

## Cook County Reference Guide

### Suicide Prevention & Support Resources for the Pediatric Population



#### *Prevention and Education Resources-Free, Awareness Building and Support Resources*

Organization	Program Name	Ages Served	Point of Service	Website
Elyssa's Mission	EveryBody Matters	6th-12th grade	Schools	<a href="http://elyssasmmission.org/everybody-matters/">http://elyssasmmission.org/everybody-matters/</a>
	Grief Group	6th-12th grade	Schools	<a href="http://elyssasmmission.org/grief-group/">http://elyssasmmission.org/grief-group/</a>
	Signs of Suicide (SOS)	6th-12th grade	Schools	<a href="http://elyssasmmission.org/sos-signs-of-suicide-prevention-program/">http://elyssasmmission.org/sos-signs-of-suicide-prevention-program/</a>
Erika's Lighthouse	Program for Middle School Students	6th-8th grade	Schools	<a href="https://www.erikaslighthouse.org/">https://www.erikaslighthouse.org/</a>
	Program for High School Students	9th-12th grade	Schools	<a href="https://www.erikaslighthouse.org/">https://www.erikaslighthouse.org/</a>
NAMI Chicago	Ending the Silence	9th-10th grade	Schools	<a href="https://namichicago.org/en/programs/">https://namichicago.org/en/programs/</a>
NAMI Cook County/ North Suburban (CCNS)	Ending the Silence	9th-10th grade	Schools	<a href="https://namiccns.org/education/ending-the-silence/">https://namiccns.org/education/ending-the-silence/</a>
	NAMI Basics	Parents/caregivers with a child ≤18	NAMI CCNS	<a href="https://namiccns.org/education/basics-for-parents-of-children-adolescents/">https://namiccns.org/education/basics-for-parents-of-children-adolescents/</a>
The Trevor Project	Lifeguard Project	Middle and High Schoolers	Schools	<a href="https://www.thetrevorproject.org/education/lifeguard-workshop/">https://www.thetrevorproject.org/education/lifeguard-workshop/</a>
	Trevor CARE Trainings	Adults who work with youth	Youth-serving institutions	<a href="https://www.thetrevorproject.org/education/trainings-for-youth-serving-professionals/">https://www.thetrevorproject.org/education/trainings-for-youth-serving-professionals/</a>

#### *Lifeline/Crisis Text Lines-Free Resources for All. Available 24/7/365.*

Organization	Communication Type	Contact	Website
National Suicide Prevention Lifeline	Phone	Call: 1-800-273-TALK (8255)	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
	Text	Text HELLO to 741741	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
The Trevor Project* *The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.	Phone	Call: 1-866-488-7386	<a href="https://www.thetrevorproject.org/get-help-now/">https://www.thetrevorproject.org/get-help-now/</a>
	Online Chat <i>Best via computer.</i>	<a href="https://www.thetrevorproject.org/get-help-now/">https://www.thetrevorproject.org/get-help-now/</a>	<a href="https://www.thetrevorproject.org/get-help-now/">https://www.thetrevorproject.org/get-help-now/</a>
	Text	START to 678678	<a href="https://www.thetrevorproject.org/get-help-now/">https://www.thetrevorproject.org/get-help-now/</a>

Please note, this document is intended only as a guide. The information herein is based on content taken from the various organizations' websites and other resources. Lurie Children's has not independently confirmed the details of or assessed these programs. Individuals are urged to contact the organizations directly for the most up to date and accurate information.



