



FY18 SUMMARY OF FUNDING

A. Primary Mental Health Programs/Services

HEPHZIBAH
708) 649-7113

PSYCHIATRIC SERVICES

FY18 Approved: \$46,196.00

The Hephzibah Group Homes program provides comprehensive services for children, ages 2 – 11 years, who have experienced the trauma of child abuse and/or neglect and manifest a variety of mental health symptoms and difficulties in social functioning. Hephzibah’s treatment model is trauma-informed, family focused, and community-based. Specifically, Hephzibah’s Group Homes program use the Attachment, Self-Regulation, and Competency (ARC) framework. In addition, Hephzibah encourages genuine community engagement with the children, including attendance at local District 97 schools, provision of individual mental health services, and utilization of community recreational resources. Psychiatric services are a critical component of Hephzibah’s Group Homes program. Three specific components of psychiatric services for children who are residents of Hephzibah’s Group Homes program.

THRIVE COUNSELING CENTER
(708) 383-7500

PSYCHIATRIC LEADERSHIP GRANT

FY18 Approved: \$20,000.00

The Community Mental Health Board has provided grant money to ensure that Oak Park clients without insurance, with regular Medicaid (not in a managed care plan), and those with private insurance with high deductibles receive psychiatric services with a no turn away policy. All Oak Park clients are seen under this program will be reported in the CMHB database. All DSM-5 psychiatric services are eligible services including assessments and medication management.

ADULT THERAPY AND CASE MANAGEMENT

FY18 Approved: \$ 79,688.00

This program provides comprehensive, coordinated services to adults and families that include therapy and counseling modalities (individual, group, families, couples) to address identified needs such as psychiatric illness, life span issues, situational stressors, and family/interpersonal relationship issues. They have reorganized this program to include case management, which they describe as face to face, email, and video communication with collaterals involved in the client’s treatment; applying for financial and medical aid; linkage for medical and dental care, PSR, MH and SUD providers, and recreational services; assistance in accessing transportation,



daily living skills, and medications; outreach to clients who miss appointments and who are difficult to engage; service monitoring; and completion of discharge summaries.

YOUTH THERAPY AND CASE MANAGEMENT

FY18 Approved: \$ 12,548.00

This program provides comprehensive, coordinated services to youth and families that include therapy/counseling modalities (individual, group, family) to address identified needs such as psychiatric illness, life span issues, situational stressors, and family/interpersonal relationship issues. They have reorganized this program to include case management, which they describe as face to face, email, and video communication with collaterals involved in the client’s treatment; applying for financial and medical aid; linkage for medical and dental care, PSR, MH and SUD providers, and recreational services; assistance in accessing transportation, daily living skills, and medications; outreach to clients who miss appointments and who are difficult to engage; service monitoring; and completion of discharge summaries.

NAMI-METRO SUBURBAN
(708) 524-2582

DROP-IN CENTER

FY18 Approved: \$ 72,293.00

The Drop-In Center provides an array of services to mental health consumers that, through social interactions, enhances their lives and promotes their involvement in the larger community. Social isolation is a problem for people with mental illness and the Drop-In Center serves as a source for ameliorating the effects of this debilitating isolation. Programming at the Drop-In Center promotes life skills development, enhances self-esteem and improves the overall quality of life for its participants through wellness programming.

EDUCATION AND SUPPORT

FY18 Approved: \$ 58,000.00

NAMI Metro-Suburban's education and support programs offer public education events that:

- 1) Address and mitigate the stigma associated with mental illness;
- 2) Educate affected families about mental illness;
- 3) Teach coping skills that empower families/individuals and alleviate hopelessness;
- and 4) Limit the negative effects experienced by families/individuals.

The CMHB funding in this program supports Ending the Silence mental health curriculum at the schools, Family to Family, Peer to Peer, Family Support Groups, and Say It Out Loud anti-stigma education on a per diem basis



IPS SUPPORTED EMPLOYMENT

FY18 Approved: \$ 7,800.00

IPS is an evidence based practice developed to help promote the recovery of people who have serious mental illnesses through work. This model is well defined by eight practice principles and a 25 item fidelity scale. The IPS Initiative functioned well within the confines of NAMI’s Recovery Programming, utilizing the evidence-based Fidelity model of Individual Placement and Support, as provided under the auspices of Dartmouth University.

