

ILLINOIS DEPARTMENT OF HUMAN SERVICES  
DIVISION OF MENTAL HEALTH

# Resource Directory and Guide (RDG)

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Designed for use by  
Williams Transition Coordinators

## OUR GOAL:

# *Self-Empowerment in the Community for a Full & Balanced Life*

*Meaningful  
Work*



*Financial  
Stability*

*A Happy  
Home*



*Spiritual  
Well-Being*

*Family &  
Friends*



*Fun &  
Recreation*

*Education &  
Skills Training*



*Accessibility*



*Good Mental &  
Physical Health*

Williams Transition Coordinator  
Resource Directory and Guide

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## INTRODUCTION

The Resource Directory and Guide is a tool for use by transition coordinators assisting members of the class of citizens identified by the Williams Consent Decree. It is the role of the transition coordinator to help the class member secure key resources as he or she prepares to exit an IMD facility and begin independent living in a community of their choice. The Decree calls for preparation in several life areas, such as housing, furnishings, entitlements, health care, mental health care and other domains.

The Consent Decree set forth the expectation that services operated under auspices of four major Illinois public services entities be covered by this Resource Directory and Guide, they are:

- Department of Aging (DOA)
- Healthcare and Family Services (HFS)
- Department of Human Services (DHS)
- Department of Public Health (DPH)

In response to the Consent Decree, the DHS, Division of Mental Health developed an implementation plan which included a recommendation for the services domains that would be addressed by the Resource Directory and Guide. The domains include:

- Mental Health Services
- Healthcare
- Housing
- Vocational
- Co-Occurring Substance Abuse
- Co-Occurring Developmental Disabilities
- Other Public Supports
- Natural Supports

A table organizing community living services and supports in each of the above domains is presented on page 3 of this Guide.

The Resource Directory and Guide is organized in two ways. First there is a listing of helpful resources within State of Illinois governmental bodies. These resources are useful to the transition coordinator needing guidance within each Department of public service. General information lines or websites can help orient the user to the range of services offered by funded community provider networks, or by offices operated and staffed by State of Illinois employees. Each Department has identified a resource person(s) that can answer questions about available services, or help to resolve an access problem to those services. Second, information on resources has been organized following the service domains and categories identified in the Consent Decree Implementation Plan (see table on page 3). This is useful for the transition coordinator that understands the specific resource they are interested in and wishes to locate that resource in the community of interest.

This Directory makes heavy use of website links to pre-existing service directories developed by others. In this age of information, it seems that there are countless web-based resources that can be used by the consumer of both public and private services and supports. No doubt, the user of this Directory will discover new resources as Williams' class members prepare to move into a growing number of Illinois communities. For this reason the Resource Directory and Guidelines will be maintained as a posted web-base tool, rather than a printed document. In this way, the Directory can be modified from time-to-time to incorporate new or better resources discovered by the transition coordinators themselves. Toward this end, we ask that you send any comments, feedback, or information about new resources to: (to be determined).

## Williams Community Services Overview of Needs & Supports

Mental Health Services	Healthcare	Housing	Vocational	Co-Occurring Sub. Abuse	Co-Occurring Dev. Disability	Other Public Supports	Natural Supports
Mental Health Assessment and Planning	Medications	Permanent Supported Housing	Vocational Rehabilitation & Career Counseling	Outpatient Substance Abuse Services	Assessment, Screening, Advocacy	Supportive Nutrition	Family and Friends
Psychiatric Mental Health Services (e.g., psychotropic medications)	Home Health Services and Supports		Physical Restoration	Day Treatment Substance Abuse Services	In-home Supports	Consultation/ Education	Church, Spiritual/Faith
Rehabilitative Mental Health Services (e.g., Community Support)	Assistive Equipment		Training, Placement, Follow Along	Medically Monitored Detoxification	Day Services	Family Case Management (Pregnant Women and Infants)	Libraries
Residential Support Services	Skilled Nursing Care		Supported Employment	Residential Substance Abuse Services	Residential & Community Integrated Living Arrangements	Home Visitation Program to prevent child abuse	Community Support Groups
	Lifestyle / Behavioral Modification Resources		School to Work Transition		Intermediate Care Facilities (ICF/IID)		Community Colleges
	Primary Care				Support Service Teams		Food Pantries
	Specialty Care						

- = Medicaid Funded Services
- = Other State Government Funded Services
- = Other Available Services

## LINKS TO CORE GOVERNMENTAL AGENCIES



The **Illinois Department of Human Services (IDHS)** manages State human service systems, including the public mental health system through the Division of Mental Health. The mission of the IDHS is to assist Illinois residents in achieving self-sufficiency, independence and health to the maximum extent possible by providing integrated family-oriented services, promoting prevention, and establishing measurable outcomes in partnership with communities. The IDHS is able to connect eligible clients to a wide range of human services at one location because it administers community health and prevention programs, oversees programs for persons with developmental disabilities, mental health and substance abuse problems, provides rehabilitation services, and helps low-income persons with financial support, employment, training, child care, and other necessary family services. The IDHS local office staff use a family-centered approach to identify client needs; determine eligibility for benefits; link clients to appropriate programs, and refer them to services in their community. Increasing systems integration among the divisions and offices of IDHS improves the accessibility of support services for the mental health service system and enhances service delivery for individuals coping with mental illness.

General DHS Information

<http://www.dhs.state.il.us/page.aspx>

Helpline for all DHS services:

1-800-843-6154 [Voice]    1-800-447-6404 [TTY]

DHS Family Community Resource Centers

[DHS Office Locator](#)

DHS services are organized under six distinct Divisions, with each Division operating offices in the five regions across Illinois. The following page shows DHS Regional Map.





Following are the resource people identified for each DHS Division by Region. These contacts are prepared to consult with transition coordinators and help them to locate and access specific services at specific sites.

**Division of Alcohol and Substance Abuse (DASA)** <http://www.dhs.state.il.us/page.aspx?item=29759>

1-866-213-0548 [Voice] 1-866-843-7344 [TTY]

Treatment services for alcoholism & addiction are offered through an extensive state-wide provider network

**Region-level resource(s):**

All Regions

Trina Dietrich, MISA Manager

[trina.diedrich@illinois.gov](mailto:trina.diedrich@illinois.gov)

1-217-557-6604

**Division of Developmental Disabilities (DDD)** <http://www.dhs.state.il.us/page.aspx?item=32253>

For a person having an IQ of 70 or below, the office locator at this site can be used to find local Pre-Admission Screening (PAS) provider.

1- 888-337-5267 [Voice] 1-866-376-8446 [TTY]

**Region-level resource(s):**

All Regions

Katherine Madison, Region 1 Network Facilitator

[katherine.madison@illinois.gov](mailto:katherine.madison@illinois.gov)

1-312-814-8665

**Division of Mental Health (DMH)** <http://www.dhs.state.il.us/page.aspx?item=29728>

Office locator is found at bottom of page.

1- 800-843-6154 [Voice] 1-800-447-6404 [TTY]

DMH funded agencies provide mental health services based on a mental health assessment to adults and children who are diagnosed with a mental illness or emotional disturbance and an impaired level of functioning. Services are designed to restore, manage, and rehabilitate an individual's mental condition. Services are focused on recovery and assisting individuals to participate fully in the community

**Region-level resource(s):**

Region 1	Kathy Houchins	<a href="mailto:kathy.houchins@illinois.gov">kathy.houchins@illinois.gov</a>	1-773-794-4119
Region 2	Jaya Patel	<a href="mailto:jaya.patel@illinois.gov">jaya.patel@illinois.gov</a>	1-847-742-1040 x2992
Region 3	Sally Davidson	<a href="mailto:sally.davidson@illinois.gov">sally.davidson@illinois.gov</a>	1-309-693-5235
Region 4	Denise Bartelheim	<a href="mailto:denise.m.bartelheim@illinois.gov">denise.m.bartelheim@illinois.gov</a>	1-217-768-7537
Region 5	Tracey Boyd	<a href="mailto:tracey.boyd@illinois.gov">tracey.boyd@illinois.gov</a>	1-618-833-5161

**Division of Mental Health Recovery Support Services**

Director of Recovery Support Services	Nanette Larson	<a href="mailto:nanette.larson@illinois.gov">nanette.larson@illinois.gov</a>	1-309-693-5228
Associate Director of Recovery Support Services	Julie Jones	<a href="mailto:Julie.k.jones@illinois.gov">Julie.k.jones@illinois.gov</a>	1-309-693-5192
Regional Recovery Support Specialists			
Region 1 North	Virginia Goldrick	<a href="mailto:virginia.goldrick@illinois.gov">virginia.goldrick@illinois.gov</a>	1-773-794-5680
Region 1 South	Marty Hines	<a href="mailto:marty.hines@illinois.gov">marty.hines@illinois.gov</a>	1-708-473-8768
Read MHC	Judy Scott	<a href="mailto:judy.scott@illinois.gov">judy.scott@illinois.gov</a>	1-773-794-4064
Region 2 West	Eldon Wigget	<a href="mailto:eldon.wigget@illinois.gov">eldon.wigget@illinois.gov</a>	1-815-987-7033
Elgin MHC	Wayne Beyer	<a href="mailto:wayne.beyer@illinois.gov">wayne.beyer@illinois.gov</a>	1-847-742-1040 x3153
	Patricia Lindquist	<a href="mailto:patricia.lindquist@illinois.gov">patricia.lindquist@illinois.gov</a>	1-847-742-1040 x2985
Singer MHC	Marvel Boolman	<a href="mailto:marvel.boolman@illinois.gov">marvel.boolman@illinois.gov</a>	1-815-987-7579
Region 3	Tom Troe	<a href="mailto:thomas.troe@illinois.gov">thomas.troe@illinois.gov</a>	1-309-693-5231
Region 4	Patrick Hayes	<a href="mailto:patrick.hayes@illinois.gov">patrick.hayes@illinois.gov</a>	1-217-786-7626
McFarland MHC	Christine Elvidge	<a href="mailto:christine.elvidge@illinois.gov">christine.elvidge@illinois.gov</a>	1-217-786-6039
	Nancy McVey	<a href="mailto:nancy.mcvey@illinois.gov">nancy.mcvey@illinois.gov</a>	1-217-786-6039
Region 5 Southern	Rhonda Keck	<a href="mailto:rhonda.keck@illinois.gov">rhonda.keck@illinois.gov</a>	1-618-833-5161 x2515
Region 5 Metro East	Cindy Mayhew	<a href="mailto:cindy.mayhew@illinois.gov">cindy.mayhew@illinois.gov</a>	1-618-474-8313
Alton MHC	Shelli Claro	<a href="mailto:michelle.claro@illinois.gov">michelle.claro@illinois.gov</a>	1-618-474-3938
Choate MHC	Sam Hite	<a href="mailto:sam.hite@illinois.gov">sam.hite@illinois.gov</a>	1-618-833-5161 x2366

## Division of Rehabilitation Services (DRS)

<http://www.dhs.state.il.us/page.aspx?item=29727>

Office locator is found at bottom of page.