## Direct Services and Treatments

Agency	Age Group				Insurance				Cost			Website
	Children	Adolescents	Adults	Families	Medicaid/MCO	Private Insurance	Not Required	Free	Not Available	Sliding Scale	Free	
Access Community Health Network	X	X	X	X	X	X			X			<a href="https://www.achn.net/services-programs/behavioral-health/">https://www.achn.net/services-programs/behavioral-health/</a>
AMITA Health, Outpatient Behavioral Health	X	X	X	X	X			X				<a href="https://www.amitahealth.org/medical-group/specialty/behavioral">https://www.amitahealth.org/medical-group/specialty/behavioral</a>
Asian Human Services, Child and Adolescent Counseling Services	X	X		X				X				<a href="https://www.ahschicago.org/behavioral-health/">https://www.ahschicago.org/behavioral-health/</a>
Catholic Charities of the Archdiocese of Chicago, Community Family Service Center (CFSC)	X	X	X ≤21	X w/kids ≤21	X	X			X			<a href="https://www.catholiccharities.net/GetHelp/OurServices/School-BasedServices.aspx">https://www.catholiccharities.net/GetHelp/OurServices/School-BasedServices.aspx</a>
Center on Halsted, Youth Behavioral Health Therapy		X	X ≤24	X	X	X			X Medicaid/Uninsured			<a href="http://www.centeronhalsted.org/youth.html">http://www.centeronhalsted.org/youth.html</a> <a href="http://www.centeronhalsted.org/behavioralhealth.html">http://www.centeronhalsted.org/behavioralhealth.html</a>
Children's Home and Aid, Behavioral Health Services Program <i>Only for residents of the W and S sides of Chicago</i>	X		X	X				X				<a href="https://www.childrenshomeandaid.org/counseling-programs-services/community-based-behavioral-health/">https://www.childrenshomeandaid.org/counseling-programs-services/community-based-behavioral-health/</a>
Children's Home and Aid, Family Centered Counseling Services <i>Only available to DCFS families</i>	X		X			X				X		<a href="https://www.childrenshomeandaid.org/counseling-programs-services/family-centered-counseling-services/">https://www.childrenshomeandaid.org/counseling-programs-services/family-centered-counseling-services/</a>
Cook County Health, Community Triage Center			X		X							<a href="https://www.hrdi.org/ctc.html">https://www.hrdi.org/ctc.html</a> <a href="https://cookcountyhealth.org/about/making-an-impact/">https://cookcountyhealth.org/about/making-an-impact/</a>
Erie Family Health Center, Behavioral Health/Counseling	X		X	X	X	X			X			<a href="https://www.eriefamilyhealth.org/patient-services/behavioral-health/">https://www.eriefamilyhealth.org/patient-services/behavioral-health/</a>
Howard Brown Health Center, Broadway Youth Center (BYC)		X	X up to 24	X	X	X			X			<a href="https://howardbrown.org/service/broadway-youth-center/">https://howardbrown.org/service/broadway-youth-center/</a>
Human Resources Development Institute, Inc. (HRDI)	X		X	X				X				<a href="https://www.hrdi.org/">https://www.hrdi.org/</a>
Lutheran Social Services of Illinois (LSSI)	X	X	X	X	X			X				<a href="https://www.lssi.org/behavioral-health/mental-health.php">https://www.lssi.org/behavioral-health/mental-health.php</a>
MaineStay Youth & Family Services <i>Only for students and residents of Maine Township</i>	X	X	X	X	X		X		X			<a href="https://mainetown.com/departments/mainestay/">https://mainetown.com/departments/mainestay/</a>
Metropolitan Family Services, Child and Adolescent Mental Health		X ages 5-17		X				X				<a href="https://www.metrofamily.org/community-centers/southwest/">https://www.metrofamily.org/community-centers/southwest/</a>
Omni Youth Services, Counseling Services	X	X	X up to 21	X if child ≤21	X	X			X			<a href="https://www.omniyouth.org/counseling/">https://www.omniyouth.org/counseling/</a>
Rincon Family Services, Counseling Services	X	X	X	X	X			X				<a href="https://www.rinconfamilyservices.org/copy-of-counseling-services-1">https://www.rinconfamilyservices.org/copy-of-counseling-services-1</a>
Rush University Medical Center, Child and Adolescent Psychiatry Program	X	X		X	X			X				<a href="https://www.rush.edu/kids/services/pediatric-psychology">https://www.rush.edu/kids/services/pediatric-psychology</a>
Sinai Health System, Under the Rainbow Children's Outpatient Mental Health Services	X	X	X	X	X				X			<a href="https://www.sinaichicago.org/en/patients-visitors/services/behavioral-health/">https://www.sinaichicago.org/en/patients-visitors/services/behavioral-health/</a>
Streamwood Behavioral Healthcare System <i>Financial Assistance Available</i>	X	X	X		X			X				<a href="https://streamwoodhospital.com/">https://streamwoodhospital.com/</a>
Turning Point	X	X	X	X	X	X			X			<a href="https://www.tpoinc.org/mental-health-services">https://www.tpoinc.org/mental-health-services</a>
University of Chicago Medical Center, Child and Adolescent Psychiatry	X	X		X	X			X				<a href="https://www.uchicagomedicine.org/come/conditions-services/pediatric-psychiatry">https://www.uchicagomedicine.org/come/conditions-services/pediatric-psychiatry</a>
University of Illinois Hospital & Health Sciences System (UIC), Office of Applied Psychological Services (OAPS)	X	X	X	X	X	X	X		X			<a href="https://psch.uic.edu/research-programs/clinical/office-of-applied-psychological-services/">https://psch.uic.edu/research-programs/clinical/office-of-applied-psychological-services/</a>
University of Illinois Hospital & Health Sciences System (UIC), Pediatric Psychiatry Programs		X		X	X			X				<a href="https://hospital.uillinois.edu/primary-and-specialty-care/psychiatry-services/child-clinical-service">https://hospital.uillinois.edu/primary-and-specialty-care/psychiatry-services/child-clinical-service</a>



