

Milton Township 708 Board
630-668-1616

In 2020, Milton Township voters approved a referendum that established the Milton Township Community Mental Health Board to fund mental health, developmental disabilities, and substance abuse programs that serve township residents. In July 2021, Milton Township Supervisor John Monino appointed seven Milton Township residents to serve on the community mental health board. Guiding principles of the Milton Township Community Mental Health Board are to:

1. Increase system-wide coordination and collaboration among behavioral health system partners and stakeholders.
2. Provide information to community residents to increase public awareness and education of behavioral health needs in the community and available support resources.
3. Conduct ongoing assessment to identify community needs and prioritize service provision.
4. Ensure that local tax funds are allocated to service providers in the community and monitored in an effective and responsible manner.
5. Collect and analyze data within Milton Township to track and monitor community impact of funding.

Kids Matter
630-864-3974
www.kidsmatter2us.org

KidsMatter is a non-profit in Naperville focused on youth mental health. Our mission is "Building resilient kids who say 'No' to destructive choices and 'Yes' to endless possibilities". We serve over 45,000 kids in DuPage and Will counties. KidsMatter focuses on empowering youth to reach their fullest potential. Programs throughout the year help youth and families in the community through educational forums, events, career exploration, and training. Parents and children can count on KidsMatter for support regarding empowerment and youth mental health. We also help to connect families to community and

national mental health resources.

DuPage United
Amanda Reilly-Sokoli
reillysokoli@gmail.com
www.dupageunited.org

DuPage United is an inclusive, non-profit, fiercely non-partisan organization whose members are civil society institutions: churches, mosques, synagogues, non-profit agencies, and associations. This mix of 25 institutions have come together to form public relationships and to act together to improve the quality of life for individuals, families, and communities. DuPage United engages in democratic action in the public arena. Our goal is to bring about meaningful solutions to mental healthcare through our one-on-one conversations with legislators and leaders who are willing to bring about change.

Hope for Healing
connect@hopeforhealing.com
www.hope-for-healing.org

Hope for Healing is a non-profit organization that is bringing harm-reduction services to DuPage County. We currently provide services primarily through our Mobile Outreach Project, which is a converted food truck that we use to distribute supplies to those in need and meet them where they are. We provide NARCAN, fentanyl test strips, clean using supplies, safe sex supplies, toiletries and other living essentials. Beyond the products we distribute, we also foster a connection with people who are currently using and are a first point of contact for participants who would like to be connected to medical, housing, or addiction treatment services. For more information about our Mobile Outreach Project, please visit our website.

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State Representative Terra Costa Howard

913 S. Main St.
Lombard, IL 60148



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STATE REPRESENTATIVE **TERRA COSTA HOWARD**

MENTAL HEALTH RESOURCES



Dear Neighbor

These past years have been so hard on all of us. For those who were struggling with mental illness before the pandemic began, these months of stress and isolation have been incredibly hard to bear. For those—especially our young people—the anxiety and disruption caused by COVID-19 have resulted in fresh emotional wounds that are difficult to heal.

I want to make sure that you know about the many wonderful services available in our area to help you (or someone close to you) find mental health care. Please use this guide as a resource to connect with skilled professionals who can offer real help.

We all should be very proud that our communities provide so much support to people who are dealing with mental health issues. If you need additional help reaching a local provider, or if you have any other questions or concerns, please contact my office at 630-812-9292 or RepTCH42@gmail.com.

We are all in this together.

Sincerely,

Terra Costa Howard
State Representative

District Office

913 S. Main St.
Lombard, IL 60148
630-812-9292

Springfield Office

246-W Stratton Office Building
Springfield, IL 62706
217-782-8037

Find Rep. Costa Howard

✉ RepTCH42@gmail.com

Teen Parent Connections

630-790-8433

www.teenparentconnection.org

Teen Parent Connection offers a spectrum of support services for Pregnant and Parenting youth (aged 22 and under) who reside in DuPage County. Our programs educate and empower young families with age-appropriate parenting curriculum, provide social support, and assist parents in reaching goals like education attainment, employment, and self-sufficiency. We also host Parent Support Groups so that families can connect with other young parents, and have a Parents Pantry full of diapers, wipes and other essential items that is available to our participants.

