

River Forest  
and Oak Park  
Mental Health  
Resource Directory

March 2007

**EMERGENCY NUMBERS**

**In addition to 911, these numbers are also  
Available 24 hours/day, 7 days/week**

**CHILDHELP USA NATIONAL CHILD ABUSE HOTLINE** (800) 422-4453  
TDD (800) 222-4453  
[www.childhelpusa.org](http://www.childhelpusa.org)

Crisis hotline to report abuse with all professional counselors for children and adolescents experiencing abuse, survivors of abuse, nationwide referral.

**DCFS CHILD ABUSE HOTLINE** (800) 252-2873  
Hotline to report abuse/neglect of children. [www.state.il.us/dcfs](http://www.state.il.us/dcfs)

**FAMILY SERVICE & MENTAL HEALTH CENTER OF  
OAK PARK/RIVER FOREST** (708) 383-7500  
Crisis intervention [www.familyserviceopr.org](http://www.familyserviceopr.org)

**ILLINOIS DEPT. ON AGING AND ABUSE HOTLINE** Mon.-Fri., 8:30 a.m.- 5 p.m. (800) 252-8966  
Weekend and after 5 p.m. (800) 279-0400  
[www.state.il.us/aging](http://www.state.il.us/aging)

Information on elder services in IL, elder abuse reporting.

**MACNEAL HOSPITAL** (708) 783-3140  
Intake and admissions for adults (800) 795-3140  
[www.macneal.com](http://www.macneal.com)

**NATIONAL RUNAWAY SWITCHBOARD (CHICAGO)** (800) 786-2929  
[www.1800runaway.org](http://www.1800runaway.org)

Year-round confidential crisis intervention service for teens and families.  
Conference call and message service. Free transportation program.

**NATIONAL RUNAWAY HOTLINE** (800) 231-6946

**SARAH'S INN** (708) 386-4225  
Crisis intervention for domestic violence. [www.sarahsinn.org](http://www.sarahsinn.org)

**SUICIDE HOTLINE-NORTHWESTERN  
MEMORIAL HOSPITAL** (312) 926-8100  
Suicide prevention. [www.nmh.org](http://www.nmh.org)

River Forest and  
Oak Park  
Mental Health  
Resource Directory

River Forest Mental Health Committee  
Community Mental Health Board of Oak Park  
1100 W. Lake Street, Suite LL30  
Oak Park IL 60301  
(708) 358-8855  
Fax: (708) 358-8866  
Email: [cmhb@cmhb-oakpark.org](mailto:cmhb@cmhb-oakpark.org)

Dear Oak Park & River Forest Resident:

The River Forest Mental Health Committee and Community Mental Health Board (CMHB) of Oak Park are proud to bring you this Mental Health Resource Directory. We have compiled this guide because we want to provide you with resources that may help you with mental health issues that arise. Whether you're coping with mental illness, substance abuse, developmental disabilities, or any other issues, there is help available. Please share this directory with friends and members of your household.

While we do provide funding for some of the resources listed, we are not endorsing any particular agency over another. Inclusion or exclusion in this directory is not an indication of the quality of service offered by the agency. You must determine which service best meets your needs.

Our thanks to Graphics 2000 Inc for designing the layout of this directory, River Forest Township and CMHB of Oak Park for funding the printing and distribution, and the many individuals that reviewed the directory and offered their excellent suggestions.

Special thanks go to NARSAD Artworks for the use of the artwork on the cover. Please visit their websites at [www.narsadartworks.org](http://www.narsadartworks.org) and [www.silverribbon.org](http://www.silverribbon.org). NARSAD Artworks supports NARSAD (The Mental Health Research Association) with the sale of products created by and on behalf of mentally ill persons.

If you know of any changes or additional information that should be considered for possible future editions of this directory, please use the form on the last page to send us your ideas. Thank you.

River Forest Mental Health Committee  
and  
CMHB of Oak Park  
[www.cmhb-oakpark.org](http://www.cmhb-oakpark.org)

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## **Developmental Disability**

### **LOCAL/STATE**

AUTISM SOCIETY OF ILLINOIS (630) 691-1270  
2200 South Main Street, Suite 317 Fax (630) 932-5620  
Lombard, IL 60148 [www.autismillinois.org](http://www.autismillinois.org)  
Information and referral

COMMUNITY SUPPORT SERVICES (708) 354-4547  
9021 Ogden Avenue Fax (708) 354-7412  
Brookfield, IL 60513-2040 [www.communitysupportservices.org](http://www.communitysupportservices.org)  
Provides individual and group respite, 24-hour supported living programs,  
community employment programs and specialized services.

DESIGNS FOR CHANGE (312) 236-7252  
814 S. Western Ave Fax (312) 236-7927  
Chicago, IL 60612 [www.designsforchange.org](http://www.designsforchange.org)  
Non-profit organization in school reform. Advocacy for local school council  
members and for parents with special needs children. Research organization.

JONI AND FRIENDS CHICAGO (708) 771-0000  
7510 W. Madison Fax (708) 771-0565  
Forest Park, IL 60130 [www.jafchicago.org](http://www.jafchicago.org)  
To serve people and families affected by disability. Three main programs,  
“wheels for the world” collect used wheelchairs for developing countries,  
“family retreats” provides a week long camp for families affected by disability and  
“through the roof” equips churches to include people with disabilities.

FAMILY RESOURCE CENTER ON DISABILITES (312) 939-3513  
20 E. Jackson Blvd. Room 300 Fax (312) 939-7297  
Chicago, IL 60604 [www.frcd.org](http://www.frcd.org)  
Provides weekly special education rights training seminar, monthly newsletter,  
advocacy, information and referrals, bilingual services and free literature.