## *Cook County*

### Suicide Prevention and Support Resources for the Pediatric Population

#### *Prevention and Education Resources, pages 2-4*

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- II. Erika's Lighthouse
- III. NAMI Chicago (National Alliance for Mental Illness, Chicago)
- IV. NAMI CCNS (National Alliance for Mental Illness, Cook County, North Suburban)
- V. The Trevor Project (Online modules and resources. In-person trainings only upon request. Not located in Cook County.)

#### *Lifelines/Crisis Text Lines, page 5*

- I. National Suicide Prevention Lifeline
- II. The Trevor Project-TrevorLifeline, TrevorChat, TrevorText

#### *Direct Services and Treatment, pages 6-13*

- I. Access Community Health Network
- II. AMITA Health, Outpatient Behavioral Health
- III. Asian Human Services, Child and Adolescent Counseling Services
- IV. Catholic Charities of the Archdiocese of Chicago, Community Family Service Center (CFSC)
- V. Center on Halsted
- VI. Children's Home and Aid
- VII. Cook County Health, Community Triage Center
- VIII. Erie Family Health Center, Behavioral Health/Counseling
- IX. Howard Brown Health Center, Broadway Youth Center (BYC)
- X. Human Resources Development Institute, Inc. (HRDI)
- XI. Lutheran Social Services of Illinois (LSSI)
- XII. MaineStay Youth & Family Services
- XIII. Metropolitan Family Services, Child and Adolescent Mental Health
- XIV. Omni Youth Services, Counseling Services
- XV. Rincon Family Services, Counseling Services
- XVI. Rush University Medical Center, Child and Adolescent Psychiatry Program
- XVII. Sinai Health System, Under the Rainbow Children's Outpatient Mental Health Services
- XVIII. Streamwood Behavioral Healthcare System (SBHS), Mental Healthcare Services
- XIX. Turning Point
- XX. University of Chicago Medical Center, Child and Adolescent Psychiatry
- XXI. University of Illinois Hospital & Health Sciences System (UIC), Office of Applied Psychological Services (OAPS)
- XXII. University of Illinois Hospital & Health Sciences System (UIC), Pediatric Psychiatry Programs

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## ***Prevention and Education Resources***

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### **I. Elyssa's Mission (EM)**

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#### **EveryBody Matters Program**

<http://elyssasmission.org/everybody-matters/>

*Age group:* 6th-12th grade

*Insurance:* Not Required

*Cost:* Free of Charge

- Group therapy model (made up of 8-12 students)
- 6-8-week program (one session per week)
  - Each session is 60-90 minutes
- Group is made up of a diverse mix of students

#### **Grief Group**

<http://elyssasmission.org/grief-group/>

*Age group:* 6th-12th grade

*Insurance:* Not Required

*Cost:* Free of Charge

- Postvention (after a student dies by suicide)
- 8-week support group
- Done in school-setting with a focus on those close to the person who died by suicide
- Parental consent is required to participate