1- 800-843-6154 [Voice] 1-800-447-6404 [TTY]

The DRS is the state's lead agency serving persons with disabilities. Our DRS staff works one-on-one with individuals who have disabilities and their families to empower them to reach their employment, education, and independent living goals. DRS staff provides services to people with disabilities in 48 local offices located in communities throughout the state.

### Region-level resource(s):

Region 1	Elayne Weathersby	<a href="mailto:Elayne.Weathersby@illinois.gov">Elayne.Weathersby@illinois.gov</a>	1-312-814-2926
Region 2	Mary Beth Scholten	<a href="mailto:MaryBeth.Scholten@illinois.gov">MaryBeth.Scholten@illinois.gov</a>	1-217-782-2004
Region 3 & 4	Ron Sazone	<a href="mailto:Ron.Sazone@illinois.gov">Ron.Sazone@illinois.gov</a>	1-217-782-2004
Region 5	Randy Staton	<a href="mailto:Randy.Staton@illinois.gov">Randy.Staton@illinois.gov</a>	1-217-782-2004

## Division of Human Capital Development (HCD)

<http://www.dhs.state.il.us/page.aspx?item=29734>

Choose the appropriate link and a new page will appear. Each page has an office locator at the bottom.

1- 800-843-6154 [Voice] 1-800-447-6404 [TTY]

The Division of Human Capital Development helps Illinois residents by connecting them with many programs and services. While our division is well known for helping people with cash, medical, food stamps, and childcare, our staff will help you find services from other DHS divisions, other state agencies, and from your local community.

### Region-level resource(s):

Region 1 North	Patricia Munoz	<a href="mailto:patricia.munoz@illinois.gov">patricia.munoz@illinois.gov</a>	1-312-793-4131
Region 1 South	Linda Shumate	<a href="mailto:linda.shumate@illinois.gov">linda.shumate@illinois.gov</a>	1-312-793-4131
Region 2	Robert Holas	<a href="mailto:robert.holas@illinois.gov">robert.holas@illinois.gov</a>	1-815-337-9259
Region 3**	Jeanne Housholder	<a href="mailto:jeanne.housholder@illinois.gov">jeanne.housholder@illinois.gov</a>	1-217-278-5663 or 1-309-686-6097
Region 4	John R Foreman	<a href="mailto:john.r.foreman@illinois.gov">john.r.foreman@illinois.gov</a>	1-217-524-6321
Region 5	Alan Summers	<a href="mailto:alan.summers@illinois.gov">alan.summers@illinois.gov</a>	1-618-993-7480

**Division of Community Health and Prevention (CHP)** <http://www.dhs.state.il.us/page.aspx?item=31182>

Page contains an alphabetical listing of programs and providers.

1- 800-843-6154 [Voice] 1-800-447-6404 [TTY]

The Division of Community Health and Prevention improves the health and well-being of families and individuals through partnerships and services that build community competence.

**Region-level resource(s):**

Region 1	Hector Tellez	<a href="mailto:hector.tellez@illinois.gov">hector.tellez@illinois.gov</a>	1-312-793-4625
Region 2	Eric Turner	<a href="mailto:eric.turner@illinois.gov">eric.turner@illinois.gov</a>	1-708-293-6474
Region 3	Barbara Shipp	<a href="mailto:barbara.shipp@illinois.gov">barbara.shipp@illinois.gov</a>	1-217-557-6611
Region 4	Maureen Farmer	<a href="mailto:maureen.farmer@illinois.gov">maureen.farmer@illinois.gov</a>	1-217-785-0249
Region 5	Theresa Doerr	<a href="mailto:theresa.doerr@illinois.gov">theresa.doerr@illinois.gov</a>	1-618-684-8207



<http://www.state.il.us/aging>, and <http://www.state.il.us/aging/1aboutdoa/programs.htm>

1-800-252-8966 [Voice] 1-888-206-1327 [TTY]

The **Illinois Department on Aging (DOA)** helps older people live independently in their own homes and communities. As the population ages, services and programs for older people must evolve as well because longevity means more when quality of life is enhanced. To best serve older adults, we must also serve their families and teach younger people about the realities of aging, so many of our programs have an intergenerational emphasis. Working with Area Agencies on Aging, community-based service providers and older people themselves, the Illinois Department on Aging strives to improve quality of life for current and future generations of older Illinoisans.

### **DOA Area Map**

The Department on Aging Area Map has active links direct to the below listed offices.

[http://www.state.il.us/aging/2aaa/aaa\\_map.htm](http://www.state.il.us/aging/2aaa/aaa_map.htm)



## DOA Area Office List:

[http://www.state.il.us/aging/2aaa/aaa\\_list.htm](http://www.state.il.us/aging/2aaa/aaa_list.htm)

### **PLANNING AND SERVICE AREA 1**

**Northwestern Illinois Area Agency on Aging** (Boone, Carroll, DeKalb, JoDaviess, Lee, Ogle, Stephenson, Whiteside, and Winnebago Counties) - Grant Nyhammer, Executive Director & General Counsel

1111 South Alpine Road, Suite 600  
Rockford, IL, 61108  
1-800-542-8402 (9 counties only)  
815-226-4901  
Fax: 815-226-8984  
E-mail: [niaa@nwilaaa.org](mailto:niaa@nwilaaa.org)  
Web: [www.nwilaaa.org](http://www.nwilaaa.org)

### **PLANNING AND SERVICE AREA 2**

**Northeastern Illinois Area Agency on Aging** (DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry, and Will Counties) - Lucia West Jones, Executive Director

*Mailing address:*

P.O. Box 809  
Kankakee, Illinois 60901-0809

*Main Office (Non-U.S. Post Office deliveries):*

Kankakee Community College  
River Road, West Campus - Building 5  
Kankakee, Illinois 60901  
1-800-528-2000 (Calls will be directed to proper source.)  
815-939-0727  
Fax: 815-939-0022  
E-mail: [neilaaoa@ageguide.org](mailto:neilaaoa@ageguide.org)

*Field Office:*

245 W. Roosevelt Road - Building 6, Suites 41-43  
West Chicago, Illinois 60185  
630-293-5990  
Fax: 630-293-7488  
E-mail: [info@ageguide.org](mailto:info@ageguide.org)  
Web: [www.ageguide.org](http://www.ageguide.org)

**PLANNING AND SERVICE AREA 3**

**Western Illinois Area Agency on Aging** (Bureau, Henderson, Henry, Knox, LaSalle, McDonough, Mercer, Putnam, Rock Island, and Warren Counties) - Barbara Eskildsen, Acting Executive Director

729 34th Avenue

Rock Island, Illinois 61201-5950

1-800-322-1051 (I & A)

309-793-6800

Fax: 309-793-6807

E-mail: [beskildsen@wiaaa.org](mailto:beskildsen@wiaaa.org)

E-mail: [FirstStopForSeniors@wiaaa.org](mailto:FirstStopForSeniors@wiaaa.org)

Web: [www.wiaaa.org](http://www.wiaaa.org)

**PLANNING AND SERVICE AREA 4**

**Central Illinois Agency on Aging, Inc.** (Fulton, Marshall, Peoria, Stark, Tazewell, and Woodford Counties) - Joanne Thomas, Executive Director

700 Hamilton Boulevard

Peoria, Illinois 61603-3617

1-877-777-2422

309-674-2071

309-674-1831 (TTY)

Fax: 309-674-3639

E-mail: [ciaa@ciao.com](mailto:ciaa@ciao.com) or [JThomas@ciao.com](mailto:JThomas@ciao.com)

Web: [www.ciao.com](http://www.ciao.com)

**PLANNING AND SERVICE AREA 5**

**East Central Illinois Area Agency on Aging, Inc.** (Champaign, Clark, Coles, Cumberland, DeWitt, Douglas, Edgar, Ford, Iroquois, Livingston, McLean, Macon, Moultrie, Piatt, Shelby, and Vermilion Counties) - Michael J. O'Donnell, Executive Director



1003 Maple Hill Road  
Bloomington, Illinois 61704-9327  
1-800-888-4456 (I & A) *(Sixteen county area only.)*  
309-829-2065  
Fax: 309-829-6021  
E-mail: [aginginfo@eciaaa.org](mailto:aginginfo@eciaaa.org)  
Web: [www.eciaaa.org](http://www.eciaaa.org)