OAK PARK TOWNSHIP SENIOR SERVICES
(708) 383-8060

GERIATRIC MENTAL HEALTH CASE MANAGEMENT

FY18 Approved: \$40,000.00

This program is for professional Case Managers to assist older persons in gaining access to needed services. An individualized service plan including assessment of need, planning of care, and coordination of services, is developed and monitored for Oak Park residents age 60 and over. Case Managers work to end abuse by offering seniors and suspected abuser’s alternatives to abusive situations. The Community Mental Health Board of Oak Park Township funds case management services for seniors who are diagnosed with a behavioral health disorder or developmental disability.

THRESHOLDS
(773) 572-5400

COMMUNITY SUPPORT SERVICES

FY18 Approved: \$25,000.00

Thresholds’ provides team and individual services to assist individuals with chronic mental illness in achieving and maintaining recovery. The Community Support Team (CST) services provide intensive interventions for individuals in order to decrease hospitalizations and increase community functioning. These services are available twenty-four hours each day, seven days per week. Community Support Individual (CSI) services provide a less intensive level of support for individuals who have achieved relative stability with their symptoms. In addition to the mental health professionals who provide outreach, counseling and crisis intervention services, a psychiatrist and a nurse are also part of this service delivery system. The psychiatrist completes mental health evaluations and provides medication management services. The nurse provides medical stabilization, education regarding health/nutrition, and acts as a liaison to other health care providers. Vocational services are also provided to assist clients in developing and achieving educational and employment goals. All clients are



supported in improving medication/treatment compliance and increasing pro-social activities within the community. Services are provided in the community and client homes, enabling the providers to achieve greater success in linking clients with needed resources, supports and services. This is the only CMHB funded intensive mental health service provider for adults who see the clients in the home and other community settings. CMHB funding supports client psychiatry services, CST, CSI, and RN services, as well as any Rule 132 defined service to individuals who do not have Medicaid or any other insurance coverage.

NAMI PILOT PROJECT

FY18 Approved: \$51,823.00

Program staff’s responsibilities include case management services on-site at NAMI Metro Suburban. Case Management services; Housing, Medication management, Sourcing therapists, Legal issues, Navigating life skills, conducting groups. Linking clients to other services (psychiatrist, psychiatric evaluation, medication management, safe haven, psycho-social rehab)

Program staff’s responsibility is to assure the persons served under the pilot project are successfully linked from Housing Forward shelters to appropriate mental health services. The program services are provided on-site to guests of Housing Forward shelters in addition to outreach and engagement at the Housing Forward service center. Program staff’s responsibilities also include case management services, on-site at NAMI Metro Suburban.

HOUSING FORWARD (708) 338-1724

STREET OUTREACH

FY18 Approved: \$ 33,990.00

The outreach team is based upon a dyad model. The collaborative team focus is individuals with mental illness and or substance abuse who are persistently homelessness or at risk of becoming homeless within the city limits of Oak Park. The workers initiate outreach and engagement, conduct mental health interviews, provide linkage services and follow-up community support appointments to unsheltered individuals, and collaborate with other Oak Park government, business, parks, libraries, etc. to best intervene with these individuals. These services will be directed into areas designated as “Hot Spots”, or anywhere else eligible individuals are frequently encountered. The team is comprised of mental health professionals, some who are licensed social workers. The dyad will operate for twenty (20) hours per week with hours varying in accordance to identified need.

COORDINATED ENTRY

FY18 APPROVED: \$7,000.00



Coordinated entry is a community-wide system that standardizes and expedites the process by which people experiencing homelessness or who are at imminent risk of homelessness access shelter, housing, and homeless resources. Coordinated entry will help suburban Cook County better target the limited resources provided by the homeless assistance system to people who are experiencing homelessness and need them the most. By standardizing the intake process across the region, by sharing information in real-time, and by adopting uniform prioritization policies, homeless service agencies will be able to refer people to the right program based on their preferences and level of need. Housing Forward has been designated as one of four regional Walk-In sites in the south, north, and west sides of suburban Cook County. Our catchment area will include 20+ communities in west Cook County.

IWS CHILDREN’S CLINIC
(708) 848-0528

THE CHILDREN’S MENTAL HEALTH PROJECT

FY18 Approved: \$10,000.00

The Oak Park River Forest Infant Welfare Society sponsors The Children’s Clinic, a community health care organization that provides medical, dental and social services to children of families who are unable to afford the cost of private health care. Primary care visits at the Clinic have been attended by a licensed social worker since 1920. Embedding mental health professionals in well-child visits has proved to be an effective way to introduce concerns regarding social and emotional health and developmental delays to parents. Based on assessment results, the social worker may provide short-term counseling, refer the patient to the therapist or psychiatrist for long-term therapy, a psychiatric evaluation, and/or medication, or make a referral for developmental services. CMHB funding supports clients’ direct counseling, diagnostic, and case management services that are not funded by Medicaid, as well as staff consultation hours. We also pay for a receptionist for extended hours on Thursday evening.