ILLINOIS BRANCH OF THE INTERNATIONAL (630) 469-6900  
DYSLEXIA ASSOCIATION Fax (630) 469-6810  
751 Roosevelt Road, Suite 116 [www.readibida.org](http://www.readibida.org)  
Glen Ellyn, IL 60137  
Information, referral for diagnosticians and tutors, parent and teacher training,  
annual conference, workshops.

**Developmental Disability cont.**

OAK LEYDEN DEVELOPMENTAL SERVICES (708) 524-1050  
411 W. Chicago Avenue Fax (708) 524-2469  
Oak Park, IL 60302 [www.oak-leyden.org](http://www.oak-leyden.org)  
Provides opportunities and programs for infants, toddlers, and adults with developmental disabilities. Includes regular work programs, supported employment, maintenance and developmental training, vocational evaluation, residential services and early intervention services.

PROJECT CHOICES (630) 629-0551  
1590 S. Fairfield Fax (630) 620-9473  
Lombard, IL 60148 [www.projectchoices.org](http://www.projectchoices.org)  
“Least restrictive environment” initiative funded by the Illinois State Board of Education.

OAK PARK ELEMENTARY SCHOOL DIST. 97 (708) 524-3000  
970 Madison [www.op97.org](http://www.op97.org)  
Oak Park, IL 60302  
District 97 provides diagnostic, therapeutic and educational programs and services for children from preschool to middle school ages.

RIVER FOREST SCHOOL DISTRICT 90 (708) 771-8283  
SPECIAL EDUCATION Fax (708) 771-8291  
7776 Lake Street [www.district90.org](http://www.district90.org)  
River Forest, IL 60305  
Screening and service in the areas of communication, motor skills, hearing, vision, cognitive and social/emotional development.

SEGUIN SERVICES (708) 863-3803  
3100 S. Central Avenue Fax (708) 863-3863  
Cicero, IL 60650 [www.seguin.org](http://www.seguin.org)  
Provides residential services, day training, employment services, respite services, CSLA and foster care for children.

STARNET REGION II (847) 803-3565  
1855 Mount Prospect Road Fax (847) 803-3556  
Des Plaines, IL 60018 [www.thecenterweb.org](http://www.thecenterweb.org)  
Support and technical assistance for families and professionals involved in the lives of children from birth through kindergarten with special needs.  
Workshops, library, resources, family fellowships (financial assistance).

**Developmental Disability cont.**

SUBURBAN ACCESS (708) 799-9190  
925 W. 175<sup>TH</sup> Street Fax (708) 799-9178  
Homewood, IL 60430 [www.suburban-access.org](http://www.suburban-access.org)  
Programs provide individual MR/DD services for children and adults, eligibility determination for those over 18, point of entry for individual entering purchase of service programs with Office of Developmental Services, service coordination.

WEST SUBURBAN SPECIAL RECREATION (847) 455-2100  
2915 Maple Street Fax (847) 455-2157  
Franklin Park, IL 60131 [www.wssrf.org](http://www.wssrf.org)  
Provides recreation programs for adults and children who have a physical impairment, mental disability, or any other type of disability.

**NATIONAL**

NATIONAL ASSOCIATION FOR DOWN SYNDROME (630) 325-9112  
P.O. Box 206 Fax (847) 251-5584  
Wilmette, IL 60091 [www.nads.org](http://www.nads.org)  
Parent organization that provides information and connects parents of children with Down Syndrome with other parents in their area. Conferences and training for parents, information and referrals.

AUTISM SOCIETY OF AMERICA (800) 328-8476  
7910 Woodmont Ave. Suite 300 Fax (301) 657-0869  
Bethesda, MD 20814-3067 [www.autism-society.org](http://www.autism-society.org)  
Resources for helping individuals with autism and their families through advocacy, education, public awareness and research. Nationwide chapter network, national conference on autism.

INTERNATIONAL RETT SYNDROME ASSOCIATION (800) 818-7388  
9121 Piscataway Road Fax (301) 856-3336  
Clinton, MD 20735 [www.rettsyndrome.org](http://www.rettsyndrome.org)  
Provides information and referral service, parent support, supports research, clearinghouse for Rett Syndrome information.

NATIONAL FRAGILE X FOUNDATION (800) 688-8765  
P.O. Box 190488 Fax (925) 938-9315  
San Francisco, CA 94119 [www.fragilex.org](http://www.fragilex.org)  
Provides information and referral to professionals and parents of children with Fragile X Syndrome.

## **Developmental Disability cont.**

FRAXA FRAGILE X RESEARCH FOUNDATION (978) 462-1866  
45 Pleasant Street Fax (978) 463-9985  
Newburyport, MA 01950 [www.fraxa.org](http://www.fraxa.org)  
Provides both research funding and parent support for Fragile X Syndrome.

NATIONAL DISSEMINATION CENTER FOR CHILDREN (800) 695-0285  
WITH DISABILITIES (NICHCY) Fax (202) 884-8441  
P.O. Box 1492 [www.nichcy.org](http://www.nichcy.org)  
Washington, DC 20013  
Provides information to professionals and parents of children with disabilities.  
Also provides regional referral.

## **General Mental Health**

### **LOCAL/STATE**

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA (847) 831-3438  
AND ASSOCIATED DISORDERS Fax (847) 433-4632  
Box 7 [www.anad.org](http://www.anad.org)  
Highland Park, IL 60035  
Non-profit educational advocacy organization and hotline that assists sufferers  
with eating disorders and their families and help to prevent eating disorders.  
Referrals, research and advocacy.