**PLANNING AND SERVICE AREA 6**

**West Central Illinois Area Agency on Aging** (Adams, Brown, Calhoun, Hancock, Pike, and Schuyler Counties) - Lynn Niewohner, Director

*Mailing Address:*  
P.O. Box 428  
Quincy, Illinois 62306-0428

*Non-U.S. Post Office deliveries:*  
639 York Street, Room 204  
Quincy, Illinois 62301  
1-800-252-9027 (I & A) (Voice & TTY)  
217-223-7904  
Fax: 217-222-1220  
E-mail: [lynn@wciagingnetwork.org](mailto:lynn@wciagingnetwork.org)  
Web: [www.wciagingnetwork.org](http://www.wciagingnetwork.org)

**PLANNING AND SERVICE AREA 7**

**Area Agency on Aging for Lincolnland, Inc.** (Cass, Christian, Greene, Jersey, Logan, Macoupin, Mason, Menard, Montgomery, Morgan, Sangamon, and Scott Counties) - Julie Hubbard, Executive Director

3100 Montvale Drive  
Springfield, Illinois 62704-4278  
1-800-252-2918 (I & A) *(217, 309, and 618 area codes only)*  
217-787-9234 (Voice & TTY)  
Fax: 217-787-6290  
E-mail: [jhubbard@aginglinc.org](mailto:jhubbard@aginglinc.org)  
Web: [www.aginglinc.org](http://www.aginglinc.org)

**PLANNING AND SERVICE AREA 8**

**Area Agency on Aging of Southwestern Illinois** (Bond, Clinton, Madison, Monroe, Randolph, St. Clair, and Washington Counties) - Joy Paeth, Chief Executive Officer

2365 Country Road  
Belleville, Illinois 62221-2571  
1-800-326-3221  
618-222-2561  
Fax: 618-222-2567  
E-mail: [ask@answersonaging.com](mailto:ask@answersonaging.com)  
Web: [www.answersonaging.com](http://www.answersonaging.com)

**PLANNING AND SERVICE AREA 9**

**Midland Area Agency on Aging** (Clay, Effingham, Fayette, Jefferson, and Marion Counties) - Tracy Barczewski, Executive Director

*Mailing Address:*  
P.O. Box 1420  
Centralia, IL 62801-1420

*Non-U.S. Post Office deliveries:*  
434 S. Poplar  
Centralia, Illinois 62801-1420  
1-877-532-1853  
618-532-1853  
Fax: 618-532-5259  
E-mail: [office@midlandaaa.org](mailto:office@midlandaaa.org) or  
[tracy@midlandaaa.org](mailto:tracy@midlandaaa.org)  
Web: [www.midlandaaa.org](http://www.midlandaaa.org)

**PLANNING AND SERVICE AREA 10**

**Southeastern Illinois Area Agency on Aging, Inc.** (Crawford, Edwards, Hamilton, Jasper, Lawrence, Richland, Wabash, Wayne, and White Counties) - Yvonne DeKnikker, Executive Director

516 Market Street  
Mt. Carmel, Illinois 62863-1558  
1-800-635-8544 (618 area code only)  
618-262-2306  
Fax: 618-262-4967  
E-mail: [seiaoa@frontier.com](mailto:seiaoa@frontier.com)  
Web: [www.seiaoa.com](http://www.seiaoa.com)

**PLANNING AND SERVICE AREA 11**

**Egyptian Area Agency on Aging, Inc.** (Alexander, Franklin, Gallatin, Hardin, Jackson, Johnson, Massac, Perry, Pope, Pulaski, Saline, Union, and Williamson Counties) - John M. Smith, Executive Director

200 E. Plaza Drive  
Carterville, Illinois 62918-1982  
1-888-895-3306  
618-985-8311  
Fax: 618-985-8315  
E-mail: [egyptianaaa@midamer.net](mailto:egyptianaaa@midamer.net)  
Web: [www.egyptianaaa.org](http://www.egyptianaaa.org)

**PLANNING AND SERVICE AREA 12**

**Senior Services Area Agency on Aging Chicago Department of Family and Support Services (City of Chicago)** - Joyce Gallagher, Executive Director

1615 W. Chicago Avenue, 3rd Floor  
Chicago, Illinois 60622  
312-744-4016  
312-744-6777 (TTY)  
Fax: 312-744-0680  
E-mail: [aging@cityofchicago.org](mailto:aging@cityofchicago.org)  
Web: [www.cityofchicago.org/aging/](http://www.cityofchicago.org/aging/)

**PLANNING AND SERVICE AREA 13**

**AgeOptions, Inc.** (Suburban Cook County) - Jonathan Lavin, President and CEO

1048 Lake Street, Suite 300

Oak Park, Illinois 60301

1-800-699-9043 (*Suburban Cook County area only.*)

708-383-0258

708-524-1653 (TTY)

Fax: 708-524-0870

E-mail: [jlavin@ageoptions.org](mailto:jlavin@ageoptions.org)

E-mail: [diane.slezak@ageoptions.org](mailto:diane.slezak@ageoptions.org)

Web: [www.ageoptions.org](http://www.ageoptions.org)

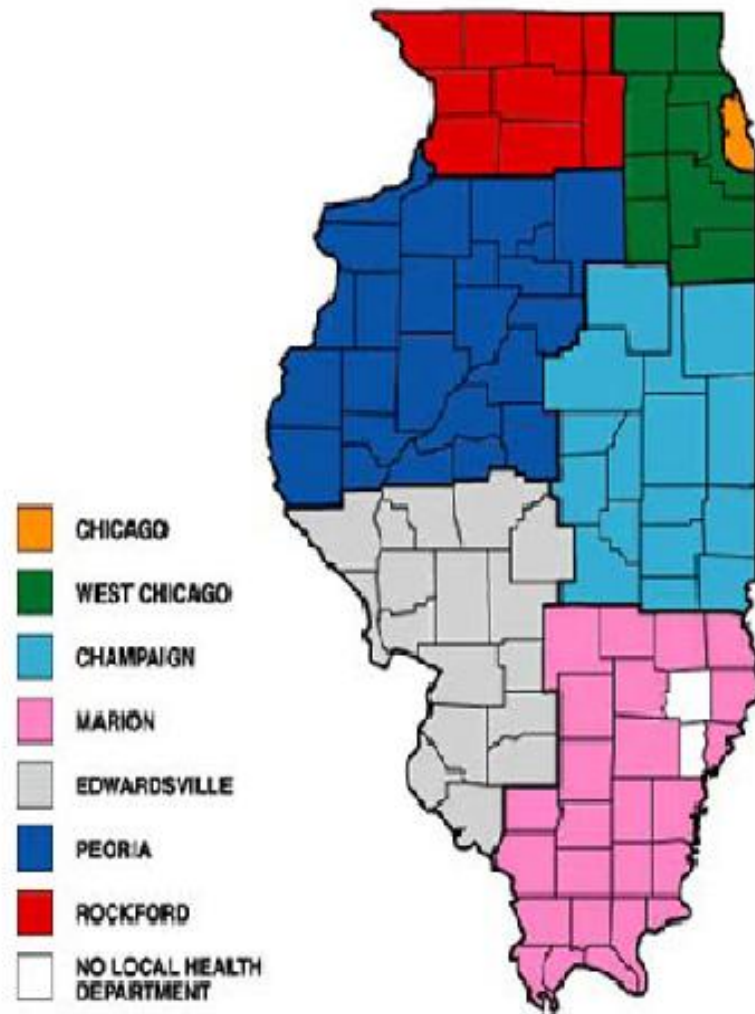


<http://www.idph.state.il.us>

Springfield Office: 1-217-782-4977 [Voice] 1-800-547-0466 [TTY]  
Chicago Office: 1-312-814-2793 [Voice]

**The Department of Public Health** - Public health means different things to different people. It often evokes the image of a restaurant inspector, but the range of services is much broader -- vaccinations to protect children against disease...testing to assure the safety of food, water and drugs...licensing to ensure quality health care in hospitals and nursing homes...investigations to control the outbreak of infectious diseases...collection and evaluation of health statistics to develop prevention and regulatory programs...screening newborns for genetic diseases...programs to meet the special health needs of women. Combined, these vital programs and services make up Illinois' public health system, a system that bears major responsibility for the quality of life in the state. DPH is involved in a number of areas involving the health and well-being of the general public. Local units provide ongoing programs of free immunization, general health clinics, well-child clinics, and crippled children clinics, classes for pregnant women, family planning services, and follow-up and referral services.

The DPH web site contains an A-Z listing by subject matter, and a variety of other links.



## **IDPH Regional Offices**

### **DPH Area Office List:**

#### **IDPH Rockford Regional Office**

4302 N. Main  
Rockford, Illinois 61105  
Office: 815-987-7511  
Fax: 815-987-7822

#### **IDPH Chicago Regional Office**

4212 W. St. Charles Road.  
Bellwood, Illinois 60104  
Office: 708-544-5300  
Fax: 708-544-5343

#### **IDPH West Chicago Regional Office**

245 West Roosevelt Road, Building 5  
West Chicago, Illinois 60185  
Office: 630-293-6800  
Fax: 630-293-6908

#### **IDPH Champaign Regional Office**

2125 South First Street  
Champaign, Illinois 61820  
Office: 217-278-5900  
Fax: 217-278-5959

#### **IDPH Peoria Regional Office**

5415 North University  
Peoria, Illinois 61614  
Office: 309-693-5360  
Fax: 309-691-2985

#### **IDPH Edwardsville Regional Office**

#22 Kettle River Drive  
Glen Carbon, Illinois 62034  
Office: 618-656-6680  
Fax: 618-656-8970

#### **IDPH Marion Regional Office**

2309 West Main Street, Suite 106  
Marion, Illinois 62959  
Office: 618-993-7010  
Fax: 618-993-6840



<http://www.hfs.illinois.gov>

The **Illinois Department of Healthcare and Family Services (HFS)** is committed to improving the health of Illinois' families by providing access to quality health care. This mission is accomplished through HFS Medical Programs that pay for a wide range of health services provided by thousands of medical providers throughout Illinois to about two million Illinoisans each year. The primary medical programs are:

1. **Medical assistance** as authorized under the Illinois Public Aid Code (305 ILCS 5/5 *et seq.*) and Title XIX of the Social Security Act, Medicaid.