PRESENCE BEHAVIORAL HEALTH
708-786-8548

THE OAK PARK PROJECT

FY18 Approved: \$70,000.00

Presence Behavioral Health has been providing community mental health services for 44 years in the Midwest suburban areas. The Oak Park Mental Health Board Program (OPMHBP) through Presence Behavioral Health will provide the following services to those that reside in the Oak Park Community: In-Home treatment –In home community based treatment, Trauma Informed



Care, Crisis Services, Individual, Group, Family for mental health and/or substance abuse, Respite Services, Psychiatric Services, Parent/sibling support training, Social Skills group – Therapeutic Summer Programs and Therapeutic coaching/mentoring, as well as the Strengthening Families substance use prevention and family skill building program.

B. Primary Substance Use Disorder Programs/Services

WAY BACK INN (708) 345-8422
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GRATEFUL HOUSE

FY18 Approved: \$68,109.00

The Grateful House Residential Home located in Oak Park offers the following three services that are partially supported with CMHB funds:

Extended Residential 24 Hr. Bed Nights

The CMHB funds two beds at Grateful House in Oak Park. The resident is provided with room and board as well as substance abuse therapy. Clients are expected to work and contribute to their expenses. The client’s therapeutic need is assessed using ASAM criteria. Clients can participate in the 90-day program, but the average length of stay is less than that. Funding this bed guarantees there is always an expedited opening at Grateful House for a woman who already lives in Oak Park and is in need of residential substance abuse placement. All clients who reside at the home are Oak Park residents.

Family Support Group

The Family Program provides process oriented and didactic therapy for family, significant others, and supportive friends of clients living at Grateful House in recovery from pathological substance abuse. The group is held once a week from 6:30 pm to 8:30pm. The only exception is Thanksgiving, Christmas and New Year. Once a month the group is for families and the client; the rest of the time the group is intended for the family of the client, while the client receives family intervention therapy in their group separately.

Stress Management Group

The Stress Management Group focuses on living stress free, meditation, health diet, anger management, mental health and medication, and positive ways to deal with stress as part of a six-week program. The group is held once a week for two hours on an opposite night of the Family Support Group. The group is open to Grateful House residents and community members.



Teen Group and Recovery Yoga

SARAH'S INN
(708) 386-4225

SUPPORTIVE (INTERVENTION) SERVICES FY18 Approved: \$ 21,000.00

The Supportive Services Program delivers a continuum of advocacy, support, and emergency services to battered women and their families. These services assist women in obtaining the resources needed to become self-sufficient and free of domestic violence. Supportive Services offers the following programs: Twenty-four hour Crisis Line; Individual Advocacy and Counseling; Support and Education Groups; Life Skills Development; General Legal Advocacy; and Art Therapy. Services are offered in English, Spanish and American Sign Language at no charge to the victim. CMHB funds support staff hours for the 24 hr. crisis line, and O.P. client hours for the individual and group services listed above.

C. Primary Developmental Disabilities Programs/Services

COMMUNITY SUPPORT SERVICES
(708) 354-4547

RESPIRE FY18 Approved: \$ 90,662.00

Community Support Services, Inc. offers Respite Services to provide families with a break from the demands of caring for a family member (minor or adult), with disabilities, while providing the individual with opportunities for socialization, stimulation and new experiences. Providing respite services as a reprieve improves family functioning and care-giving ability. The program is designed to enable families to have maximum flexibility in using respite hours. Families have the choice of hiring their own respite worker or using CSS' staff. The Team Up program was added to this cost center. These services are recreational, vocational (pre-supported employment), health and arts related in a collaborative day program with West Suburban Special Recreation Association. The target of the additional services are youth 22+ who have transitioned from school and are not in regular supported employment or any other day training program.

CASE MANAGEMENT FY18 Approved: \$ 22,500.00

CSS provides family-centered case management services that guide the individual and family in obtaining and utilizing available resources, benefits and assistance. These services link families with the resources they need to thrive as a family, help them master the skills they need to



access a complex system of care, and provide them with the supports they need to keep their children with developmental disabilities living at home, in the community. When accepted to services, he or she is assigned to a Service Coordinator, a Qualified Support Professional (QSP). This QSP works with the participant and his or her family and does an extensive assessment that is the basis for an Individual Service Plan (ISP), outlining goals and objectives for the year. The Service Coordinator keeps in touch with the family monthly. If a family is experiencing a crisis, CSS provides more intensive services.

