): These ongoing group therapy sessions are designed for adolescents ages 11-14 to help them cope with their emotions in a healthy way during stressful situations.</p> <p><u>Breakfast Club</u> (ages 15-18): This is an ongoing dialectical behavioral therapy group for teens ages 15-18.</p> <p>This group will: Work with your child to identify his/her external and internal triggers to stress. Teach them how to manage overwhelming emotions in a healthy way. Educate them on the difference between self-destructive coping strategies and healthy coping skills Show them how to replace self-destructive coping strategies with healthy coping skills. Teach them how to cope in a variety of challenging social situations. Improve their relationships with family and friends. Boost the confidence and mood of your child with strengths-based strategies.</p> <p><u>S.C.A.R.S.</u>: We are offering two separate groups: a group for pre-teens and teens struggling with NSSI (non-suicidal self-injury) and a group for parents of children who are struggling with NSSI. Both groups will provide (1) psychoeducation related to NSSI and (2) a place to seek support from others who are struggling with NSSI and/or are a parent of someone struggling with NSSI.</p>



Centegra Crisis Services serves as the first point of contact for callers in need of immediate assistance for mental health emergencies. Crisis line professionals are also available to help people with intense personal, family and/or marital problems.

**1-800-892-8900**

## Pioneer Center for Human Services

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
IHT	Medicaid, Meridian, Illinicare, Molina, Harmony, Blue Cross Community	Liz Quijada, Phone: 815-759-7049 Fax: 815-759-7298 Email: <a href="mailto:equijada-fuentes@pioneercenter.org">equijada-fuentes@pioneercenter.org</a>	Children 3-18 yr. old, experiencing significant mental health issues and significant impairments in functioning in their natural setting. IHT provides intensive therapeutic interventions to youth through a trauma-informed approach. IHT helps children and families stabilize symptoms in multiple areas including home, school, community, etc.
Mentoring	Medicaid, Meridian, Illinicare, Molina, Harmony, Blue Cross Community	Liz Quijada, Phone: 815-759-7049 Fax: 815-759-7298 Email: <a href="mailto:equijada-fuentes@pioneercenter.org">equijada-fuentes@pioneercenter.org</a>	Children 6-18 yr. old, experiencing mental health symptoms and need extra support. Positive role models work on skill building, such as anger management, social skills, coping skills, self-esteem and communication skills.
Child and Family Therapy Center	Medicaid, Meridian, Illinicare, Molina, Harmony, Blue Cross Community, BCBS PPO, Sliding Scale Fee	Liz Quijada Phone: 815-759-7049 Fax: 815-759-7298 Email: <a href="mailto:equijada-fuentes@pioneercenter.org">equijada-fuentes@pioneercenter.org</a>	Children 3-18 yr. old, experiencing mental health symptoms. Utilizing a trauma-informed approach in an outpatient setting, individual and family therapy is provided to clients to help improve their overall functioning and health.
Teenage Mother Initiative (TAMI)	N/A	Liz Quijada, Phone: 815-759-7049 Fax: 815-759-7298 <a href="mailto:equijada-fuentes@pioneercenter.org">equijada-fuentes@pioneercenter.org</a>	Adolescents/Adults up to age 25, that are pregnant and/or parenting teen moms and dads. The program helps build a happy and safe life for themselves and their child(ren). Parent(s) will work on parenting skills, education/employment skills, identification of resources in the community and obtaining peer support.
Runaway Homeless Youth	N/A, Grant-based program	Susan Keller Phone: 815-790-3792 Fax: 815-337-5510 Email: <a href="mailto:skeller@pioneercenter.org">skeller@pioneercenter.org</a>	Children & Adolescents, 10-17 yr. old and homeless youth 18-24, RHY works with runaways, youth who are refusing to return home, youth who have been locked out of their home, families who are concerned with their youth's unsafe behaviors and homeless young adults. RHY also provides preventions groups in local high schools.
BH RES	Medicaid, Medicare, Meridian, Illinicare, unfunded clients, commercial insurance	Angela Serritella Phone: 815-759-7203 Fax: 815-759-7010 Email: <a href="mailto:aserritella@pioneercenter.org">aserritella@pioneercenter.org</a>	Adults ages 18+ who have been diagnosed with a mental illness and are looking for transitional housing needs and supportive services. Clients will receive case management to help link them to community resources including permanent housing and psychiatric support. They will also receive medication training and management and community support to help accomplish their goal of living successfully in an independent setting. Clients will reside with up to seven other non-relatives and must be medically cleared prior to entering the program.