1-217-782-2570 [Voice]

1-217-782-0472 [TTY]

2. **Children's health insurance** as authorized under the Illinois Insurance Code (215 ILCS 106/1 *et seq.*) and Title XXI of the Social Security Act, the State Children's Health Insurance Program (SCHIP).

New applications can be filed electronically at: [www.dhs.state.il.us](http://www.dhs.state.il.us)

NOTE to Williams Transition Coordinators: Medicaid benefits for residents of Long Term Care (LTC) and Supportive Living Facility (SLF) cases are served by special offices. They are:

- In Cook County -- LTC and SLF applications are processed and ongoing cases serviced by the **Medical Field Operations Family Community Resource Center (MFO-FCRC)**. This unit also processes hospital applications for Cook County. MFO FCRC phone number is **1-312-793-8000**.
- Outside of Cook County -- LTC and SLF applications and ongoing case service is done by FCRC serving that county. The FCRC office locator is at: <http://www.dhs.state.il.us/page.aspx?module=12>.



## SERVICES BY DOMAIN

The following section provides helpful web-based resource documents that can aid in the selection of specific professional services and natural community supports in the creation of a support plan that utilizes resources from the community in which the member will live.



Before shopping for a specific mental health service or provider, it could be helpful to review the Consumer and Family Handbook at: [www.illinoismentalhealthcollaborative.com](http://www.illinoismentalhealthcollaborative.com). The Handbook was developed by DHS/DMH as an important self-help tool. Besides a good overview of the types of publically funded mental health services available in the community, the Handbook has helpful information about how to locate a service provider, (change hours and days) help line staffed by people in recovery (“The Warm Line”), reviews the rights and responsibilities of living in the community, and more.

Perhaps the single most important source of information on mental health services is the Illinois Mental Health Collaborative for Access and Choice (or “Collaborative”). The Collaborative can be reached by dialing toll free at: (866) 359-7953 for voice or (866) 880-4459 for TTY and selecting “Referral to a Mental Health” from the menu. The same information is available on the web.

Visit the following link to search for a provider: <http://www.valueoptions.com/referralconnect/facilitySearch.do>.

<u>Service</u>	<u>Resource Information</u>
<p><b><u>Mental Health Assessment and Planning</u></b> – to help establish the medical necessity for other community mental health services.</p> <p><b><u>Psychiatric Mental Health Services</u></b> – for ongoing medication supports by a psychiatrist.</p> <p><b><u>Rehabilitative Mental Health Services</u></b> – a variety of services provided by professional and peer staff, such as Community Support (individual or team), Counseling (individual or group), Psychosocial Rehabilitation Services (or “PSR”), etc.</p>	<ul style="list-style-type: none"> <li>○ For all DHS/DMH providers in Illinois, contact the Collaborative at: (866) 359-7953 for voice or (866) 880-4459; or via web at <a href="https://www.valueoptions.com/referralconnect/facilitySearch.do">https://www.valueoptions.com/referralconnect/facilitySearch.do</a>, to search for a provider.</li> </ul>
<p><b><u>Residential Support Services</u></b> – Community Support Services can be used to assist individuals in achieving rehabilitative, resiliency and recovery goals related to independent living, such as illness self-management, skill building, and use of natural supports.</p>	<ul style="list-style-type: none"> <li>○ Use the <a href="https://www.valueoptions.com/referralconnect/facilitySearch.do">https://www.valueoptions.com/referralconnect/facilitySearch.do</a> site, to search for a provider.</li> <li>○ For services private, city- and state-funded services within Chicago, the <b>Chicago Neighborhood Resource Directory</b> at <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature_56736/Chapin Directory</a></li> </ul>



Notes on comprehensive medical benefits...

- **Medicaid** Eligible persons are covered for a comprehensive array of health services including doctor visits and dental care, well-child care, immunizations for children, specialty medical services, mental health and substance abuse services, hospital care, nursing facility care, emergency services, prescription drugs, family planning and medical equipment and supplies. New applications can be filed at: [www.dhs.state.il.us](http://www.dhs.state.il.us).
- **Medicare** homepage is at: <http://www.medicare.gov/default.aspx>. To learn if Medicare covers test, healthcare item or service, go to: <http://www.medicare.gov/Coverage/Home.asp>. There is a **Quick Search** option that requires the user to enter the policy ID number (exactly, including letters & dashes).

<u>Service</u>	<u>Resource Information</u>
<b>Medications</b>	<ul style="list-style-type: none"> <li>○ <b>Illinois Cares Rx</b> provides prescription drug assistance to disabled persons. For participants enrolled in Medicare Part D, it helps lower the participants' copayments and cost-sharing. It can also provide direct prescription drug coverage for participants who are not eligible for Medicare. Consumers can apply online at: <a href="http://www.illinoiscaresrx.com/">http://www.illinoiscaresrx.com/</a></li> <li>○ <b>HFS' Preferred Drug</b> list: <a href="#">Medicaid Preferred Drug List (pdf)</a></li> <li>○ Register to receive E-mail notification each time <b>HFS</b> posts a new Preferred Drug List by completing form at: <a href="#">Preferred Drug List E-Mail Notification Request</a>.</li> </ul>

<p><b>Home Health Services and Supports</b></p>	<p><b>NOTE:</b> Some non-routine healthcare supports/medical equipment/assistive technology may require <b>HFS</b> pre-approval. A doctor or other health care provider must submit information about why the treatment or device is medically necessary. Contact HFS to inquire:</p> <p>1-217-782-2570 [voice]      1-217-782-0472 [TTY]</p> <ul style="list-style-type: none"> <li>○ For a description of <b>DRS</b> sponsored home-based programs, go to: <a href="http://www.dhs.state.il.us/page.aspx?item=36737">http://www.dhs.state.il.us/page.aspx?item=36737</a>. To find a provider contact the local <b>DRS</b> Family Resource Center, which can be found at: <a href="http://www.dhs.state.il.us/page.aspx">http://www.dhs.state.il.us/page.aspx</a></li> <li>○ <b>DOA</b> has Community Care Programs designed to help older people (60 and older) live independently at: <a href="#">Community Care Program</a>. This page has links to brochures in 12 languages.</li> <li>○ <b>DOA</b> has "Care Coordination Units" that help determine specific needs and match to available services. Care Coordination information is at: <a href="http://www.state.il.us/aging/1athome/case-mgmt.htm">http://www.state.il.us/aging/1athome/case-mgmt.htm</a>.</li> <li>○ <b>DOA</b> listing of the agencies it certifies for its Emergency Home Response Service under the Community Care Program. Go to <a href="http://www.state.il.us/aging/1directory/ehrs.pdf">http://www.state.il.us/aging/1directory/ehrs.pdf</a>.</li> <li>○ The <b>DHS</b> site lists myriad local and federal projects in this area. To review what's available go to: <a href="http://www.dhs.state.il.us/page.aspx?item=32042">http://www.dhs.state.il.us/page.aspx?item=32042</a>.</li> </ul>
<p><b>Assistive Equipment</b></p>	<ul style="list-style-type: none"> <li>○ <b>DRS</b> site has links to many assistive technology resources at: <a href="http://www.dhs.state.il.us/page.aspx?item=32088">http://www.dhs.state.il.us/page.aspx?item=32088</a>.</li> <li>○ <i>Illinois Assistive Technology Program (IATP)</i> is a not-for-profit that promotes the availability of assistive technology services, regardless of age or income. Site is: <a href="http://www.iltech.org/">http://www.iltech.org/</a>.</li> <li>○ "Captel" is a phone designed for people who are hearing impaired at: <a href="http://www.captel.com/availability/IL.php">http://www.captel.com/availability/IL.php</a>.</li> <li>○ <i>Access &amp; Independence Through Technology</i> at: <a href="https://www.disability.gov/technology/assistive_technology">https://www.disability.gov/technology/assistive_technology</a>, has information about equipment, adaptive devices and computer software and hardware that can help people with disabilities independently complete everyday tasks and work-related duties.</li> </ul>