RESURRECTION HOME HEALTH CARE (708) 383-4663  
(CARE FOR THE CAREGIVER) [www.reshealth.org](http://www.reshealth.org)  
7420 W. Central  
River Forest, IL 60301  
Affiliated with Resurrection Health Care. Support group for those caring for the  
terminally ill.

THE C.A.R.E CENTER/PILLARS COMMUNITY SERVICES (708) 788-6759  
6915 W. Cermak Road, #1R Fax (708) 788-6761  
Berwyn, IL 60402 24-hour hotline (708) 482-9600  
[www.thepillarscommunityservices.org](http://www.thepillarscommunityservices.org)  
Specialize in treating sexual assault and sexual abuse survivors ages 4 and up.  
Sliding scale fee. Volunteer opportunities, community education services,  
legal and medical advocacy.

CATHOLIC CHARITIES (708) 329-4023  
1400 S. Austin Fax (708) 222-1495  
Cicero, IL 60804 [www.catholiccharities.net](http://www.catholiccharities.net)  
Case management/social work, counseling/psychotherapy, parent support/training,  
eldercare referrals and advice.

**General Mental Health cont.**

PILLARS (708) 386-2100  
120 S. Marion 4<sup>th</sup> Floor Fax (708) 383-1253  
Oak Park, IL 60302 [www.ccoptions.org](http://www.ccoptions.org)  
Comprehensive community mental health center offers mental health services for children, adolescents, and families. Psychotherapy, parenting groups, psychological/psychiatric evaluations, crisis intervention. Sliding fee scale.

FAMILY SERVICE & MENTAL HEALTH CENTER OF (708) 383-7500  
OAK PARK/RIVER FOREST Fax (708) 383-7780  
120 S. Marion Street [www.familyserviceopr.org](http://www.familyserviceopr.org)  
Oak Park, IL 60302  
Social workers, counselors, and psychiatrists provide behavioral healthcare, crisis intervention, youth programs, prevention/risk reduction, psychiatric rehabilitation, and group counseling.

MACNEAL HOSPITAL (708) 783-9100  
3249 S. Oak Park Avenue Fax (708) 783-3346  
Berwyn, IL 60402 [www.macneal.com](http://www.macneal.com)  
Provides crisis and evaluation services, psychiatric inpatient for adults/adolescents, detox units, partial hospitalization as inpatient, intensive outpatient, and substance abuse education series.

NAMI (NATIONAL ALLIANCE FOR THE MENTALLY ILL) (708) 524-2582  
of METRO CHICAGO Drop-in center (708) 445-0072  
814 Harrison [www.nami.org](http://www.nami.org)  
Oak Park, IL 60304  
Offers information/referrals, guidance, and support for families of those suffering from serious mental illness, advocacy services and resource materials. Peer support for/by consumers, Drop-In Center, monthly support meetings for family members.

OC (OBSESSIVE COMPULSIVE) FOUNDATION (773) 880-1635  
OF METRO CHICAGO Fax (773) 880-1966  
2300 Lincoln Park West [www.ocfchicago.org](http://www.ocfchicago.org)  
Chicago, IL 60614  
Volunteer nonprofit organization dedicated to improving the welfare of people with Obsessive Compulsive Disorder (OCD) through education, research, and services provided to people with OCD and their families.

**General Mental Health cont.**

SARAH'S INN  
P.O. Box 1159  
Oak Park, IL 60304

(708) 386-3305  
Fax (708) 386-3275  
Hotline (708) 386-4225  
[www.sarahsinn.org](http://www.sarahsinn.org)

Agency for domestic violence. Group and individual counseling for women and children who are victims of domestic violence.

THRESHOLDS USP CASE MANAGEMENT  
1515 N. Harlem  
Oak Park, IL 60302

(708) 386-0399  
[www.thresholds.org](http://www.thresholds.org)

Program provides case management and supportive services for mentally ill adults who reside in the OP/RF communities.

VETERAN'S CENTER  
155 S. Oak Park Avenue  
Oak Park, IL 60302

(708) 383-3225

Therapy, job counseling, support groups, and substance abuse counseling for veterans and their families.

VITAL BRIDGES  
348 N. Ashland  
Chicago, IL 60607

(773) 665-1000  
Fax (773) 665-0044  
[www.vitalbridges.org](http://www.vitalbridges.org)

OAK PARK OFFICE  
350 Harrison  
Oak Park, IL 60304

(708) 386-3383  
[www.vitalbridges.org](http://www.vitalbridges.org)

A non-profit agency that offers comprehensive support services to individuals and families who are affected by HIV/AIDS, case management, housing assistance & nutritional support.

VOLUNTEER CENTER  
1111 South Boulevard  
Oak Park, IL 60302

(708) 386-3393  
Fax (708) 851-0029  
[www.oprfvolunteercenter.org](http://www.oprfvolunteercenter.org)

Offered by The Volunteer Center, this program responds to the needs of the mentally ill in Oak Park and River Forest for constructive, structured activity in their daily lives by providing a variety of service activities at local non-profit agencies. Participants are usually referred by local mental health agencies.

**General Mental Health cont.**

RESURRECTION HEALTH CARE CENTER (708) 763-4709  
FOR BREAST CANCER Fax (708) 763-2781  
420 William Street Suite 100 [www.reshealth.org](http://www.reshealth.org)  
River Forest, IL 60305  
Affiliated with Resurrection Health Care. Support group for women who have or have had breast cancer. "We're Movin' On" is a program offered the first Tuesday of every month at 7pm.