National Alliance on Mental Illness (NAMI) – DuPage

630-752-0066

115 N County Farm Rd.

Wheaton, IL 60187

www.namidupage.org

NAMI (National Alliance on Mental Illness) DuPage provides support, education, and advocacy to more than 20,000 DuPage residents every year. We provide a wide variety of mental health programs and services for all ages. Our services are unique, free or low-cost, and help not only those with mental illness but also their families. Most of our programs are facilitated by "peers," who are people living in recovery of mental illness and have been specially trained for their roles. The "lived experience" has a unique role in healthcare and has been proven to be especially successful during the pandemic where peers serve as role models as they support others in their journey to recovery.

The Glenbard Parent Series: GPS Navigating Healthy Families

630-942-7668

www.glenbardgps.org

The Glenbard Parent Series is an educational consortium that presents distinguished speakers to inform, connect,

and inspire, supporting students' engaged learning and successful, healthy lives. Our mission is to enhance the positive development, resilience and wellbeing of all students by building relationships, coping strategies and responsible decision-making skills.

YWCA Metropolitan Chicago

312-372-6600

www.ywcachicago.org

YWCA Metropolitan Chicago provides free assistance to survivors of sexual trauma and their loved ones, educates about the effects of violence in our community, and promotes general health and wellness through our Sexual Violence Support Services (SVSS). Current programs include 24/7 medical and legal advocacy, 24/7 rape crisis hotline, counseling and case management services, groups and workshops, 40-hour crisis intervention training, preventative education and training, and professional training. General counseling services are also available.

Glen Ellyn Youth & Family Counseling Service

630-469-3040

www.geyfc.org

Glen Ellyn Youth & Family Counseling Service (GEYFCS) is a 501(C)3 non-profit community mental health center located in Glen Ellyn which provides reduced-fee counseling services for low-income individuals and families and those who may lack insurance resources. We are partnered with local schools and police to provide mental health treatment, group supports, community referral and linkage, and substance abuse assessment services. GEYFCS' mission states that no individual or family is ever denied services based on their inability to pay.

AMITA Health Behavioral Medicine - Glen Oaks

630-545-8000

701 Winthrop Ave.

Glendale Heights, IL 60139

www.advocacy.amitahealth.org

AMITA Health Behavioral Medicine is a

national leader in the treatment of mental health and substance use issues. The AMITA Behavioral Health service line serves Chicago and all of its collar counties with 550 beds in seven hospitals. AMITA offers a range of services that encompass residential treatment, community mental health, housing, prevention, outpatient psychiatry/therapy, and intensive outpatient services for all populations. Innovations in treatment include trans magnetic stimulation for depression and anxiety as well as an award winning behavioral medicine logistics center to efficiently process and accept referrals for inpatient care.

Edward-Elmhurst Health Linden Oaks

630-305-5027

852 South West St.

Naperville, IL 60540

www.eehealth.org

Linden Oaks offers specialized treatment for: Addiction Services, Adolescent Programs (specifically for Anxiety and Depression, addictions, Asperger's disorder, eating disorders, school refusal, and self-injury). Anxiety Services, Behavioral Health Crisis Response, Depression Programs, Eating Disorder Treatment Programs, Geriatric Programs, and Self-Injury Treatment Programs. MAT (Medically Assisted Treatment) clinic services are also available.

Bloomington Township Youth Service Bureau

630-893-6685

Bloomington Township Youth Service Bureau provides NO COST child and family therapy to Township Residents. Most clients travel less than 3 miles to our offices. We are local, accessible, and connect with the police and schools quickly. We combine the counseling services with the Bloomington Township General Assistance Department and Food Pantry to support the multiple needs of families.