<p><b>Skilled Nursing Care</b></p>	<ul style="list-style-type: none"> <li>○ “Snap-shot” of any Skilled Nursing Care provider compliance with established standards can be found at: <a href="http://www.idph.state.il.us/healthca/nhregulate.htm">http://www.idph.state.il.us/healthca/nhregulate.htm</a>.</li> <li>○ The most recent federal survey report can be found at: <a href="http://www.medicare.gov/NHCompare/home.asp">www.medicare.gov/NHCompare/home.asp</a>.</li> <li>○ A copy of past inspections by IDPH can be requested by writing to:   <p><b>Illinois Department of Public Health</b></p> <p><b>Freedom of Information Officer</b>  <b>535 W. Jefferson St.</b>  <b>Springfield, IL 62761</b>  <b>Attn: Division of Communications</b></p> </li> <li>○ <b>DOA</b> offers information about all care options available to people age 60 and older, regardless of the individual’s income, assets or funding source. Site is: <a href="http://www.state.il.us/aging/1athome/choices.htm">http://www.state.il.us/aging/1athome/choices.htm</a>.</li> </ul>
<p><b>Lifestyle / Behavioral Modification Resources</b></p>	<ul style="list-style-type: none"> <li>○ The University of Illinois at Chicago has provided extensive educational modules and handouts as a resource for transition coordinators to use to enhance the safety and success of community transitions. These materials should not take the place of professional medical advice. There are several mini-assessments available at: <a href="https://mfp.nursing.uic.edu/mfpweb/education.shtml">https://mfp.nursing.uic.edu/mfpweb/education.shtml</a>. The results of such assessments should be shared with the primary care physician so that appropriate treatment adjustments can be made.</li> </ul>
<p><b>Primary Care</b></p>	<ul style="list-style-type: none"> <li>○ Locate doctors currently accepting the medical card at:  <p style="padding-left: 40px;">Health Care Benefits Helpline - 1-866- 468-7543 (press 3). NOTE - MUST have the RIN# to obtain names of doctors</p> </li> <li>○ Locate an area Federally Qualified Healthcare Clinic at: <a href="http://findahealthcenter.hrsa.gov/Search_HCC.aspx">http://findahealthcenter.hrsa.gov/Search_HCC.aspx</a>. Or at: <a href="http://www.raconline.org/info_guides/clinics/fqhc.php">http://www.raconline.org/info_guides/clinics/fqhc.php</a>.</li> <li>○ For a listing of Medical Programs available go to: <a href="http://www.hfs.illinois.gov/programs/">http://www.hfs.illinois.gov/programs/</a>.</li> <li>○ FAQ on Medical, Dental and other State of Illinois can be found at:</li> </ul>

	<p><a href="http://www.dhs.state.il.us/page.aspx?item=44574">http://www.dhs.state.il.us/page.aspx?item=44574</a>.</p> <ul style="list-style-type: none"> <li>○ If person is in the <b>HFS Integrated Care Program</b> (Aetna or IlliniCare) - Call the number on the insurance card for guidance.</li> <li>○ Another source for information on private, city- and state-funded services within Chicago can be found at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature 56736/Chapin Directory</a></li> <li>○</li> </ul>
<b>Specialty Care</b>	<ul style="list-style-type: none"> <li>○ <b>To locate specialty care doctors accepting the medical card:</b> Health Care Benefits Helpline – 1-866- 468-7543 (press 3). NOTE - MUST have the RIN# to obtain names of doctors.</li> <li>○ If person is in the <b>HFS Integrated Care Program</b> (Aetna or IlliniCare) - Call the number on the insurance card for guidance.</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>○ <u>Dental Care</u> - To obtain information on covered services and to locate dentists who are currently accepting the medical card contact: Dental Quest (formerly Doral Dental) 1-888- 286-2447 [Voice]      1-800- 466-7566 [TTY] NOTE - MUST have RIN# to obtain names of dentists.</li> <li>○ <u>Dental Care</u> - FQHC's can also provide dental care. To locate go to: <a href="http://findahealthcenter.hrsa.gov/Search_HCC.aspx">http://findahealthcenter.hrsa.gov/Search_HCC.aspx</a>. Or at: <a href="http://www.raconline.org/info_guides/clinics/fqhc.php">http://www.raconline.org/info_guides/clinics/fqhc.php</a>.</li> </ul>



<u>Service</u>	<u>Resource Information</u>
<b>Permanent Supportive Housing (PSH)</b>	<p>The PSH application form will be available via <a href="http://www.illinoismentalhealthcollaborative.com">www.illinoismentalhealthcollaborative.com</a>. NOTE: The "Williams" box must be checked on the form to make PSH approval automatic.</p> <ul style="list-style-type: none"> <li>○ Direct questions about PSH application to Lindsay Huth @ 312.814.4822 or <a href="mailto:Lindsay.Huth@illinois.gov">Lindsay.Huth@illinois.gov</a>.</li> </ul>
<b>Other Housing Resources</b>	<ul style="list-style-type: none"> <li>○ <b>Chicago Neighborhood Resource Directory</b> at:</li> <li>○ Free website where landlords list rental properties: <a href="http://www.ilhousingsearch.org/">http://www.ilhousingsearch.org/</a></li> </ul>
<b>Related housing items – Telephone service</b>	<ul style="list-style-type: none"> <li>○ Medicaid customers may qualify for help to pay for installation of telephone service and monthly charges via the <u>Lifeline and Link-Up Telephone Assistance Programs</u> located at: <a href="http://www.icc.illinois.gov/Consumer/LifelineAndLinkUp.aspx">http://www.icc.illinois.gov/Consumer/LifelineAndLinkUp.aspx</a></li> <li>○ <b>SAFELINK</b> is a cell phone service option providing TracFone to a customer at no cost. Go to: <a href="https://www.safelinkwireless.com/Safelink">https://www.safelinkwireless.com/Safelink</a>.</li> </ul>



<u>Service</u>	<u>Resource Information</u>
<b>Vocational Rehabilitation &amp; Career Counseling</b>	<ul style="list-style-type: none"> <li>○ <b>DRS</b> has an online application form at: <a href="http://wr.dhs.illinois.gov/wrpublic/wr/setReferral.do">http://wr.dhs.illinois.gov/wrpublic/wr/setReferral.do</a>.</li> <li>○ Information about <b>DRS</b> programs and the Office Locator at: <a href="http://www.dhs.state.il.us/page.aspx?item=29727">http://www.dhs.state.il.us/page.aspx?item=29727</a>.</li> <li>○ These and other work resources can be found at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature_56736/Chapin Directory</a></li> <li>○ <b>The Safer Foundation</b>-- Helps formerly incarcerated individuals with jail records obtain employment. Call 1-312-922-2200, or go to: <a href="http://www.saferfoundation.org">www.saferfoundation.org</a>.</li> <li>○ <b>Jewish Vocational Services</b>-- Helps persons with disabilities of any age or ethnic or religious affiliation find work. 1-312-673-3439 [Voice], or go to: <a href="http://www.jvschicago.org">www.jvschicago.org</a>.</li> </ul>
<b>Physical Restoration &amp; Training, Placement, Follow Along</b>	<ul style="list-style-type: none"> <li>○ Information about <b>DRS</b> programs and the Office Locator at: <a href="http://www.dhs.state.il.us/page.aspx?item=29727">http://www.dhs.state.il.us/page.aspx?item=29727</a>.</li> <li>○ These and other work resources can be found at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature_56736/Chapin Directory</a></li> <li>○ <b>Illinois Employment &amp; Training Centers</b> -- Offers current job ads, resume help, free basic computer training at: <a href="http://www.ilworkinfo.com/">http://www.ilworkinfo.com/</a></li> </ul>
<b>Supported Employment</b>	<ul style="list-style-type: none"> <li>○ <b>DRS Supported Employment Program (SEP)</b> serves eligible people with significant disabilities who want to go to work and need on-going support services to succeed on the job. An evidence-based practice. For information on providers go to: <a href="http://www.dhs.state.il.us/page.aspx?item=55926">http://www.dhs.state.il.us/page.aspx?item=55926</a>.</li> </ul>
<b>Other career and work planning resources</b>	<ul style="list-style-type: none"> <li>○ A federal site for information and opportunities: <a href="https://www.disability.gov/employment">https://www.disability.gov/employment</a>.</li> <li>○ <i>Health Benefits For People With Disabilities (HBWD)</i>. The goal of this Illinois program is</li> </ul>



	<p>to help people with disabilities work with full Medicaid <u>healthcare benefits</u>. Information hotline: 1-800-226-0768 [Voice] or 1-866-675-8440 [TTY]. Go to: <a href="http://www.hbwdillinois.com/">http://www.hbwdillinois.com/</a>.</p> <ul style="list-style-type: none"> <li>○ These and other work resources can be found at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature 56736/Chapin Directory</a></li> <li>○ <b>Career Advancement Network</b> -- Transitional jobs program for victims of domestic violence, female ex-offenders. 1-312-356-9159 [Voice].</li> </ul>
<p><b>Other - Work Incentive Programs</b></p>	<ul style="list-style-type: none"> <li>○ For SSI &amp; SSDI beneficiaries wanting to understand how working will affect their benefits, <b>DRS</b> offers benefit planning services to transition to work without jeopardizing benefits. Information can be found at: <a href="http://www.dhs.state.il.us/page.aspx?item=29983">http://www.dhs.state.il.us/page.aspx?item=29983</a>.</li> <li>○ <b>Mayor's Office for Persons with Disabilities</b>-- Keep Health Insurance &amp; Manage Benefits while you work. Call 1-312-744-7050 [Voice]. Employment Services at 1-312-746-5743 [voice], 1-312-744-7833 [TTY].</li> </ul>



Co-Occurring  
Substance Abuse

DHS supports and offers treatment services for alcoholism & addiction through an extensive treatment provider network throughout the State of Illinois

<u>Service</u>	<u>Resource Information</u>
<b>Outpatient Substance Abuse Services</b>	To better understand the levels of treatment offered, go to <a href="http://www.dhs.state.il.us/page.aspx?item=31789">http://www.dhs.state.il.us/page.aspx?item=31789</a>
<b>Day Treatment Substance abuse Services</b>	To locate a provider, there are three links available at: <a href="http://www.dhs.state.il.us/page.aspx?item=29725">http://www.dhs.state.il.us/page.aspx?item=29725</a>
<b>Medically Monitored Detoxification</b>	For All Regions: If having difficulty accessing MISA services, contact Trina Dietrich-MISA Manager who will assist you. 1-217-557-6604 <a href="mailto:trina.diedrich@illinois.gov">trina.diedrich@illinois.gov</a>
<b>Residential Substance abuse Services</b>	