WEST SUBURBAN P.A.D.S. (708) 338-1724  
P.O. Box 797 Fax (708) 338-1745  
Oak Park, IL 60303 [www.westsuburbanpads.org](http://www.westsuburbanpads.org)  
Provides overnight housing to homeless seven months of the year. Transitional housing available. Case management provides linkage to mental health providers. Serves Oak Park, River Forest, Forest Park, and Proviso-Leyden area.

NATIONAL DEPRESSION AND BIPOLAR (800) 826-3632  
SUPPORT ALLIANCE Fax (312) 642-7243  
730 N. Franklin Street, Suite 501 [www.dbsalliance.org](http://www.dbsalliance.org)  
Chicago, IL 60610  
Provides education and regional referral services to parents and professionals. Information resource center.

THE CHILD AND ADOLESCENT BIPOLAR FOUNDATION (847) 256-8525  
1000 Skokie Blvd., Suite 570 Fax (847) 920-9498  
Wilmette, IL 60091 [www.bpkids.org](http://www.bpkids.org)  
National parent-led not-for-profit, Web-based membership organization of families raising children diagnosed with (or at risk for) pediatric bipolar disorder.

**NATIONAL**

AMERICAN HEART ASSOCIATION-MENDED HEARTS (800) 242-8721  
[www.americanheart.org](http://www.americanheart.org)  
A support group that offers help, support, and encouragement to heart disease patients and their families, call for information on local chapter.

AMERICAN HEART ASSOCIATION-WARMLINE (800) 553-6321  
Telephone support for stroke survivors or caretakers

ANXIETY DISORDERS ASSOCIATION OF AMERICA (240) 485-1001  
8730 Georgia Ave, #600 Fax (240) 485-1035  
Silver Spring, MD 20910 [www.adaa.org](http://www.adaa.org)  
Provides an information and referral service to help identify treatment facilities, local self-help groups, offers publications and membership information.

**General Mental Health cont.**

CANCER INFORMATION SERVICE (800) 422-6237  
National Cancer Institute publications and recorded information. [www.cancer.gov](http://www.cancer.gov)

POSTPARTUM SUPPORT INTERNATIONAL (805) 967-7636  
Call for information and local groups. (800) 944-4773  
[www.postpartum.net](http://www.postpartum.net)

NATIONAL INSTITUTE OF MENTAL HEALTH (301) 443-4513  
DEPRESSION AWARENESS, RECOGNITION, AND (866) 615-6464  
TREATMENT (D/ART) PROGRAM Fax (301) 443-4279  
6001 Executive Boulevard, Room 8184, MSC 9663 [www.nimh.nih.gov](http://www.nimh.nih.gov)  
Bethesda, MD 20892-9663  
Complete resource of information and up-to-date research.  
Free brochures and publications of a variety of mental disorders.

NATIONAL AIDS HOTLINE (800) 342-2437  
[www.cdc.gov](http://www.cdc.gov)  
Answers basic questions about HIV/AIDS & sexually transmitted diseases  
(prevention, transmission, testing, health care, etc.)

NATIONAL INSTITUTE OF NEUROLOGICAL (301) 496-5751  
DISORDERS & STROKE (301) 402-2186  
9000 Rockville Pike, Bldg 31 Room 8A07 [www.ninds.nih.gov](http://www.ninds.nih.gov)  
Bethesda, MD 20892-2540  
Offers information on causes, treatment, and diagnosis of neurological disorders.

NATIONAL MENTAL HEALTH ASSOCIATION (800) 969-6642  
2000 North Beauregard Street, 6<sup>th</sup> Floor [www.nmha.org](http://www.nmha.org)  
Alexandria, VA 22311  
A grassroots advocacy movement dedicated to addressing all aspects of America's  
mental health and mental illness. Local and state chapters work to improve  
services, prevent mental illness, and promote mental health.

Y-ME NATIONAL BREAST CANCER ORGANIZATION (800) 221-2141  
[www.y-me.org](http://www.y-me.org)  
Information and support hotline 24 hours, trained counselors for breast cancer  
patients and family members.

## **Grief/Loss**

### **LOCAL/STATE**

BARR-HARRIS CHILDREN'S GRIEF CENTER (312) 922-7474  
122 South Michigan Avenue, Suite 1300 Fax (312) 922-5656  
Chicago, IL 60603 [www.barrharris.org](http://www.barrharris.org)  
Clinic for children who have experienced a significant loss of someone they loved.  
Outpatient psychotherapy/counseling/support for children and their families.  
Sliding fee scale. Four locations throughout Chicago and suburbs.

CENTER FOR LOSS AND LIFE PASSAGES (847) 685-9900  
Rainbow Hospice Fax (847) 685-6390  
444 N. Northwest Highway [www.rainbowhospice.org](http://www.rainbowhospice.org)  
Park Ridge, IL 60068  
Provides support groups and bereavement counseling for children and adults who  
have lost a parent or spouse.

COMPASSIONATE FRIENDS (630) 990-0010  
P.O. Box 3696 Fax (630) 990-0246  
Oak Brook, IL 60522 [www.compassionatefriends.org](http://www.compassionatefriends.org)  
For families grieving the death of a child.

LOSS (LOVING OUTREACH FOR (312) 655-7285  
SURVIVORS OF SUICIDE) Fax (312) 559-1530  
651 W. Lake Street [www.catholiccharities.net](http://www.catholiccharities.net)  
Chicago, IL 60661  
Sponsored by Catholic Charities but is interdenominational. Monthly meetings in  
Cook and Lake counties. Weekly groups for the newly bereaved in 8-week sessions.  
Individual and Family Counseling.