#### **Signs of Suicide**

<http://elyssasmission.org/sos-signs-of-suicide-prevention-program/>

*Age group:* 6th-12th grade

*Insurance:* Not Required

*Cost:* Free of Charge

- Signs of Suicide (SOS) is included in SAMHSA's National Registry of Evidence-Based Programs and Practices
  - EM offers SOS in schools for 6-12<sup>th</sup> grades
  - EM supports all aspects of planning and logistics and offers SOS free of charge
- Schools implementing SOS also receive staff training, parent training, and community training (e.g. in faith-based settings)
- Parents receive a letter about SOS and must opt-out if they do not want their child to participate
- The SOS program seeks to *teach* youth that depression is a treatable illness, *empower* them to respond to a potential suicide (themselves, a friend or a family member), and *prevent* teen suicide. These goals are accomplished through the **ACT** technique:
  - **Acknowledge that you or a friend may be depressed or suicidal**
  - **Respond with Care**
  - **Tell a trusted adult**
- SOS is a 40-60 minutes session that fits into one school period
  - At the end of the session, students complete a questionnaire including whether they are actively suicidal or know of a friend who is



- Students who are identified as being high risk are given a Mental Health Risk Assessment and their parent is contacted
- EM works closely with Riveredge and Linden Oaks Behavioral Health Hospitals
  - Linden Oaks offers a consultation line that teachers can call if they feel a student is at risk
- EM works with school districts as well as on an individual school basis

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## II. Erika's Lighthouse

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

*Age group:* Middle and High School

*Insurance:* N/A

*Cost:* None

- The Erika's Lighthouse Program for High School Students
  - A teacher-led, video-based classroom program that takes a deeper look at depression and suicide and explores strategies for good mental health
  - Erika's Lighthouse offers all-inclusive technical assistance, at no cost
- The Erika's Lighthouse Program for Middle School Students
  - This teacher-led, video-based program provides an introduction to depression and good mental health
  - Erika's Lighthouse offers all-inclusive technical assistance, at no cost
- Middle and high school programs are qualified:
  - National Health Education Standards (NHES) compliant
  - Evidence-informed and data-driven
  - Meet requirements for mandated suicide and depression awareness and prevention education in many states
  - Independently evaluated by Dr. Michael S. Kelly, PhD, LCSW, Loyola University Chicago School of Social Work
  - Schools throughout Cook County have received training
- Erika's Lighthouse provides materials and TA for youth to establish *Erika's Lighthouse Teen Clubs* and run awareness campaigns at their school

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## III. NAMI Chicago (National Alliance for Mental Illness, Chicago)

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### Ending the Silence

<https://namichicago.org/en/programs/>

*Age group:* 9<sup>th</sup>-10<sup>th</sup> grade

*Insurance:* Not Required

*Cost:* Free of Charge

- Evidence-based, 50-minute mental health awareness program for high schools (9<sup>th</sup>/10<sup>th</sup> grade)
  - Teens learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting these signs



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#### IV. NAMI CCNS (National Alliance for Mental Illness, Cook County, North Suburban)

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##### Ending the Silence

<https://namiccns.org/education/ending-the-silence/>

Age group: 9<sup>th</sup>-10<sup>th</sup> grade

Insurance: Not Required

Cost: Free of Charge

- Evidence-based, 50-minute mental health awareness program for high schools (9<sup>th</sup>/10<sup>th</sup> grade)
  - Teens learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting these signs (taken from NAMI DuPage website)

##### NAMI Basics

<https://namiccns.org/education/basics-for-parents-of-children-adolescents/>

Age group: Parents/caregivers with a child ≤18

Insurance: Not Required

Cost: Free of Charge

- Free, six-week course for parents/caregivers who have a child (≤18) affected by a mental illness
- Course includes: navigating the system, overview of treatment options, and social support

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#### V. The Trevor Project- *Online modules and resources. In-person trainings only upon request. Not located in Cook County.*

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The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25

##### Lifeguard Project

<https://www.thetrevorproject.org/education/lifeguard-workshop/>

Age group: Middle and high school students (Adult-led, video-based modules)

Insurance: N/A

Cost: Free of charge

- The Lifeguard Workshop is a free online learning module with a video, curriculum, and teacher resources for middle school and high school classrooms
- This video training and curriculum is based on Trevor's in-person workshop that is listed in the SPRC/AFSP Best Practice Registry for Suicide Prevention

##### Trevor CARE Trainings

<https://www.thetrevorproject.org/education/trainings-for-youth-serving-professionals/>

Age group: Adults who work with youth

Insurance: N/A

Cost: Training cost available upon request

- The Trevor CARE Trainings help adults who work with youth learn to “Connect, Accept, Respond and Empower” (CARE) young people in crisis. This training discusses LGBTQ-specific risk factors for suicide, explores protective factors that can lower these risks and how to help youth get the support they need
- If you are interested in learning more about training cost and scheduling, please email: [Education@thetrevorproject.org](mailto:Education@thetrevorproject.org)