OAK LEYDEN DEVELOPMENTAL SERVICES

(708) 524-1050

EARLY INTERVENTION

FY18 Approved: \$ 100,000.00

The Children's Services Program offers direct services that are provided by licensed and/or credentialed developmental, occupational, physical and speech/language therapists at the center or at the child's home. The CMHB supports services not covered by Early Intervention programming such as Family Support and Service Coordination, Case Maintenance and Review of Assessment and IFSP Reports, Parent Child Play Groups, Family Education and Recognition Groups, Developmental Screenings, Clinical Review and Training, Outreach/Marketing of Services, and Client Travel.

SUPPORTED EMPLOYMENT PROGRAM

FY18 Approved: \$30,000.00

The Supported Employment Program (SEP) provides adults with developmental disabilities the opportunity to secure competitive employment within a field or industry of interest to them. A process of evaluation and consultation assists participants to identify their work skills and vocational goals. Participants receive Vocational Evaluation, Job Seeking Skills Training, Job Placement, Job Training and ongoing support. The CMHB funds SEP services that are not supported by other state or Medicaid Waiver funds for Oak Park residents.

MULTIDISCIPLINARY CLINIC

FY18 Approved: \$4,27200

The Multidisciplinary Clinic (MDC) provides adults with developmental disabilities appropriate and timely attention to their health and wellness needs in order to improve their quality of life and increase their independence. Treatment strategies are tailored to the needs of individuals with developmental disabilities and include psychiatry and psychologist services,



behavioral and physical health care coordination by an RN, team staffing's with psychiatrists/psychologists, and medication administration trainings.

UCP SEGUIN SERVICES OF GREATER CHICAGO
(708) 863-3803

BUILDING BRIDGES to the FUTURE

FY18 Approved: \$8,000.00

The purpose of this program is to ensure the successful transition of students with developmental disabilities, ages 18-21, into adulthood. Seguin will achieve this by working with parents, families, and students in the Oak Park/River Forest High School (OPRFHS) to provide coaching, linkages to financial, medical, and legal resources, and adult services training experiences. This program will also provide counseling, training, and hands-on assistance to special education students with disabilities, and their families. The Transition Outreach Specialist will work with OPRFHS to identify individuals, participate in Individual Educational Plan (IEP) meetings, assist families in applying for the state waiting list for services, helping families secure Social Security and Medicaid eligibility for their student, and supporting families in obtaining any possible funding for adult services.

WEEKEND/IN-HOME RESPITE

FY18 Approved: \$ 8,000.00

The weekend and in-home respite programs provide supportive assistance, personal care, life skills training, and social, recreational, and community activities for individuals with disabilities while their parents, other family members and primary care-givers can have respite for themselves. Respite staff provide personalized care and social and recreational activities in a safe, family-like home Friday afternoon through Sunday evening. In-home respite care is provided by respite staff during daytime, evening and weekend hours as needed.

SOCIAL/RECREATIONAL

FY18 Approved: \$22,000.00

The Young Adult Social Club provides opportunities for social and recreational activities on site, in homes, and in the community for Oak Park young adults ages 18-30 who have intellectual or developmental disabilities. CMHB funding supports staff hours to deliver group services which include O.P. clients.

VOCATIONAL/SUPPORTED EMPLOYMENT

FY18 Approved \$26,800.00

This initiative serves young adults (18-30) with developmental disabilities who reside in Oak Park with opportunities to explore vocational options and secure and maintain paid and volunteer jobs in the community. These are clients who are not eligible for regular supported



employment slots. CMHB funding supports staff hours to deliver group services which include O.P. clients.

OPPORTUNITY KNOCKS
(708)771-6159

Life Shop

FY18 Approved: \$15,487.00

The Life Shop is the Opportunity Knocks’ day program that serves young adults with intellectual and developmental disabilities who are 22 years and older. Services include: Health and Wellness- Participants learn firsthand how to lead a healthy lifestyle. Each week, time is dedicated to learning about topics including but not limited to: healthy hearts, fruits, vegetables, sugar shock, and the importance of water, exercising at home, and being active among other important health lessons. Job Skills Development – Participants advance and expand skills necessary to succeed in the work force. Life Skills – While some program activities directly teach life skills such as the cooking group who spend time each week planning the lunch menu, grocery shopping, and preparing lunch, other activities take an indirect approach at advancing life skills. Each participant takes on a new role each week to obtain a variety of skills. Community Involvement – This includes educational, recreational, and volunteer activities that connect the participants to the community.