OAK PARK ELEMENTTARY SCHOOL DISTRICT 97 (708) 524-3000  
970 Madison Fax (708) 524-3019  
Oak Park, IL 60302 [www.op97.org](http://www.op97.org)  
District 97 provides diagnostic, therapeutic and educational programs and services  
for children from preschool to middle school ages.

RIVER FOREST SCHOOL DISTRICT 90 (708) 771-8282  
7776 Lake Street Fax (708) 771-8291  
River Forest, IL 60305 [www.district90.org](http://www.district90.org)  
School psychologists and social workers offer evaluation, short-term counseling,  
small groups, referral services to elementary and middle school students.

RAINBOWS (800) 266-3206  
2100 Golf Road, Suite 370 Fax (847) 952-1774  
Rolling Meadows, IL 60008 [www.rainbows.org](http://www.rainbows.org)  
A program to help children handle a divorce or death in the family.

## **Senior Services**

### **LOCAL/STATE**

ACCOLADE ADULT DAY SERVICE (708) 445-1300  
112 S. Humphrey Fax (708) 445-9595  
Oak Park, IL 60302  
Affiliated with Oak Park Hospital. Provides a safe setting for older adults with physical disabilities or cognitive impairments that need supervision during the day.

AGE-WISE (708) 660-4636  
520 S. Maple Ave Fax (708) 660-2394  
Oak Park, IL 60304 [www.roph.org](http://www.roph.org)  
Programs offer older adults and their families a comprehensive resource for current information and support on health-related issues.

LEGAL ASSISTANCE FOUNDATION OF (312) 341-1070  
METROPOLITAN CHICAGO Fax (312) 341-1041  
111 W. Jackson Blvd. 3<sup>rd</sup> floor [www.lafchicago.org](http://www.lafchicago.org)  
Chicago, IL 60604  
Part of Suburban Area Agency on Aging, serving seniors of Western Cook County.

OAK PARK TOWNSHIP SENIOR SERVICES (708) 383-8060  
418 S. Oak Park Avenue Fax (708) 383-5168  
Oak Park, IL 60302 [www.oakparktownship.org](http://www.oakparktownship.org)  
Meets needs of senior community through a broad array of supportive services, opportunities for social interaction and volunteerism by promoting the values of independence, self-esteem, and dignity.

AGE OPTIONS (708) 383-0258  
1048 W. Lake Street, Suite 300 Fax (708) 524-0870  
Oak Park, IL 60301 [www.ageoptions.org](http://www.ageoptions.org)  
Helps to assure that older people in suburban Cook County obtain needed benefits, programs, and quality services. Information on respite care.

ALZHEIMER'S ASSOCIATION HELPLINE (800) 272-3900  
225 N. Michigan Ave, 17<sup>th</sup> Floor [www.alz.org](http://www.alz.org)  
Chicago, IL 60601 [www.alzheimers-illinois.org](http://www.alzheimers-illinois.org)  
Information and referral, request line for literature.

## **Senior Services cont.**

### **NATIONAL**

ALZHEIMER'S DISEASE EDUCATION/REFERRAL CENTER (800) 438-4380  
P.O. Box 8250 Fax (301) 495-3334  
Silver Spring, MD 20907 [www.alzheimers.nia.nih.gov](http://www.alzheimers.nia.nih.gov)  
Provides information to health professionals, patients, families and the public.

CHILDREN OF AGING PARENTS (800) 227-7294  
P.O. Box 167 [www.caps4caregivers.org](http://www.caps4caregivers.org)  
Richboro, PA 18954  
National non-profit resource/referral information organization dedicated to  
caregivers of the elderly covering all aspects of care giving.

ELDER CARE (800) 677-1116  
[www.eldercare.gov](http://www.eldercare.gov)  
Nation wide agency to help family and friends find information about community  
services for senior citizens 60 years and older.

HOSPICE INFORMATION (800) 658-8898  
Referrals to hospices throughout the country. [www.nhpco.org](http://www.nhpco.org)

MEDICARE BENEFICIARY HOTLINE (800) 647-8089  
Peer review organization, review quality of care for Medicare beneficiaries.

NATIONAL INSTITUTE ON AGING (301) 496-1752  
31 Center Drive MCS 2292 Fax (301) 496-1072  
Building 31 Room 5C27 [www.nih.gov/nia](http://www.nih.gov/nia)  
Bethesda, MD 20892  
Clearinghouse on information specific to the elderly.

### **Smoking Cessation**

#### **LOCAL/STATE**

AMERICAN CANCER SOCIETY (800) 227-2345  
225 N. Michigan Avenue, Suite 210 (312) 372-0471  
Chicago, IL 60601 Fax (312) 641-6588  
[www.cancer.org](http://www.cancer.org)

Resources for patients and family members. Referral service.

## **Smoking Cessation**

AMERICAN LUNG ASSOCIATION (312) 243-2000  
1440 W. Washington Blvd. Fax (312) 243-3954  
Chicago, IL 60607 [www.lungchicago.org](http://www.lungchicago.org)  
Trains leaders for smoking cessation clinic; lung disease research and advocacy.  
Educational material available.

NICOTINE ANONYMOUS (312) 458-9826  
8311 W. Roosevelt (773) 726-4204  
Forest Park, IL 60130 [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Support group for smokers trying to quit, local group now meeting in Forest Park  
and Riveredge Hospital. People helping people.