## ***Lifelines/Crisis Text Lines***

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### **I. National Suicide Prevention Lifeline**

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<https://suicidepreventionlifeline.org/>

*Age group:* All

*Insurance:* Not Required

*Cost:* Free of Charge

- Free and available 24 hours a day, seven days a week
  - National Suicide Prevention Lifeline (Lifeline) at 1-800-273-TALK (8255)
  - Crisis Text Line (text HELLO to 741741)

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### **II. The Trevor Project- TrevorLifeline, TrevorChat, TrevorText**

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<https://www.thetrevorproject.org/get-help-now/>

*Age group:* All. Focus is on young people under 25

*Insurance:* Not Required

*Cost:* Free of Charge

- The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25

#### **TrevorLifeline**

- Crisis intervention and suicide prevention phone service available 24/7/365
- Trained counselors offer support to you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, contact the TrevorLifeline
- Call the TrevoreLifeline at 1-866-488-7386

#### **TrevorChat**

- Confidential online instant messaging with a Trevor counselor, available 24/7
- Access through a computer, as you may have technical difficulties if using a smartphone or tablet

#### **TrevorText**

- Confidential text messaging with a Trevor counselor, available 24/7/365
- Text START to 678678



## ***Direct Services and Treatment***

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### **Access Community Health Network**

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<https://www.achn.net/services-programs/behavioral-health/>

*Age group:* Children, adolescents, adults, couples, and families

*Insurance:* Medicaid, Medicare, and Private Insurance

*Cost:* Sliding scale

- Primary care and behavioral health services for all ages

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### **AMITA Health, Outpatient Behavioral Health**

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<https://www.amitahealth.org/medical-group/specialty/behavioral>

*Age group:* Children (over 3 years of age), youth and adults

*Insurance:* Medicaid, Medicare, and Private Insurance

*Cost:* Not Available

- Outpatient mental health and substance use services for children (over 3), adolescents, and adults

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### **Asian Human Services, Child and Adolescent Counseling Services**

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<https://www.ahschicago.org/behavioral-health/>

*Age group:* Youth ages 5-17

*Insurance:* Medicaid and MCOs Only

*Cost:* Not Available

- Comprehensive mental health services
- The Behavioral Health Program is designed to meet the diverse emotional and social needs of Asian immigrants and refugees and other underserved communities

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### **Catholic Charities of the Archdiocese of Chicago, Community Family Service Center (CFSC)**

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<https://www.catholiccharities.net/GetHelp/OurServices/Counseling.aspx>

*Age group:* Youth and young adults ages 3-21 and their families

*Insurance:* Medicaid and Private Insurance

*Cost:* Sliding scale

- Mental health services for youth and young adults ages 3-21 and their families
- The CFSC provides counseling services for children and adolescents who are experiencing issues in social, emotional, behavioral and/or family functioning
- LOSS Program for Children and Youth: Program addressing the unique needs of children and adolescents, ages three to 18, impacted by suicide of a family member or person close to them





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### Center on Halsted, Youth Behavioral Health Therapy

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<http://www.centeronhalsted.org/youth.html>; <http://www.centeronhalsted.org/behavioralhealth.html>

*Age group:* Youth aged 13-24

*Insurance:* Private Insurance and Sliding Scale for Medicaid and Uninsured

*Cost:* Sliding scale

- Youth Program staff and counselors are available to meet with youth one-on-one to offer counselling and support around dealing with and growing from difficult and stressful situations
- The Youth Program employs two youth-focused, culturally competent clinicians, a Youth Clinician who works with youth 13-18 and a Transition Age Youth Clinician who works with youth ages 19-24
- To meet with a Youth Program counselor please email [youthclinican@centeronhalsted.org](mailto:youthclinican@centeronhalsted.org)
- Focused on LGBTQ community.