Co-Occurring  
Developmental  
Disability

In order to access services in this Division, **there must be documentation that the developmental disability occurred before the age of 18 years.** For services through the DD Division, the first and most important step you and your family can take to get assistance is to register with the Prioritization of Urgency of Need for Services (PUNS) database. **To register, you must meet with a Pre-Admission Screening (PAS) or Independent Service Coordination Agency (ISC) to see if you are eligible for services. Search the [DHS Office Locator](#) @ <http://www.dhs.state.il.us/page.aspx?module=12&officetype=&county=> for the PAS/ISC agency near you.**

<u>Service</u>	<u>Resource Information</u>
<p><b>Assessment, Screening, Advocacy</b></p> <p><b>In-Home Supports</b></p> <p><b>Day Services</b></p> <p><b>Skill training or job coaches</b></p> <p><b>Residential &amp; Community Integrated Living Arrangements</b></p> <p><b>Intermediate Care Facilities DD (ICFDDs)</b></p> <p><b>Support Services Teams</b></p>	<ul style="list-style-type: none"> <li>○ To register for any DDD sponsored service, a customer must meet with a Pre-Admission Screening (PAS) or Independent Service Coordination Agency (ISC) to determine eligibility for services. The nearest PAS or ICS resource can be located using the <a href="#">DHS Office Locator</a> at: <a href="http://www.dhs.state.il.us/page.aspx?module=12&amp;officetype=&amp;county=">http://www.dhs.state.il.us/page.aspx?module=12&amp;officetype=&amp;county=</a>.</li> </ul>



Other Public Supports

<u>Service</u>	<u>Resource Information</u>
<p><b>Supportive Nutrition</b></p>	<ul style="list-style-type: none"> <li>○ Apply for Food Stamps (SNAP) at: <a href="http://www.dhs.state.il.us/page.aspx">http://www.dhs.state.il.us/page.aspx</a> .</li> <li>○ Other <b>DHS</b> sponsored food and nutrition programs can be found at: <a href="http://www.dhs.state.il.us/page.aspx?item=29721">http://www.dhs.state.il.us/page.aspx?item=29721</a>.</li> <li>○ Women Infants and Children (WIC) providers by Zip Code can be found via <b>DHS</b> Office Locator at: <a href="http://www.dhs.state.il.us">www.dhs.state.il.us</a>, or the <b>DHS</b> Help Line 1-800- 843-6154 [Voice] or 1-800-447-6404 [TTY]</li> <li>○ <b>DHS</b> Bureau of Family Nutrition site offers another view at: <a href="http://www.dhs.state.il.us/page.aspx?item=32010">http://www.dhs.state.il.us/page.aspx?item=32010</a>.</li> <li>○ Information on <b>DOA</b> home-delivered meals at: <a href="http://www.state.il.us/aging/1athome/nutrition.htm">http://www.state.il.us/aging/1athome/nutrition.htm</a> .</li> <li>○ These and other city and local resources can be found at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature_56736/Chapin Directory</a></li> </ul>

<p><b>Consultation/Education</b></p>	<ul style="list-style-type: none"> <li>○ Information on <b>CHP</b> sponsored Community Health Nursing services directed at disease prevention, and health promotion for at risk populations: <a href="http://www.dhs.state.il.us/page.aspx?item=32005">http://www.dhs.state.il.us/page.aspx?item=32005</a>.</li> <li>○ These and other city and local resources can be found at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature_56736/Chapin Directory</a></li> </ul>
<p><b>Family Case Management (Pregnant Women and Infants)</b></p>	<ul style="list-style-type: none"> <li>○ Information on <b>CHP</b> sponsored Family Case Management services and programs at: <a href="http://www.dhs.state.il.us/page.aspx?item=30517">http://www.dhs.state.il.us/page.aspx?item=30517</a>, or via <b>DHS Help Line</b> at: 1-800- 843-6154 [Voice] or 1-800- 447-6404 [TTY].</li> </ul>
<p><b>Home Visitation Program (to prevent child abuse)</b></p>	<ul style="list-style-type: none"> <li>○ Information on <b>CHP</b> sponsored <i>Healthy Families Illinois (HFI)</i> at: <a href="http://www.dhs.state.il.us/page.aspx?item=30263">http://www.dhs.state.il.us/page.aspx?item=30263</a>, or via <b>DHS Help Line</b> at: 1-800- 843-6154 [Voice] or 1-800- 447-6404 [TTY].</li> <li>○ These and other city and local resources can be found at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature_56736/Chapin Directory</a></li> </ul>
<p><b>Other Resources – Victims of Sexual Assault</b></p>	<ul style="list-style-type: none"> <li>○ <b>Illinois Coalition Against Sexual Assault</b> has a site to locate nearest crisis center or hot line: <a href="http://www.icasa.org/crisiscenters.aspx?pageid=501">http://www.icasa.org/crisiscenters.aspx?pageid=501</a></li> <li>○ Other city and local resources can be found at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature_56736/Chapin Directory</a></li> </ul>
<p><b>Other Resources – Domestic Violence</b></p>	<ul style="list-style-type: none"> <li>○ CHP sponsored Domestic Violence provider listing (by city) for 24-hour crisis hotline and more at: <a href="http://www.dhs.state.il.us/page.aspx?item=31886">http://www.dhs.state.il.us/page.aspx?item=31886</a>.</li> <li>○ Additional Chicago providers can be found at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature_56736/Chapin Directory</a></li> </ul>

**Spanish-Language  
Resources**

- **Centro Romero** 6216 N. Clark St. Chicago, IL 60660 (773) 508-5300  
[Info@centroromero.org](mailto:Info@centroromero.org)
- **Association House** 1116 N Kedzie Av. Chicago, IL 60651 (773)  
[info@associationhouse.org](mailto:info@associationhouse.org)
- **Pilsen Wellness Center** 2015 W Cermak Rd Chicago, Il. 60608 (773) 890-0645  
[www.pilsenmh.org](http://www.pilsenmh.org)
- **NAMI-Greater Chicago** monthly Spanish-Language family support group Wed. eves.  
*Please call first:* (312) 563-0445) or go to: [www.namigc.org](http://www.namigc.org). Offers Family-to-Family Course in Spanish.
- **Manual del Cliente y de la Familia.** Illinois Mental Health Collaborative for Access and Choice. Se habla espanol  
<https://www.valueoptions.com/referralconnect/facilitySearch.do>. 1-866- 359-7953 [Voice], 1-866-880-4459 [TTY].
- **Center for Latino Mental Health:** Chicago School of Professional Psychology, *Hector Torres*, Latino Mental Health Coordinator. 1-312-467-8604, or go to:  
[htorres@thechicagoschool.edu](mailto:htorres@thechicagoschool.edu).
- **Latinos with Disabilities Advocacy Project**, 20 N. Michigan, Suite 300 Chicago IL 60602. Se Habla Español. (312) 341-0022, ASL (800) 537-2632, TTY (800) 610-2779,  
[contactus@equipforequality.org](mailto:contactus@equipforequality.org)
- **Illinois Dept of Mental Health Resources:** *Jose Salgado* 1-312-793-4306, or email at:  
[jose.salgado@illinois.gov](mailto:jose.salgado@illinois.gov)
- **Health Clinics:** Alivio Medical Center 1-773-497-2238; Centro De Salud Esperanza, 1-773-584-6200; Erie Family Health Center, Inc. 1-312-848-7010.
- **El Valor** -- Bi-cultural rehabilitation center for persons with disabilities. Call 1-312-666-4511, or go to: [www.elvalor.org](http://www.elvalor.org).
- **Greater Humboldt Park Community Wellness** – 1-773-772-8240, or go to:  
[www.ghpcommunityofwellness.org](http://www.ghpcommunityofwellness.org).

<p><b>Getting Around</b></p>	<ul style="list-style-type: none"> <li>○ <b>CTA Trip Planner:</b> <a href="http://goroo.com/goroo/showTripPlanForm.htm">http://goroo.com/goroo/showTripPlanForm.htm</a>.</li> <li>○ <b>CTA / RTA Information:</b> 1-312-836-7000 [Voice], 1-312- 836-4949 [TTY].</li> <li>○ <b>PARATRANSIT:</b> SOUTH 1-866-926-9631; CENTRAL 1-866-926-9632; NORTH 1-866-926-9633.</li> <li>○ <b>DIAL-A-RIDE CHICAGO</b> - Call 1-800-606-1282 for information, Taxi Access.</li> </ul>
<p><b>Social Security Administration</b></p>	<ul style="list-style-type: none"> <li>○ <a href="https://secure.ssa.gov/apps6z/FOLO/fo001.jsp">https://secure.ssa.gov/apps6z/FOLO/fo001.jsp</a></li> </ul>
<p><b>Illinois Network of Centers for Independent Living</b></p>	<p>The Illinois Network of Centers for Independent Living, the statewide association representing the 23 Centers for Independent Living (CILs) in Illinois. INCIL is an authoritative source of information about the accomplishments and needs of Illinois CILs and about issues most critical to promote independent living for all persons with disabilities.</p> <p>Additional resources and a list of the CILs is at the following link.</p> <p><a href="http://www.incil.org">http://www.incil.org</a></p>