## Pioneer Center for Human Services (cont'd.)

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
HUD	Medicaid, Medicare, Meridian, Illinicare, unfunded clients, commercial insurance	Angela Serritella Phone: 815-759-7203 Fax: 815-759-7010 Email: <a href="mailto:aserritella@pioneercenter.org">aserritella@pioneercenter.org</a>	Transitional housing program that serves homeless individuals and families who have been diagnosed with a serious mental illness. Some clients may also be chronically homeless, domestic violence victims and/or have substance abuse issues. Comprehensive case management services are offered in order to maintain psychiatric stability, to secure transitional housing and to ensure that clients are able to maintain or increase their income (from all sources) and exit (within 24 months) to permanent housing (with supportive services as necessary).
PADS	No Insurance necessary	815-344-1230 Option 4	McHenry County PADS offers emergency and transitional housing coupled with support services in order to help homeless individuals work toward becoming self-sufficient. These support services enables individual to receive case management, access to vocational programs, life skills training, and counseling, as well as day-to-day services including access to showers, laundry facilities, transportation, computers and an address at which to receive mail. All individuals must go through an intake process before receiving services as well as be a McHenry County resident or have 30-day residency status.
Community Employment Services (CES)	N/A	Sara Maxwell 815-759-7160 <a href="mailto:smaxwell@pioneercenter.org">smaxwell@pioneercenter.org</a>	Enables individuals with disabilities to obtain and maintain the job of their choice in the community. CES provides job placement, job coaching, and job retention for each client to promote independence and natural supports on the job.
Managed Enterprises	N/A	Sara Maxwell 815-759-7160 <a href="mailto:smaxwell@pioneercenter.org">smaxwell@pioneercenter.org</a>	A program for individuals who have a disability and have a desire to develop their own daily schedule and be in the community. The program take small groups out in the community 5 days a week doing a variety of activities. This self-driven program encompasses an array of skills that can be developed while in the ME Program. Some skills that are worked on are as follows: socialization skills, daily living skills, community integration skills, vocational skills and leisure skills. Individuals who wish to stay in the crafts, games, educational activities, using the computer lab, and taking the opportunity to work and make some money.
Employment Development Services	N/A	Sara Maxwell 815-759-7160 <a href="mailto:smaxwell@pioneercenter.org">smaxwell@pioneercenter.org</a>	Provides assessment of employability and develops employment skills that will assist individuals for future access and participation within their communities. Services are provided for students transitioning from special education to adult services and to adults who need to develop skills for competitive employment. Classes include job exploration and retention, workplace skills training, customer service, time management, communication and problem solving, computer skills training, application completion, interviewing, resume writing and portfolio building, interpersonal skills, leadership and teamwork, self-advocacy and also includes opportunities for volunteering leadership and peer mentoring. Admission into this program is based on meeting criteria as outlined in agency vocational assessments.

## Pioneer Center for Human Services (cont'd.)

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
IDD Respite	N/A	Erin Newport Phone: 815-759-7051	Children and Adults who carry a diagnosis of IDD, Epilepsy or CP-Pioneer's Respite program serves unfunded individuals and their families through a voucher system. The Respite program is intended to relieve primary caretakers from common stressors related to caring for a special needs individual while offering care and/or community inclusion for their loved one.
IDD CFS Client & Family Ser- vices	N/A	Angela Hoffmann Phone: 815-759-7059	Adults aged 18+ carrying a primary diagnosis of IDD who have been unable or deemed ineligible to secure Waiver funding through the state. Individuals are offered supports by Case Managers and Nursing. Life and independent living skills/training are offered; enabling individuals to continue residing in their homes and in the community of their choice.
HBBS Home Base Support Services	N/A	Angela Hoffmann Phone: 815-759-7059	Children and Adults- Home Base Support Services is a DHS sponsored Waiver program that offers funding to children and adults with a diagnosis of IDD. The Waiver affords individuals and families the choice between traditional services and supports or client driven services and supports. It is a cost effective alternative allowing individuals to stay at home rather than a residential setting.