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### Children's Home and Aid

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#### Behavioral Health Services Program

<https://www.childrenshomeandaid.org/counseling-programs-services/community-based-behavioral-health/>

*Age group:* Children (4-21 years old) and their families

*Insurance:* Medicaid and MCOs

*Cost:* Not Available

- Community-based services for children and youth (4–21 years old) and their families on the South and West sides of Chicago

#### Family Centered Counseling Services

<https://www.childrenshomeandaid.org/counseling-programs-services/family-centered-counseling-services/>

*Age group:* Children and parents involved in the child welfare system

*Insurance:* Must be referred by the Department of Children and Family Services (DCFS)

*Cost:* Not Available

- Therapeutic intervention for children and parents involved in the child welfare system in foster care, intact families, or adoption situations
- Children and families involved in Family Centered Counseling services are typically referred to the program by the Department of Children and Family Services (DCFS)

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### Cook County Health, Community Triage Center

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#### Community Triage Center (CTC)

<https://www.hrdi.org/ctc.html>; <https://cookcountyhealth.org/about/making-an-impact/>; (773) 291-2500 or visit the CTC at located at 200 East 115th St., Chicago, IL 60628. No appointments needed, Walk-in Service

*Age group:* 18 and older

*Insurance:* Not Required. No one will be turned away due to lack of insurance or funds.

*Cost:* Not Available

- The Cook County Health & Hospital System *Community Triage Center* (CTC), located in Roseland on Chicago's South Side, is a community-based center that provides crisis stabilization, case management and treatment for patients presenting with mental health and/or substance-related



crisis. The CTC is staffed by master-level clinicians, licensed clinical social workers, case managers and registered nurses

- The goal of the CTC is to offer an early intervention alternative to detention or a hospital visit. By doing so, it is expected that the CTC will decrease avoidable emergency room visits, reduce the jail population in Chicago, and improve the health status of the individuals it serves
- The CTC offers:
  - Mental health crisis assessment and stabilization
  - Health assessment
  - Referrals for mental health and substance use treatment
  - Case management
  - Patients can stay at the CTC for up to 24 hours

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### **Erie Family Health Center, Behavioral Health/Counseling**

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<https://www.eriefamilyhealth.org/patient-services/behavioral-health/>

*Age group:* Youth, Adults, and Families

*Insurance:* Medicare, Medicaid, MCOs, Private Insurance, and Sliding Scale

*Cost:* Sliding scale

- Group and individual therapy
- The *Healthy Minds, Healthy Children, Healthy Chicago* (H3) initiative is designed to help children and their families through a team-based approach to prevention and early intervention around mental health issues

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### **Howard Brown Health Center, Broadway Youth Center (BYC)**

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<https://howardbrown.org/service/broadway-youth-center/>

*Age group:* Youth, ages 12-24

*Insurance:* BYC sees anyone, regardless of ability to pay. Medicaid, MCOs, Private Insurance, Self-Pay on Sliding Scale

*Cost:* Not Available

- Drop-in therapy: Monday 11 a.m. – 2 p.m.; Thursday Noon – 1 p.m.; Friday Noon – 1 p.m.
- Psychiatrist available on Mondays only, for patients who have been cleared by a Howard Brown provider already
- Focused on LGBTQ community

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### **Human Resources Development Institute, Inc. (HRDI), Child & Adolescent Outpatient Mental Health**

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

*Age group:* Youth ages 3-14 and their families

*Insurance:* Medicaid and MCO, only

*Cost:* Not Available

- Counseling for youth ages 3-14 and their families



- HRDI provides individual, group, and family therapy for children and adolescents with mental health issues
- Services aim to address emotional and behavioral concerns and increase coping skills

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### **Lutheran Social Services of Illinois (LSSI)**

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<https://www.lssi.org/behavioral-health/portage-cragin.php> or (847) 635-4600

*Age group:* Children, adolescents and adults

*Insurance:* Medicare, Medicaid, and Medicaid Managed Care plans, as well as Blue Cross Blue Shield PPO insurance. LSSI does not accept HMOs.