Oxford House

630-857-3372

www.oxfordhouse.org

In its simplest form, an Oxford House describes a democratically run, self-supporting and drug free home. Parallel to this concept lies the organizational structure of Oxford House, Inc. This publicly supported, non-profit 501(c)3 corporation is the umbrella organization which provides the network connecting all Oxford Houses and allocates resources to duplicate the Oxford House concept where needs arise. Each House represents a remarkably effective and low cost method of preventing relapse. There are over 3000 Oxford Houses in the United States today.

Serenity House

630-620-6616

www.serenityhouse.com

For over 30 years, Serenity House has consistently and successfully expanded substance abuse services and capacity throughout the Chicagoland area to meet the ever increasing demand for treatment. Serenity House serves hundreds of men and women each year in our extended residential, outpatient, intensive outpatient, DUI services, special adolescent programs, and recovery home programs. These programs provide a holistic approach that focuses on integrating men and women back into their surroundings as self-sufficient, productive members of their communities while improving the quality of life for their families.

DuPage ROSC

630-501-5071

www.dupagerosc.org

DuPage ROSC is a coordinated network of community-based services and supports that collaborate to build a seamless system of care for individuals with substance use and co-occurring mental health disorders who are seeking recovery, as well as their families, allies, and other supports. The DuPage ROSC council is comprised of persons with lived experience

and their allies in the community, which helps to reduce stigma associated with substance use and co-occurring disorders, dispel fear and enhance the love of self and others through education and trainings.

DuPage County Health Department

630-682-7400

111 N County Farm Rd.

Wheaton, IL 60187

www.dupagehealth.org

DuPage County Health Department provides a range of behavioral health services for DuPage County residents who are experiencing symptoms related to mental health or substance use, which may be impacting daily life. Outpatient mental health services can include individual, family and group therapy, case management, psychiatric services, and medication management. Residential services are available to assist adults living with severe mental illness in living as independently as possible in their community. Substance use services are available to adults and include evaluation and programs within two levels of care: outpatient program and intensive outpatient program. Crisis services are available to all DuPage County residents and are available 24 hours a day, 7 days per week at 630-627-1700.

Northeast DuPage Family and Youth Services

630-693-7934

www.nedfys.org

Northeast DuPage Family and Youth Services (NEDFYS) is a non-profit community-based organization that provides supports and services that empower youth, strengthen families, and build communities. NEDFYS programs promote good mental health, treat mental health issues, facilitate the development of healthy relationships, and help individuals and families build resilience against involvement in the justice and/or child welfare systems. NEDFYS provides evidence-based mental health screening,

assessment, counseling, 24/7 crisis intervention, and case management services to youth, adults, and families who live in DuPage County. NEDFYS therapists specialize in working with youth and families who are at-risk of or are already involved in the justice or child welfare systems, assisting domestic violence victims, and responding to mental health crisis situations.

Bloomington Township 708 Board and Auxiliary

Michael Murray

630-518-6000

The Bloomington Township 708 Board is a group of officials working to promote mental wellness in Bloomington Township. The Board is also supplemented by an auxiliary of citizens who support the board by attending committee meetings, assist the board by presenting information on Mental Illness, Addiction and Developmental Disabilities and work to involve the entire community by increasing awareness of the work of the Mental Health Board with their Facebook page. In addition, the auxiliary provides information and support to other communities to help them form Mental Health Boards in their own communities.

Catholic Charities

630-495-8008

www.catholiccharitiesjoliet.org

Catholic Charities is a non-profit agency that serves the most vulnerable individuals and families in all seven counties in the diocese of Joliet. Catholic Charities' Counseling Services provides outpatient counseling with offices in Downers Grove, Joliet, and Kankakee. Individual, group, family, and couples therapy are offered, in addition to specialized services such as anger management groups and preventative education programs. We provide an eight week Stepping Up class that is currently running virtually to address the barriers to living a more peaceful and productive life.