## **Substance Abuse**

### **LOCAL/STATE**

AL-ANON (312) 409-7245  
(708) 848-2065  
[www.niafg.org](http://www.niafg.org)

Women's group only, not open to the public. Meets every Sunday at 7pm.

ALATEEN (312) 409-7245  
104 Oak Street (708) 681-2739  
Maywood, IL 60155 [www.niafg.org](http://www.niafg.org)  
Meets every Tuesday at 8:30pm.

ALCOHOLICS' ANONYMOUS (312) 346-1475  
180 N. Wabash, Suite 305 (312) 346-5477  
Chicago, IL 60601 [www.chicagoaa.org](http://www.chicagoaa.org)  
24-hour phone service. Provides information about meetings and treatment centers.

COMMUNITY SUPPORT PROGRAM (708) 434-3812  
(OPRF HIGH SCHOOL)  
202 N. Scoville Avenue  
Oak Park, IL 60302  
Provides psychological support to high school students and their families.  
Clinicians from community agencies work within the school, providing  
short-term counseling, assessment, crisis intervention and stabilization  
Referrals to community agencies, as needed.

**Substance Abuse cont.**

DARE (708) 366-8500  
River Forest Police Department (708) 366-3702  
400 Park Avenue [www.dare.com](http://www.dare.com)  
River Forest, IL 60305  
River Forest Drug Abuse Resistance Education Unit offered by the police department through the River Forest schools.

ENUF (EDUCATION TO NULLIFY USAGE (708) 386-3393  
FOR FIRST-TIMERS) Fax (708) 386-4886  
1111 S. Boulevard [www.oprfvolunteercenter.org](http://www.oprfvolunteercenter.org)  
Oak Park, IL 60302  
Offered by The Volunteer Center and sponsored by the Oak Park Health Department, this program educates teen offenders and other at-risk youth in the community on the dangers and risks associated with use of alcohol and drugs.

FAMILY SERVICE & MENTAL HEALTH CENTER OF (708) 383-7500  
OAK PARK/RIVER FOREST Fax (708) 383-7780  
120 S. Marion Street [www.familyserviceoprf.org](http://www.familyserviceoprf.org)  
Oak Park, IL 60302  
Social workers, counselors, and psychiatrists provide behavioral healthcare, crisis intervention, youth programs, prevention/risk reduction, psychiatric rehabilitation, and group counseling.

PILLARS (708) 386-2100  
120 S. Marion 4<sup>th</sup> Floor Fax (708) 383-1253  
Oak Park, IL 60302 [www.ccoptions.org](http://www.ccoptions.org)  
Comprehensive community mental health center offers mental health services for children, adolescents, and families. Psychotherapy, parenting groups, psychological/psychiatric evaluations, crisis intervention. Sliding fee scale.

MACNEAL HOSPITAL (708) 783-3140  
3249 S. Oak Park Avenue (708) 783-3346  
Berwyn, IL 60402 [www.macneal.com](http://www.macneal.com)  
Substance abuse programs for adults. In-patient services for adolescents.

NARCOTICS ANONYMOUS (708) 848-4884  
212 S. Marion, Suite 27 [www.chicagona.org](http://www.chicagona.org)  
Oak Park, IL 60302  
Provides information on meetings and treatment centers in Chicago and suburbs.

OAK PARK ELEMENTARY SCHOOL DIST. 97 (708) 524-3000  
970 Madison [www.op97.org](http://www.op97.org)  
Oak Park, IL 60302  
District 97 provides diagnostic, therapeutic and educational programs and services for children from preschool to middle school ages.

**Substance Abuse cont.**

PRO-CARE CENTER (708) 410-0615  
(RESURRECTION BEHAVIORAL HEALTH) (708) 681-2324  
1820 S. 25<sup>th</sup> Avenue Fax (708) 681-1289  
Broadview, IL 60155 [www.reshealth.org](http://www.reshealth.org)  
Substance abuse programs for adults. Multiple locations.

RUSH BEHAVIORAL HEALTH (312) 563-3600  
Rush Medical Office Building Fax (312) 563-3642  
610 South Maple Avenue, Suite 5600 [www.rush.edu/rbh](http://www.rush.edu/rbh)  
Oak Park, IL 60304  
The program provides chemical dependency treatment for health care professionals and other high functioning individuals with an intensive integration of the treatment into a daily living routine that emphasizes self responsibility, accountability and the development of specific behavioral skills. There is a component of independent living in nearby housing.

RIVER FOREST SCHOOL DISTRICT 90 (708) 771-8282  
7776 Lake Street Fax (708) 771-8291  
River Forest, IL 60305 [www.district90.org](http://www.district90.org)  
School psychologists and social workers offer evaluation, short-term counseling and referral services.

WAY BACK INN, INC. (708) 344-3301  
1915 W. Roosevelt Road Fax (708) 344-2944  
Broadview, IL 60155 [www.waybackinn.org](http://www.waybackinn.org)  
Program includes transitional living with continuing treatment. Separate facilities for men and women suffering from alcoholism and drug abuse in a supportive family atmosphere.

YOUTH SERVICES OF OAK PARK/RIVER FOREST (708) 445-2727  
TOWNSHIPS Fax (708) 383-8062  
105 S. Oak Park Avenue [www.oakparktownship.org](http://www.oakparktownship.org)  
Oak Park, IL 60302  
Programs include youth intervention, Youth Advocacy Council, Gang and Drug Task Force.

**NATIONAL**

ALCOHOL AND DRUG ABUSE HELPLINE (800) 821-4357  
Referrals to local alcohol and drug dependency units and self-help groups.

ALCOHOL AND DRUG ABUSE HOTLINE (800) 252-6465  
Referral line for substance abuse and treatment centers.