*Cost:* Not Available

#### **Step-Up**

<https://www.lssi.org/behavioral-health/counseling-in-schools.php>

*Age group:* Children and teens in CPS

*Insurance:* Medicaid, MCOs, school funding, if uninsured

*Cost:* Covered by Medicaid/MCO or school

- LSSI Social Workers and Counselors provide support to students in 26 different Chicago Public Schools. Our staff work closely with teachers, guardians, primary care physicians, and other therapists to provide the best support to the child/teen possible during school hours. Services are offered in English and Spanish
  - Services Include:
    - Individual counseling (for the student)
    - Family therapy (we will meet outside of school hours to work with the whole family)
    - Emotional Support during periods of anxiety (like test taking)
    - Skill Building (help with organizing, building coping skills, and self-esteem)
    - For Children and Adolescents Who Are:
      - Experiencing symptoms of depression, anxiety, suicide, self-harm, eating disorders, and other mental illness
      - Experiencing bullying
      - Struggling with behavior in school or at home
      - Working through trauma

#### **Welcoming Center**

<https://www.lssi.org/welcoming-center.php>

*Age group:* Adults (18+)

*Insurance:* Medicaid, Medicare, Managed Care, Private Insurance, Self-Pay on Sliding Scale

*Cost:* Depends on services

- The Welcoming Center is a walk-in mental health clinic for adults (18+) that offers counseling, case management, and psychiatric appointments. The Center is staffed with a team of nurses, social workers/counselors, peer specialists, and advanced practice nurses
  - Services Include:
    - Immediate assessment and treatment
    - Crisis Services
    - A fast-track to psychiatry services
    - Counseling



- Case management
- Support groups and peer counseling

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### III. MaineStay Youth & Family Services

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[www.maintownship.com/mainestay](http://www.maintownship.com/mainestay) or (847) 297-2510 X258

*Age group:* Children, adolescents, adults, couples, and families. Counseling and psychiatric services are available only to those who live or attend school in Maine Township

*Insurance:* Not accepted

*Cost:* Free or low-cost and no one will be turned away due to inability to pay. Sliding Scale.

#### Counseling Services

<https://maintown.com/departments/mainestay/counseling/>

*Age group:* Children, adolescents, adults, couples, and families

*Insurance:* Not accepted

*Cost:* Sliding Scale. No one will be turned away due to inability to pay

- Counseling in English, Spanish, and Polish
- Family therapists have experience working with many common concerns including:
  - Adolescent Issues
  - Anxiety and Stress
  - Bullying
  - Depression
  - Family Conflict
  - Parenting Issues
  - School Behavior and Performance
  - Self-Esteem Issues

#### Psychiatric Services

<https://maintown.com/departments/mainestay/psychiatric/>

*Age group:* Individuals 12 and older

*Insurance:* Medicaid accepted

*Cost:* Sliding Scale

- Psychiatric Services provided in partnership with The Josselyn Center
- Available services include comprehensive psychiatric evaluation, medication management, consultation, collaboration, referral, and integration of psychiatric care into each client's overall plan

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### Metropolitan Family Services, Child and Adolescent Mental Health

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<https://www.metrofamily.org/community-centers/southwest/>

*Age group:* Youth ages 5-17

*Insurance:* Medicaid

*Cost:* Not Available

- Counseling services for youth ages 5-17
- Child and Adolescent Mental Health services promotes healthy growth and development through psychiatric services and individual, family, and group counseling



- Community support services helps children and adolescents address problems which may interfere with daily functioning and school performance

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### **Omni Youth Services, Counseling Services**

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<http://www.omniyouth.org/counseling/>

*Age group:* Youth and young adults ages 9-21 and their families

*Insurance:* Medicaid, Medicare, and Private Insurance

*Cost:* Sliding scale

- Counseling services for youth and young adults ages 9-21 and their families
- OMNI's Counseling Program offers family, group, and individual counseling for youth encountering emotional and behavioral difficulties
- For residents of Chicago's northwest suburbs
- Funding is available for clients with substance use disorders

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### **Rincon Family Services, Counseling Services**

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<https://www.rinconfamilyservices.org/copy-of-counseling-services-1>

*Age group:* Youth and adults ages 3 and older, psychiatry services for ages 12 and older

*Insurance:* Medicaid, MCO and Private insurance

*Cost:* Not Available

- Counseling services for youth and adults ages 5 and older, psychiatry services for ages 12 and older
- Counseling services are offered as part of a continuum of care and a comprehensive case management approach
- Serve youth (3+), adolescents and adults, providing therapeutic interventions and support services for clients with mental or behavioral health issues. Our trained clinicians assess and develop personalized treatment plans based on our clients' needs

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### **Rush University Medical Center, Child and Adolescent Psychiatry Program**

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<https://www.rush.edu/kids/services/pediatric-psychology>