## Natural Supports

Natural supports are the relationships that occur in everyday life. Formal supports usually involve some form of payment for services and may include relationships with service providers-such as counselors, therapist; line staff and care managers. In contrast, natural supports usually involve relationships with family members, friends, co-workers, neighbors and acquaintances, and are a reciprocal (give and take) nature. Such supports can make a significant difference in a person's life. Studies have shown that individuals with a greater diversity of relationships and/or involvement in a broad range of social activities have healthier lives and live longer than those who lack such supports. Unfortunately, according to research, people with mental illnesses may have social networks half the size of the networks among the general population. There is no single method or easy answer for developing a system of natural supports. It will require considerable time and persistence, as well as open and honest communication in relationships. The best way to meet people is by getting involved. Some ways to build up natural supports are: Participating in community activities and project; joining groups and clubs; volunteering; socializing with one's immediate and extended family and neighbors; getting a job. (" Natural Supports" UPenn Collaborative on Community Integration <http://www.unc.edu/depts/recreate/crds/POptions/ns.html>)

<u>Service</u>	<u>Resource Information</u>
<b>Family and Friends</b>	<ul style="list-style-type: none"> <li>○ TBA – Williams Drop-In Centers for a place to socialize and make friends.</li> <li>○ The <b>Illinois Mental Health Collaborative Warm Line</b>: 1-866- 359-7953, when prompted press "5" for the Warm Line. This is <i>not</i> a crisis line, but a place to find support for recovery. Staffed by Peer and Family Support Specialists.</li> <li>○ Other socialization resources at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature_56736/Chapin Directory</a></li> <li>○ Social Networking sites: <a href="http://www.facebook.com">www.facebook.com</a>; <a href="http://www.myspace.com">www.myspace.com</a>.</li> <li>○ Social groups on the internet, type in group of interest at:</li> </ul>



	<p><a href="http://groups.yahoo.com/groups">http://groups.yahoo.com/groups</a>.</p>
<b>Church, Spiritual/Faith</b>	<ul style="list-style-type: none"> <li>Chicago resources at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/literature_56736/Chapin_Directory</a></li> </ul>
<b>Psychiatric Advance Directive</b>	<ul style="list-style-type: none"> <li>A comprehensive and easy-to-understand online resource and information center, <b>My Plan, My Life</b> answers some of the most frequent questions people have about psychiatric advance directives and provides a step-by-step guide on how to create one. The site also features the video stories of several individuals who have integrated psychiatric advance directives into their own psychiatric care. For more information about psychiatric advance directives, please visit: <a href="http://www.MyPlanMyLife.com">www.MyPlanMyLife.com</a>.</li> </ul>
<b>Museums*</b>	<ul style="list-style-type: none"> <li>An on-line museum information network: <a href="http://museumca.org/usa/">http://museumca.org/usa/</a>.</li> <li>Chicago museum information at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/literature_56736/Chapin_Directory</a></li> </ul>
<b>Libraries</b>	<ul style="list-style-type: none"> <li>Resource for Illinois: <a href="http://www.publiclibraries.com/illinois.htm">http://www.publiclibraries.com/illinois.htm</a>.</li> <li>Chicago library information at: <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/literature_56736/Chapin_Directory</a></li> <li>A listing of links for <b>Talking Book and Braille Services</b>, go to: <a href="http://www.cyberdriveillinois.com/departments/library/who_we_are/talking_book_and_braille_service/home.html">http://www.cyberdriveillinois.com/departments/library/who_we_are/talking_book_and_braille_service/home.html</a>.</li> </ul>
<b>Community Support Groups</b>	<ul style="list-style-type: none"> <li><b>The Awakenings Project</b> -- Collaborative of artists with psychiatric illnesses who develop their craft, find outlets for creative gifts through art in all forms. Shows raise public awareness and acceptance. <u>The Awakenings Review</u> is their fine literary journal. Submit your poems, stories via the website at: <a href="http://www.awakeningsproject.org/index.shtml">http://www.awakeningsproject.org/index.shtml</a>. <u>Drop-In Art Studio</u> on Saturdays</li> </ul>

	<p>from 11 AM to 2 PM, 164 Division St, 4<sup>th</sup> Floor, Room 415, Elgin, Il.</p> <ul style="list-style-type: none"> <li>○ Google specific type of support group.</li> <li>○ In Chicago, see:  <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature_56736/Chapin Directory</a> </li> </ul>
<b>Community Colleges</b>	<ul style="list-style-type: none"> <li>○ Browse public and private colleges and universities in Illinois at:  <a href="http://www.univsource.com/il.htm">http://www.univsource.com/il.htm</a>.</li> <li>○ In Chicago, see:  <a href="http://www.childrenserviceschicago.com/literature_56736/Chapin_Directory">www.childrenserviceschicago.com/ literature_56736/Chapin Directory</a> </li> <li>○ NOTE - Remember <b>DRS</b> can provide money for education.</li> </ul>
<b>Food Pantries</b>	<ul style="list-style-type: none"> <li>○ <b>HCD</b> web site has multiple Illinois food banks and food resources listed at:  <a href="http://www.dhs.state.il.us/page.aspx?item=31245">http://www.dhs.state.il.us/page.aspx?item=31245</a>.</li> </ul>
<b>Financial Literacy</b>	<ul style="list-style-type: none"> <li>○ <b>HCD</b> site on Financial Literacy Services at to help limited-resource individuals understand the importance and benefits of developing good financial management and consumer practices at: <a href="http://www.dhs.state.il.us/page.aspx?item=36591">http://www.dhs.state.il.us/page.aspx?item=36591</a>.</li> <li>○ For seniors – The <b>DOA</b> &amp; AARP Money Management Program is a financial services program for low income seniors at: <a href="http://www.state.il.us/aging/1athome/money-mgmt.htm#volunteer">http://www.state.il.us/aging/1athome/money-mgmt.htm#volunteer</a>.</li> </ul>
<b>Volunteer Opportunities</b>	<ul style="list-style-type: none"> <li>○ Serve Illinois web site provides a vast amount of information on volunteerism and community service opportunities throughout Illinois at: <a href="http://www.serve.illinois.gov/">www.serve.illinois.gov/</a>.</li> </ul>



<u>Topic</u>	<u>Resource Information</u>
<p>Want to work in mental health?</p> <p>Want to give, or receive, Peer Support?</p>	<ul style="list-style-type: none"> <li>○ <b>Nanette Larson, Director of Recovery Support Services:</b> 1-309-693-5229, or <a href="mailto:Nanette.Larson@illinois.gov">Nanette.Larson@illinois.gov</a>.</li> <li>○ <b>Virginia Goldrick, Region 1 Recovery Support Specialist:</b> 1-773-794-5680, or <a href="mailto:Virginia.Goldrick@illinois.gov">Virginia.Goldrick@illinois.gov</a>.</li> <li>○ <b>Monthly Statewide Consumer Call-In!</b> 4<sup>th</sup> Thursday of the month, January-October., from 10:00 -11:30 AM. Go to: <a href="http://www.illinoismentalhealthcollaborative.com">www.illinoismentalhealthcollaborative.com</a> to see monthly topic, get the dial-in number, passcode, and PowerPoint.</li> <li>○ <b>WRAP (Wellness Recovery Action Plan).</b> Create your own wellness and fulfillment plan! Developed by Mary Ellen Copeland, a psychiatric consumer/survivor. Visit <a href="http://www.mentalhealthrecovery.com">www.mentalhealthrecovery.com</a>.</li> <li>○ <b>CRSS (Certified Recovery Support Specialist).</b> A new credential for persons in Illinois who want to provide mental health peer support to others, using their own life experience in mental health or substance abuse recovery. Visit <a href="http://www.iaodapca.org">http://www.iaodapca.org</a>, or call the Illinois Certification Board at 1-217-698-8110, or 1-800-272-3632</li> <li>• <b>PRCP: Certificate Program in Psychiatric Rehabilitation.</b> Consists of 4 courses plus an internship where you practice your skills in real-life settings! At Wilbur Wright College, 4300 N Narragansett Ave., Chicago. Go to: <a href="http://wright.ccc.edu/">http://wright.ccc.edu/</a></li> </ul>
<p>Want to report abuses or violations of your rights?</p> <p>Need Allies &amp; Advocates?</p>	<ul style="list-style-type: none"> <li>○ Call <b>Equip for Equality</b> at 1-312-341-0022, or 1-800-537-2632 [Voice] 1-312-341-0295 [TTY]. Go to: <a href="mailto:contactus@equipforequality.org">contactus@equipforequality.org</a>.</li> <li>○ <b>Health and Disability Advocates (HDA)</b> 205 W. Monroe Street Suite 300 Chicago IL 60606 for information, referral, and advocacy regarding your benefits. Call 1-312-223-9600 [Voice]; 1-312-223-9518 [TTY].</li> <li>○ <b>Access Living of Metropolitan Chicago</b>, 115 West Chicago Ave., Chicago, IL</li> </ul>