NATIONAL CLEARINGHOUSE FOR ALCOHOL AND DRUG INFORMATION (800) 729-6686  
TDD (800) 487-4889  
Information on alcohol and substance abuse. [www.health.org](http://www.health.org)

## **Youth**

### **LOCAL/STATE**

COMMUNITY SUPPORT PROGRAM (708) 434-3812  
(OPRF HIGH SCHOOL)  
202 N. Scoville Avenue  
Oak Park, IL 60302  
Provides psychological support to high school students and their families.  
Clinicians from community agencies work within the school, providing  
short-term counseling, assessment, crisis intervention and stabilization.  
Referrals to community agencies, as needed.

THE PROVISO CHILDREN'S ADVOCACY CENTER (708) 338-3806  
1820 South 25<sup>th</sup> Street Fax (708) 681-9496  
Broadview, IL 60155 [www.cacionline.org](http://www.cacionline.org)  
Non-profit program dedicated to helping children, adolescents, and their families  
survive acts of sexual victimization.

ENUF (EDUCATION TO NULLIFY USAGE (708) 386-3393  
FOR FIRST-TIMERS) Fax (708) 386-4886  
1111 S. Boulevard [www.oprfvolunteercenter.org](http://www.oprfvolunteercenter.org)  
Oak Park, IL 60302  
Offered by The Volunteer Center and sponsored by the Oak Park Health  
Department, this program educates teen offenders and other at-risk youth in the  
community on the dangers and risks associated with use of alcohol and drugs.

FAMILY SERVICE & MENTAL HEALTH CENTER OF (708) 383-7500  
OAK PARK/RIVER FOREST Fax (708) 383-7780  
120 S. Marion Street [www.familyserviceopr.org](http://www.familyserviceopr.org)  
Oak Park, IL 60302  
Social workers, counselors, and psychiatrists provide behavioral healthcare, crisis  
intervention, youth programs, prevention/risk reduction, psychiatric rehabilitation  
and group counseling.

HEPHZIBAH CHILDREN'S ASSOCIATION (708) 386-8417  
946 North Blvd. Fax (708) 386-8639  
Oak Park, IL 60302 [www.hephzibahhome.org](http://www.hephzibahhome.org)  
School-age children and child welfare services, foster services, adoptions services.

**Youth cont.**

ILLINOIS ASSOCIATION FOR GIFTED CHILDREN (847) 963-1892  
800 E. Northwest Highway, Suite 610 Fax (847) 963-1893  
Palatine, IL 60074 [www.iagcgifted.org](http://www.iagcgifted.org)

Non-profit organization that responds to families, educators and individuals who work with meeting needs of gifted children. Advocacy, networking and developing standards.

LUTHERN CHILD AND FAMILY SERVICES (708) 771-7180  
7620 W. Madison Fax (708) 771-7184  
River Forest, IL 60305 [www.lcfs.org](http://www.lcfs.org)

Case management social work, parent support/training, foster care, and adoption. Community services-housing and mentoring.

OAK LEYDEN DEVELOPMENTAL SERVICES (708) 524-1050  
EARLY INTERVENTION Fax (708) 524-2469  
411 W. Chicago Avenue [www.oak-leyden.org](http://www.oak-leyden.org)  
Oak Park, IL 60302

Provides developmental screenings and physical, occupational, speech/language therapy for infants/toddlers ages 0 through 3.

PARENTHESIS (708) 848-2227  
405 S. Euclid Avenue Fax (708) 848-2269  
Oak Park, IL 60302 [www.parenthesis-info.org](http://www.parenthesis-info.org)

Provides supportive and educational services to teen parents and singles with young children. Prenatal programs and other specialized parenting workshops.

THE OPALGA CENTER (708) 848-0273  
947 Garfield Street Fax (708) 848-7544  
Oak Park, IL 60304 [www.opalga.org](http://www.opalga.org)

Provides resources, social and educational events for lesbian, gay, bisexual, transgender and questioning 14-18 youth, 14-24 women, 18+ Latino men.

Groups meet weekly.

OAK PARK ELEMENTARY SCHOOL DIST. 97 (708) 524-3000  
970 Madison Fax (708) 524-3019  
Oak Park, IL 60302 [www.op97.org](http://www.op97.org)

District 97 provides diagnostic, therapeutic and educational programs and services for children from preschool to middle school ages.

**Youth cont.**

TIME (TEEN INITIATIVE FOR MEETING EXPECTATIONS) (708) 386-3393  
1111 S. Boulevard Fax (708) 851-0029  
Oak Park, IL 60302 [www.oprfvolunteercenter.org](http://www.oprfvolunteercenter.org)

Offered by The Volunteer Center. Addresses the need for prevention and early intervention services for youth offenders by providing the opportunity to increase personal responsibility and accountability for their actions.

YOUTHCONNECT (708) 386-3393  
1111 S. Boulevard Fax (708) 851-0029  
Oak Park, IL 60302 [www.oprfvolunteercenter.org](http://www.oprfvolunteercenter.org)

Offered by The Volunteer Center, this one-to-one mentoring program for at-risk youth ages 12-17. Youth are usually referred by school social workers or the Township youth interventionist.

YOUTH SERVICES OF OAK PARK/RIVER FOREST (708) 445-2727  
TOWNSHIPS (708) 383-5168  
105 S. Oak Park Avenue [www.oakparktownship.org](http://www.oakparktownship.org)  
Oak Park, IL 60302

Programs include youth intervention, Youth Advocacy Council, Gang and Drug Task Force.