*Age group:* Children and teens 18 months and older

*Insurance:* Medicaid and Private Insurance

*Cost:* Not Available

- Inpatient and outpatient mental health services for children and teens 18 months and older
- Patients must be existing patients (have a Rush medical provider) to schedule
- The Outpatient unit offers a variety of programs that address a range of emotional and behavioral issues. Individual and group therapy services are available

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### **Sinai Health System, Under the Rainbow Children's Outpatient Mental Health Services**

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<https://www.sinaichicago.org/en/patients-visitors/services/behavioral-health/>

*Age group:* Youth ages 3-17 and their families

*Insurance:* Medicaid, MCO, Private Insurance

*Cost:* Sliding scale

- Counseling, psychiatry, and crisis intervention services for youth ages 3-17 and their families
- Services include individual, family, and group therapies, social skills groups, case management, and psychiatry



- Specialized crisis intervention services, including mobile emergency screening, assessment, and supportive services (SASS), are available 24/7 for youth in crisis

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**Streamwood Behavioral Healthcare System (SBHS), Mental Healthcare Services**

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<https://streamwoodhospital.com/>

*Age group:* Children, adolescents, and young adults

*Insurance:* Private insurance

*Cost:* Financial assistance and uninsured discount available

- Emotional and behavioral health services for children, adolescents, and young adults
- Services: Inpatient stabilization, Partial Hospitalization, Therapeutic Day School, Outpatient Services

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**Turning Point**

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

*Age group:* Individuals, couples, children and families

*Insurance:* Medicaid, Medicare, Managed Care, BCBS PPO

*Cost:* Sliding Scale

- Turning Point offers a variety of mental health services, including Individual, Family, and Couples Therapy, Case Management, Group Therapy, and Crisis Services

**The Living Room at Turning Point**

<https://www.tpoint.org/the-living-room>

*Age group:* Adults (18+)

*Insurance:* N/A

*Cost:* Free of charge

- Accessible on a walk-in basis
- The Living Room provides a comfortable environment and an alternative to hospital emergency rooms for adults experiencing psychiatric crises
- The Living Room's team includes therapists and trained Recovery Support Specialists
- Staff works to help each guest resolve their crisis with a supportive and compassionate approach
- Services include support, assistance with problem solving, referrals for shelter, healthcare, and nearby pantries, all within a safe space in which to rest and relax

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**University of Chicago Medical Center, Child and Adolescent Psychiatry**

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<https://www.uchicagomedicine.org/comer/conditions-services/pediatric-psychiatry>

*Age group:* Children and adolescents age 2 to 18 years old

*Insurance:* Medicaid and Private Insurance

*Cost:* Not Available

- Inpatient and outpatient mental health services for children and adolescents age 2 to 18 years old
- At the University of Chicago Medicine Comer Children's Hospital, experts treat infants, children, and teens with most types of mental health problems--from schizophrenia and depression to bulimia nervosa



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### **University of Illinois Hospital & Health Sciences System (UIC), Office of Applied Psychological Services (OAPS)**

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<https://psch.uic.edu/research-programs/clinical/office-of-applied-psychological-services/>

*Age group:* Individuals of all ages

*Insurance:* Any/Not Required

*Cost:* Sliding scale

- Mental health services and assessment for individuals of all ages
- OAPS offers therapy for adults, children, families, and couples. Individuals make changes that will improve their relationships and personal functioning, and enhance their ability to deal with various life stressors
- Therapy is available for a broad range of problems, including adjustment difficulties, depression, and anxiety
- Clinicians at OAPS are advanced graduate students in UIC's PhD Program in Clinical Psychology. Graduate students are supervised by licensed clinical psychologists

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### **University of Illinois Hospital & Health Sciences System (UIC), Pediatric Psychiatry Programs**

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<https://hospital.uillinois.edu/primary-and-specialty-care/psychiatry-services/child-clinical-service>

*Age group:* Children and youth 17 years of age and younger

*Insurance:* Medicaid, Medicare, and Private Insurance

*Cost:* Not Available

- Inpatient and outpatient psychiatric services for children and youth 17 years of age and younger
- UI Health's Pediatric Psychiatric Services are offered through the Institute for Juvenile Research. Its goal is to advance children's mental health through research and compassionate treatment
- Inpatient psychiatric services are offered at the University of Illinois Hospital only for children and adolescents who are wards of the Department of Children and Family Services