## Pivotal Counseling Center

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Outpatient Counseling	BCBS PPO, BCBS Blue Choice, BCBS HMO, Humana, Cigna, United Healthcare, Magellan, Bea- con, TRICARE, Medicare	(815) 345-3400	Individual, Couples, Family Counseling, In-Home Counseling and Group Therapy. Children 12 and up.
Adult Transgender Group		(815) 345-3400	Ages 18+ Those who are considering transitioning, or recently adjusting.
Substance Use Assessments		(815) 345-3400	Please call for an appointment.

## Riveredge Hospital

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Adult Intensive Outpatient Programs	We are contracted with most major insurance plans and benefits	Free, confidential help 24/7 708-209-4181 Assessment and Referral	Adults who need support transitioning from inpatient treatment or managing symptoms to prevent hospitalization.
Adolescent Intensive Outpatient Program		Free, confidential help 24/7 708-209-4181 Assessment and Referral	For youth ages 12-17. Participants benefit from a less intensive and therapeutic after school program.
Partial Hospitalization for Children and Adolescents		Free, confidential help 24/7 708-209-4181 Assessment and Referral	Our Child and Adolescent PHP is a therapeutic day treatment program. Our program aims to serve individuals who require more structure than found in traditional outpatient services, but do not meet criteria for inpatient treatment. Academic credit can be earned through daily school sessions.
Outpatient Programs for Children, Adolescents and Adults		Free, confidential help 24/7 708-209-4181 Assessment and Referral	We provide comprehensive behavioral healthcare services for children, adolescents, and adults. We believe in a Trauma- Informed Care philosophy that values the dignity of the individuals we serve by treating them with compassion and respect.
Inpatient Programs for Children, Adolescents and Adults		Free, confidential help 24/7 708-209-4181 Assessment and Referral	Our inpatient programs provide comprehensive diagnostic and treatment services for children ages 4-12, adolescents ages 13-17, and adults 18+. We serve those in acute crises due to mental illness, emotional distress, destructive behavior patterns and co-occurring substance abuse. Specialized programming includes intellectual disability behavioral health program, mental health, co-occurring disorders program and psychiatric intensive programs.