THE FAMILY SUPPORT NETWORK (309) 693-8981  
5739 W. Martindale Lane Fax (309) 693-8962  
Peoria, IL 61615 [www.familysupportnetwork.org](http://www.familysupportnetwork.org)

Refers individuals with disabilities and their families to advocates for funding, services, and community resources that strengthen and support the individual and the family directly by responding to their individual needs and empowering them to live in their own homes.

ILLINOIS DEPARTMENT OF HEALTHCARE (217) 782-1200  
AND FAMILY SERVICES (888) 337-5267  
201 South Grand Avenue East TTY (888) 376-8446  
Springfield, IL 62763-0001 [www.hfs.illinois.gov](http://www.hfs.illinois.gov)

Provides one-stop shopping for individuals with developmental disabilities and their families to get the information and support they need.

**NATIONAL**

CHILD FIND/LOOK WHAT I CAN DO (800) 851-6197  
State of Illinois program Fax (618) 252-8472  
[www.dhs.state.il.us](http://www.dhs.state.il.us)

(Department of Human Services). Provides information and literature for Illinois families with special need children ages 0-21.

FEDERATION FOR CHILDREN WITH SPECIAL NEEDS (617) 236-7210  
1135 Tremont Street, Suite 420 Fax (617) 572-2094  
Boston, MA 02120 [www.fcsn.org](http://www.fcsn.org)  
Coalition of parent groups offering a variety of services to parents of children with  
varying disabilities.

NATIONAL ASSOCIATION FOR GIFTED CHILDREN (202) 785-4268  
1707 L Street NW, Suite 550 Fax (202) 785-4248  
Washington, DC 20036 [www.nagc.org](http://www.nagc.org)  
Provides educational material and information to parents and professionals.  
Publishes quarterly magazine. Supports research in educational practices.

NATIONAL ATTENTION DEFICIT DISORDER ASSOCIATION (856) 439-9099  
15000 Commerce Parkway, Suite C Fax (856) 439-0525  
Mount Laurel, NJ 08054 [www.add.org](http://www.add.org)  
Provides resource information, support, and advocacy for people with ADD,  
distributes publications, sponsors conferences and provides referrals to support  
groups.

NATIONAL CENTER FOR LEARNING DISABILITIES (212) 545-7510  
381 Park Ave. South, Suite 1401 Fax (212) 545-9665  
New York, NY 10016 [www.nclld.org](http://www.nclld.org)  
Provides a national information and referral service, publications, advocacy and  
educational programs.

STEPFAMILY FOUNDATION (212) 877-3244  
333 West End Ave. Fax (212) 362-7030  
New York, NY 10023 (24 Hour Info) (212) 799-7837  
[www.stepfamily.org](http://www.stepfamily.org)  
Nationwide phone counseling for parents and grandparents of stepchildren.  
Provides educational material on stepfamilies.

#### Web Links for Help

Family Support Network: <http://www.familysupportnetwork.org>

Arc Action Center : <http://congress.nw.dc.us/thearc/home/>

Illinois Life Span: <http://www.illinoislifefspan.org/>

Illinois General Assembly: <http://www.ilga.gov/>

Illinois Board of Elections:

<http://www.elections.il.gov/DistrictLocator/AddressSearch.aspx>

To review the PUNS form in preparation for a meeting with your Independent Service  
Coordination (also known as Pre-admission Screening) Agency in your area:

<http://www.dhs.state.il.us/mhdd/dd/pdf/forms/PUNS%20Form%20English.pdf>

Partners in Policymaking “Making Your Case” free on-line training:

<http://www.partnersinpolicymaking.com/makingyourcase/>:

The River Forest Mental Health Committee has provided funding to the following agencies for Fiscal Year 2006-2007:

Community Support Program (OPRF High School)

Community Support Services

Family Service & Mental Health Center of Oak Park/River Forest

Hephzibah Children's Association

NAMI (National Alliance for the Mentally Ill)

Oak/Leyden Developmental Services

Parenthesis

Pillars

Sarah's Inn

Seguin Services

Volunteer Center

Way Back Inn

Community Mental Health Board of Oak Park has provided funding to the following agencies for Fiscal Year 2006-2007:

Community Support Program (OPRF High School)

Community Support Services

Family Service & Mental Health Center of Oak Park/River Forest

Hephzibah Children's Association

NAMI (National Alliance for the Mentally Ill)

Oak/Leyden Developmental Services

Oak Park Township Senior Services

Parenthesis

Pillars

Sarah's Inn

Seguin Services

Suburban Access

Thresholds

Vital Bridges

Volunteer Program

Way Back Inn

West Suburban P.A.D.S.

Do you have changes to suggest for possible future editions of the Mental Health Resource Directory? Please submit your ideas to:

River Forest Mental Health Committee  
CMHB of Oak Park  
1100 W. Lake Street, Suite LL30  
Oak Park, IL 60301  
(708) 358-8855  
Fax: (708) 358-8866  
Email: [cmhb@cmhb-oakpark.org](mailto:cmhb@cmhb-oakpark.org)

I have an idea for the Mental Health Resource Directory!

- Add the following agency/organization.
- Change information for an agency/organization already listed.
- Could you find agencies/organization for an additional mental health concern?
- I'd like to join the **RFMHC** or **CMHB** of Oak Park (4 year term)

Details: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Street \_\_\_\_\_ Work Phone \_\_\_\_\_

City/Zip \_\_\_\_\_ E-mail \_\_\_\_\_

## NOTES

1100 W. Lake Street, LL30  
Oak Park, IL 60301

Residential Customer  
Local  
(Oak Park Only)