D. Primary Prevention Programs/Services

NEW MOMS, INC.
(708) 848-2227

SPECIAL POPULATIONS

FY18 Approved: \$72,297.00

This program is described as providing home visiting, support groups, workshops, and developmental programming to families living in Oak Park. Targeted participants are young moms ages 13-22; single moms who are parenting primarily on their own; and mothers facing parental isolations either as a result of single parenthood or low community connectedness. Each of these is a significant risk factor for mental health issues, poor parenting efficacy, and child developmental issues. Other risk factors include parental MI, chronic illness, substance abuse, trauma history, past child welfare involvement, domestic violence, unstable housing , and teen parenting. Clients in this program are considered “psychologically vulnerable” and must meet criteria for at least two of these to be eligible for the program. Participants’ services are tailored to their needs and can include home-based parenting education and support; weekly parent support and education groups; weekly drop-in parenting presentations (Morning



Parent Meet-Up); and parenting and child development workshops open to the larger community. Parents as Teachers and the Chicago Parent Program are two curriculums utilized in the home and center based services.

SARAH'S INN
(708) 386-4225

PREVENTION SERVICES FY18 Approved: \$ 5,200.00

The Prevention Services Program provides support services to teenagers who are experiencing domestic violence at home, prevention programming for teenagers who are engaging in dating relationships and outreach services to engage teenagers in leadership and advocacy activities to decrease violence in their generation. The Step Back Teen Dating Violence Prevention Workshops teach Oak Park River Forest High School students about cyber-bullying, self-defense, and the definitions of abuse, warning signs of an abusive relationship, and resources available for those in a violent dating relationship. CMHB funds support a portion of the staff hours to deliver the program at D97 and D200, as well as the training of teachers who also administer the curriculum.

B. Prevention Services

SMART LOVE
(773) 665.8052

PARENT TRAINING AND SUPPORT FY18 Approved: \$9,371.00

This program provides parent training and support in an effort to help parents whose children are at risk for developing behavior and learning difficulties in school. TASC's Strive for Success program participants will be the focus as well as middle school students (5-9th graders) at two Oak Park District 97 middle schools, Brooks and Julian. Smart Love received funding to 1) 6 week group session, for 1.5 hours per week, and 2) 3 private coaching sessions, for 45 minutes per session, scheduled by appointment.



BUILD CHICAGO/YEMBA

(708) 842.5022

MENTORING EMPOWERMENT PROGRAM

FY18 Approved: \$50,000.00

Mentoring Empowerment Program (“MEP”) is a continued/contained program, whose mission is focused on providing mentoring services to at-risk middle school youth and families, of Oak Park. Mentoring services in the MEP will target “at risk” youth for substance use, mental health needs, homelessness, school resistive and refusal behaviors. There will be a total of 4 sessions, 3 - 12 week sessions. Sessions will be administered in the fall, winter and spring. During these 12wks, there will be 2 workshops provided per week afterschool from 3:30p-6:30p. Each workshop will include: homework help hour, mentoring workshop and a recreation workshop. Summer Connection, which is the 4 session will be implemented in the summer in collaboration with collaborating partners. One- on -One and group mentoring will be utilized to augment the workshops.

TASC, INC.

(224) 423-4588 or (312) 927-1546

STRIVE FOR SUCCESS

FY18 Approved: \$139,373.00

The Strive for Success (SFS) program is a comprehensive individualized, multi-cultural, and community-based service program with supports reinforcing systems of care and behavioral health services for minority residents in Oak Park. The primary service population is youth in School District 97 middle schools, and their families and high school students and their family members in School District 200 as a secondary population of focus. The advantage of a community-based is that youth and families are able to receive formal and informal support and services in the community where they live. Each Care Coordinator has a case load of twenty (20) families for which they do a formal assessment and develop a care coordination plan. They evaluate each client at 3, 6, and 12 month intervals which is the maximum time. When case loads are full, they still provide the community with information and referrals. The award also includes a client assistance fund to help families. All activities are overseen by the Multicultural Behavioral Health Advisory Committee which meets quarterly. TASC is the fiscal and supervising partner of the contract.