## Rosecrance, Inc.

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Adult SA Day IOP	Medicaid, Meridian, Illinicare, BCBS MCO, Harmony and Molina Commercial Insurance, unfunded	Melissa Loesch, Phone: 815-276-0558, Fax 815-387-2593, <a href="mailto:mloesch@rosecrance.org">mloesch@rosecrance.org</a> Holly Magdalin, Phone: 815-298-9324, Fax 815-387-2593, <a href="mailto:hmagdalin@rosecrance.org">hmagdalin@rosecrance.org</a>	Crystal Lake location: Adults 18 y/o and older, substance abuse IOP 3 days/week  Mondays, Wednesdays, Fridays 9:30am-12:30pm
Adult SA Dual IOP	Medicaid, Meridian, Illinicare, BCBS MCO, Harmony and Molina Commercial Insurance, unfunded	Melissa Loesch, Phone: 815-276-0558, Fax 815-387-2593, <a href="mailto:mloesch@rosecrance.org">mloesch@rosecrance.org</a> Holly Magdalin, Phone: 815-298-9324, Fax 815-387-2593, <a href="mailto:hmagdalin@rosecrance.org">hmagdalin@rosecrance.org</a>	McHenry Location: Adults 18 y/o and older, having a substance abuse and mental health diagnosis, 3 days/week  Mondays, Wednesdays, Fridays 9:30am-12:30pm
Adult SA Opiate IOP	Medicaid, Meridian, Illinicare, BCBS MCO, Harmony and Molina Commercial Insurance, unfunded	Melissa Loesch, Phone: 815-276-0558, Fax 815-387-2593, <a href="mailto:mloesch@rosecrance.org">mloesch@rosecrance.org</a> Holly Magdalin, Phone: 815-298-9324, Fax 815-387-2593, <a href="mailto:hmagdalin@rosecrance.org">hmagdalin@rosecrance.org</a>	Crystal Lake location: Adults 18 y/o and older, IOP for opiate dependence 4 days/week  Mondays, Wednesdays, Thursdays, Fridays 9:30am-12:30pm
Adult SA Evening IOP	Medicaid, Meridian, Illinicare, BCBS MCO, Harmony and Molina Commercial Insurance, unfunded	Melissa Loesch, Phone: 815-276-0558, Fax 815-387-2593, <a href="mailto:mloesch@rosecrance.org">mloesch@rosecrance.org</a> Holly Magdalin, Phone: 815-298-9324, Fax 815-387-2593, <a href="mailto:hmagdalin@rosecrance.org">hmagdalin@rosecrance.org</a>	McHenry location: Adults 18 y/o and older, substance abuse IOP 3 days/week  Tuesdays, Wednesdays, Thursdays 5:30-8:30pm
Adult SA Evening IOP 2	Medicaid, Meridian, Illinicare, BCBS MCO, Harmony and Molina Commercial Insurance, unfunded	Melissa Loesch, Phone: 815-276-0558, Fax 815-387-2593, <a href="mailto:mloesch@rosecrance.org">mloesch@rosecrance.org</a> Holly Magdalin, Phone: 815-298-9324, Fax 815-387-2593, <a href="mailto:hmagdalin@rosecrance.org">hmagdalin@rosecrance.org</a>	Crystal Lake location: Adults 18 y/o and older, substance abuse IOP 3 days/week  Tuesdays, Wednesdays, Thursdays 5:30-8:30pm
Adolescent SA IOP	Medicaid, Meridian, Illinicare, BCBS MCO, Harmony and Molina Commercial Insurance, unfunded	Melissa Loesch, Phone: 815-276-0558, Fax 815-387-2593, <a href="mailto:mloesch@rosecrance.org">mloesch@rosecrance.org</a> Holly Magdalin, Phone: 815-298-9324, Fax 815-387-2593, <a href="mailto:hmagdalin@rosecrance.org">hmagdalin@rosecrance.org</a>	Crystal Lake and McHenry locations: Adolescent substance abuse IOP up to age 18, 3 days/week  Mondays, Wednesdays, Fridays 4:00-7:00pm

## Rosecrance, Inc. (cont'd.)

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Psychiatry	Medicaid, Meridian, Illinicare, BCBS MCO, Harmony and Molina Commercial Insurance, unfunded	Melissa Loesch, Phone: 815-276-0558, Fax 815-387-2593, <a href="mailto:mloesch@rosecrance.org">mloesch@rosecrance.org</a>  Holly Magdalin, Phone: 815-298-9324, Fax 815-387-2593, <a href="mailto:hmagdalin@rosecrance.org">hmagdalin@rosecrance.org</a>	Part time psychiatrist, part time nurse practitioner.  Must be in counseling services to be eligible for medication services. Do not offer medication only services.
Outpatient MH Adult  Outpatient MH C&A	Medicaid, Meridian, Illinicare, BCBS MCO, Harmony and Molina, Commercial Insurance	Melissa Hamilton, Phone: 815-218-9265, Fax 815-387-2593, <a href="mailto:mhamilton@rosecrance.org">mhamilton@rosecrance.org</a>	Group and individual therapy for child, adolescent, adults, and families.
SASS	Medicaid, Managed Medicaid, unfunded	Melissa Hamilton, Phone: 815-218-9265, Fax 815-387-2593, <a href="mailto:mhamilton@rosecrance.org">mhamilton@rosecrance.org</a>  Jennifer Marano, Phone: 815-218-4456, Fax 815-387-2593, <a href="mailto:jmarano@rosecrance.org">jmarano@rosecrance.org</a>	Screening, assessment services for children up to age 21 in a mental health crisis. Program provides intensive in home services including individual therapy, family therapy, community support and crisis stabilization for 90 days.

For further information on Rosecrance McHenry County and Rosecrance Health Network, please contact Maureen Collins, Community Relations Coordinator / Rosecrance Health Network at [mcollins@rosecrance.org](mailto:mcollins@rosecrance.org) .

## Samaritan Counseling

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Samaritan Counseling <a href="http://www.sccnw.org">www.sccnw.org</a>	Private Insurance: BCBS PPO, Aetna, Cigna, United, Magellan, etc.; IL public aid: Meridian only.	Brian McCallum: 847-382-4673 x 322; <a href="mailto:bmccallum@sccnw.org">bmccallum@sccnw.org</a>	Counseling for children, adolescents, adults; family counseling, marital counseling. Sliding scale application available.



## Streamwood Behavioral Healthcare System

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Inpatient Hospitalization	Carriers accepted is dependent upon the service line and is not consistent across all services, accept for straight Medicaid.	Assessment and Referral 630-837-9000 x. 5300	We provide Inpatient Stabilization Services for Children, Adolescents, and Adults between the ages of 4-55 yrs. To be admitted, an individual needs to be an immediate danger to themselves or others.
Partial Hospitalization Program		Assessment and Referral 630-837-9000 x. 5300	Our Partial Hospitalization Program is available to Children and Adolescents between the ages of 4-17 yrs. Patients that are referred to this level of care benefit from the structure of a secured and intensive environment but do not represent an immediate danger.
Intensive Outpatient Program		Outpatient Services Dep. 800-540-3924	The Intensive Outpatient Program operates as a step between an intensive partial program and completely returning back to a school environment. This program is appropriate for those individuals between the ages of 4-17 yrs. that are able to return to school but still will need intensive programming to support safe behaviors.
Traditional Outpatient Services		Outpatient Services Dep. 800-540-3924	Traditional Outpatient Services are provided for Children and Adolescents between the ages of 4-17 yrs. Through both individual and group therapies and medication management, our Outpatient Services Department helps to sustain those individuals that have fully transitioned back to their home environments and no longer require consistent and intensive support systems.
Innovations Academy Therapeutic Day School		Amy Ashland 630-540-2772	Innovations Academy offers grades 3 through 12 for individuals between the ages of 8 and 21 yrs. Students are typically referred through their home school districts for placement.

### You Can Make a Difference!

At the community level, both lay citizens and professionals must work together to achieve two common goals: a greater sense of shared responsibility for the prevention of suicide and a greater sense of community competence in learning the skills necessary to prevent suicide attempts and completions.

Take the **QPR (Question, Persuade, Refer) Suicide Prevention Course**. In as little as **1½ hours**, individuals can learn to recognize the warning signs of suicide and how to apply three simple steps that may save a life.

**Question** the person's desire/intent regarding suicide

**Persuade** the person to seek and accept help

**Refer** the person to appropriate resources



### Be part of the solution!

QPR trainings are sponsored by the McHenry County Mental Health Board, the Community Foundation for McHenry County, and volunteer instructors. Trainings are offered at no cost to the community.

Visit the website at [www.mchenrycountyqpr.org](http://www.mchenrycountyqpr.org) for additional information or to schedule a training.

## Turning Point

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Court Victims Advocacy	Fees are Free for DV victims	(815) 334-4624	Spanish bi-cultural/bilingual services Order of Protection assistance Support in abuse-related court cases Referral and linkage to other services Interpretation services are available at the court-house
Mental Health Program	Fees are Free for DV Victims  Sliding Fee Scale for DV Therapy Clients	(815) 338-8081 Office	Comprehensive Domestic Violence Victim Services: Crisis services for victims of domestic violence, including counseling, education and legal advocacy for victims and family members who have experienced or witnessed abuse in their homes.  Children's Services: Counseling, education and legal advocacy for children who have experienced or witnessed abuse at home.  Trauma-Informed Mental Health Program: Therapy for adults, teens and children who have experienced emotional, physical or sexual abuse as children to help them heal from the effects of trauma and to improve their health and functioning.
Partner Abuse Program	Sliding Fee Scale for the Perpetrator Program	(815) 338-8081 Office	Provides intervention and education for adults and adolescents who perpetrate or are at risk of perpetrating violence by providing non-violent behavior choice, negotiating skills and parenting skills. The program holds perpetrators accountable for their abusive actions and increases their empathy and insight for victims. Participants may be court-ordered or voluntarily enter this program.

## Yeschek & Associates Counseling & Anger Management Institute

Program	Accepted Insurance	Contact Info for Referrals	Program definition, including eligibility criteria, and any special considerations.
Individual Counseling Adults, Teens, Children	Most Insurance And Medicare	Steve Yeschek, LCSW, CAMS, IV, Silver Lake Rd, 2615 Three Oaks Rd, Cary, IL 60013  708-732-3527	Depression, Anxiety, Bipolar, Trauma, Addictions, Substance Abuse, Anger Management
Marital and Relationship Counseling			Conflict Resolution, Communication, Sex, Infidelity, life stage issues, building healthy relationships
Group Counseling			Anger Management and Abuse and Trauma Groups

# Help is a click away

## MCHELP



MCHELP APP IS EXPANDED TO PROVIDE:

A Way Out for Substance Abuse  
Information & Referral via 2-1-1

Helping links via McHenry  
County Mental Health Board

Q.P.R. Suicide Prevention

IMMEDIATE ACCESS TO 24/7 CRISIS LINE VIA TEXT OR VOICE

24-HOURS  
A DAY

Anxiety · Mental Health Issues  
Emergency Situations

7-DAYS  
A WEEK

CONFIDENTIAL & ANONYMOUS

Download your app today!



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THE  
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FOUNDATION  
FOR MCHENRY COUNTY



Empowering Minds

Transforming Lives



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*Empowering Minds*

620 Dakota Street  
Crystal Lake, Illinois 60012



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*Transforming Lives*

Phone: 815-455-2828  
Fax: 815-455-2925  
Web site: <http://www.mc708.org>

**Mission:** To provide leadership to ensure the prevention and treatment of mental illness, developmental disabilities and substance abuse by identifying, planning, coordinating, fostering development, and contracting for quality services for all citizens of McHenry County, Illinois.

**MHB Operations:** The MHB operates under the governmental body of McHenry County in the State of Illinois and is located at 620 Dakota Street in Crystal Lake.

The Mental Health Board facility includes a Community Resource Center that provides office and meeting space for several organizations, including NAMI McHenry County, McCAP and Thresholds. The two-story addition provides office space for Rosecrance - McHenry County, the McHenry County Economic Development Corporation, Volunteer Center McHenry County and Mental Health Board staff. Additionally, space is available for support groups, and expanded training rooms are accessible to agencies and community groups.

**MHB Functions:** The MHB provides funding support managing a budget that includes property tax funds specified for services mandated by Illinois statutes and reflected in its mission statement. This includes a comprehensive community service system with collaborative and financial relationships that include federal and state mental health and welfare agencies, and public and private agencies across the human service spectrum.

The MHB's authorization and mandated responsibilities are set forth in the Community Mental Health Act (the Act), Illinois Compiled Statutes, Chapter 405, Act 20, Section 0.1 et seq. Under the Act, townships, counties and other municipalities are given the authority to pass a referendum to levy an annual tax not to exceed .15% upon all taxable property in order to provide for the necessary funds or to supplement existing funds for community mental health facilities and services. The Act encompasses several other broad responsibilities, such as reviewing, evaluating, planning and developing community behavioral health services, including services and facilities for the treatment of mental illness, alcoholism, drug addiction, developmental disabilities, and intellectual disabilities. The MHB is also responsible for trainings and community education opportunities, and it supports many community organizations that also hold trainings. The MHB coordinates services, audits funded service agencies, and is CARF accredited.

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