	<p>60610. Advocates for persons with disabilities at 1-800) 613-8549 [Voice]; 1-312-640-2100 [TTY]. Go to: <a href="http://www.accessliving.org">http://www.accessliving.org</a>.</p> <ul style="list-style-type: none"> <li>○ <b>Mayor’s Office for Persons with Disabilities:</b> City Hall, 121 N. LaSalle St, Room 104, Chicago, IL 60602. Call (312)744.7050 [Voice]; 1-312-744-4964 [TTY].</li> </ul>
<p>Peer Support &amp; Advocacy Organizations</p>	<ul style="list-style-type: none"> <li>● <b>NAMI-Illinois</b> (National Alliance on Mental Illness) of Illinois at 1-800-346-4572, or (217) 522-1403. Go to: <a href="http://il.nami.org/">http://il.nami.org/</a>.</li> <li>● <b>NAMI-Greater Chicago</b> at 1-312-563-0445. Go to: <a href="http://www.namigc.org">http://www.namigc.org</a>.</li> <li>● <b>NAMI-DuPage</b> at 1-630-752-0066. Go to: <a href="http://www.namidupage.org">www.namidupage.org</a> .</li> </ul> <p><b>NAMI Education Programs include:</b></p> <ul style="list-style-type: none"> <li>● <b><i>In Our Own Voice: Living with Mental Illness:</i></b> 2 trained speakers share their own recovery stories.</li> <li>● <b><i>Peer to Peer:</i></b> An 8-week, enlightening recovery education experience taught by team of trained peers.</li> <li>● <b><i>NAMI Connection:</i></b> Find trained peers lead ongoing support groups in your local community at: <a href="http://il.nami.org/">http://il.nami.org/</a> or try: <a href="http://il.nami.org/nami_connection.htm">http://il.nami.org/nami_connection.htm</a>.</li> <li>● <b><i>Pathways to Living:</i></b> Peer-taught 6-week course (from Priscilla Ridgeway’s “Pathways to Recovery”).</li> <li>● <b><i>Family to Family:</i></b> Trained family members teach essential 12-week course: what is mental illness, how to navigate mental health system, how to advocate for one’s loved one. <i>In Spanish too!</i></li> <li>● <b><i>Hear Us:</i></b> A family member &amp; a person in recovery present recovery stories, answer questions. Reaches persons in private psychiatric hospital units, and their families, during visiting hours.</li> <li>● <b><i>Visions for Tomorrow/Basics:</i></b> 8-week course for parents of children with psychiatric disorders.</li> <li>● <b><i>Ending the Silence:</i></b> Educational presentations to High Schools regarding mental illnesses.</li> <li>● <b><i>Crisis Intervention Training (C.I.T.):</i></b> Persons in recovery tell personal stories to police officers, to train officers in humane, respectful, nonviolent responses to persons in emotional distress.</li> <li>● <b><i>Depression and Bipolar Support Alliance</i></b> at 1-800-826-3632. To find local support</li> </ul>

	<p>meetings, on-line peer &amp; parent support groups, Peer Specialist training, &amp; conference information, go to: <a href="http://www.dbsa.org">http://www.dbsa.org</a>.</p> <ul style="list-style-type: none"> <li>• <b>Mental Health America of Illinois</b> at 1-312-368-9070. A non-profit, non-governmental, statewide organization concerned with the entire spectrum of mental and emotional disorders. Website: <a href="http://www.mhai.org">http://www.mhai.org</a>.</li> <li>• <b>Mental Health Association- Greater Chicago</b> at 1-312-781-7780. Public Education, advocacy, referrals. Website: <a href="http://www.MentalHealthChicago.org">http://www.MentalHealthChicago.org</a></li> <li>• <b>Abraham Low Self-Help Systems</b> (<i>formerly Recovery Inc.</i>) at 1-866-221-0302 or 312-337-5661. An international non-profit, completely member managed self-help mental health program based on the (<i>cognitive-behavioral</i>) work of Abraham A. Low, M.D. Website: <a href="http://www.LowSelfHelpSystem.org">http://www.LowSelfHelpSystem.org</a>.</li> <li>• <b>GROW</b> at: 1-888-741-4760. Email: <a href="mailto:growil@sbcglobal.net">growil@sbcglobal.net</a>: An international peer support and mutual aid organization for recovery from, and prevention of, serious mental illness.</li> <li>• <b>Emotions Anonymous</b> offers local 12-Step groups for recovery from mental or emotional illness. Go to: <a href="http://www.eainternational.org">www.eainternational.org</a>.</li> <li>• <b>Obsessive-Compulsive Foundation of Chicago</b> at: 1-773-880-2035. Email: <a href="http://www.ocdchicago.org">www.ocdchicago.org</a>, and more info at: <a href="mailto:info@ocdchicago.org">info@ocdchicago.org</a>.</li> <li>• <b>Support for Persons labeled with Borderline Personality Disorder</b> a 1-847- 845-0628. Email at <a href="mailto:cooper4449@gmail.com">cooper4449@gmail.com</a> or go to <a href="http://www.borderlinepersonalitydisorder.com">http://www.borderlinepersonalitydisorder.com</a>.</li> </ul>
<p><b>Legislative Advocacy &amp; Legal Resources</b></p>	<ul style="list-style-type: none"> <li>• <b>The Illinois Mental Health Summit</b> -- Advocates review current Illinois legislation affecting persons with psychiatric disabilities. Website: <a href="http://www.law.uchicago.edu/node/1284">http://www.law.uchicago.edu/node/1284</a>.</li> <li>• <b>Legal Assistance Foundation of Metropolitan Chicago</b> – 1-312-341-1070 [Voice] or go to: <a href="http://www.lafchicago.org">http://www.lafchicago.org</a>.</li> <li>• <b>Mandel Law Clinic</b> – 1-773-702-9611 [Voice]; or go to: <a href="http://www.law.u.edu/clinics/mandel">www.law.u.edu/clinics/mandel</a>.</li> <li>• <b>Access Living</b> – 1-800-613-8549 [Voice] or go to: <a href="http://www.accessliving.org">www.accessliving.org</a>.</li> </ul>
<p><b>Veterans Resources</b></p>	<ul style="list-style-type: none"> <li>• <b>Vet-Net</b> – Trained Illinois veterans offer peer support, hope, help to veterans living with PTSD and other challenges at: 1-800-826-3632, x160 [Voice]; or go to: <a href="http://www.VetNetChicago.org">www.VetNetChicago.org</a>.</li> </ul>

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|  | <ul style="list-style-type: none"><li>• <b>Thresholds Veterans Project</b> -- Help with housing, mental health support, medical and other needs at: 1-773-537-3154 [Voice]; or go to: <a href="http://www.thresholds.org">www.thresholds.org</a>.</li><li>• <b>Veterans Rights Hotline</b> – 1-800-382-3000 [Voice], 1-800-964-3013 [TTY].</li><li>• <b>Hines V.A. Hospital</b>, Hines, IL; 1-708-202-8387.</li><li>• <b>Jesse Brown V A Medical Center</b>, Chicago IL; 1-312-569-8387.</li><li>• <b>Access Living</b> -- Helps vets living in nursing homes find community housing. Call <i>Emanuel Camargo</i> at 1-312-640-2126 or email: <a href="mailto:ecamargo@accessliving.org">ecamargo@accessliving.org</a>.</li></ul> |
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## Social Networking Sites

<u>Organization:</u>	<u>Web Address:</u>	<u>Groups:</u>	<u>Instructions:</u>
<b>Web MD</b>	<a href="http://www.exchanges.webmd.com">www.exchanges.webmd.com</a>	<ul style="list-style-type: none"> <li>• WebMD Anxiety &amp; Panic Disorders Community</li> <li>• WebMD Bipolar Disorder Community</li> <li>• Borderline Personality Disorder Community</li> <li>• WebMD Depression Community</li> <li>• Eating Disorders Community</li> <li>• Self Harm Community</li> <li style="text-align: right;">• ...And more</li> </ul>	<ul style="list-style-type: none"> <li>• Click on mental health</li> <li>• Select topic of interest</li> <li>• or Select <a href="#">See all Mental Health Communities</a></li> <li>• Select “Join this Community” for instructions on joining a group</li> </ul>
<b>Facebook</b>	<a href="http://www.facebook.com">www.facebook.com</a>	<ul style="list-style-type: none"> <li>• Social Networking</li> <li>• Various groups and organizations</li> <li>• Chat ability</li> </ul>	<ul style="list-style-type: none"> <li>• Enter info</li> <li>• Click sign up</li> <li>• On Homepage use the search bar to find groups or organizations of interest</li> </ul>
<b>Yahoo Groups</b>	<a href="http://groups.yahoo.com/">http://groups.yahoo.com/</a>	<ul style="list-style-type: none"> <li>• Put examples of groups found such as Mental-Health-Recovery ...</li> </ul>	<ul style="list-style-type: none"> <li>• Under “Find a Yahoo! Group,” type “mental health”</li> <li>• Select a group that interests you</li> <li>• Select “join this group”</li> </ul>

			<ul style="list-style-type: none"> <li>• Follow website instructions</li> </ul>
<b>Psych Central</b>	<a href="http://psychcentral.com/">http://psychcentral.com/</a>	<ul style="list-style-type: none"> <li>• 170+ Support Groups</li> <li>• Blogs</li> <li>• Chats</li> <li>• Ask a Therapist</li> </ul>	<ul style="list-style-type: none"> <li>• Click “Join us now/sign in”</li> <li>• Agree to terms</li> <li>• Click register</li> <li>• Enter Info</li> <li>• Click complete registration</li> </ul>
<b>Strength of Us</b>	<a href="http://strengthofus.org">http://strengthofus.org</a>	<ul style="list-style-type: none"> <li>• Online community for young adults age 18+</li> </ul>	<ul style="list-style-type: none"> <li>• Click Join the Conversation</li> <li>• Enter Info</li> <li>• Click Register</li> </ul>
<b>Mental Health Social Network</b>	<a href="http://www.realmentalhealthsite.com/">http://www.realmentalhealthsite.com/</a>	<ul style="list-style-type: none"> <li>• Chats</li> <li>• Boards</li> <li>• Blogs</li> </ul>	<ul style="list-style-type: none"> <li>• Click Social Network (on left)</li> <li>• This opens a new window</li> <li>• Click Sign-Up or Join Now</li> <li>• Enter Info</li> <li>• Click proceed</li> </ul>
<b>Healthy Place: America’s Mental Health Channel</b>	<a href="http://www.healthyplace.com">http://www.healthyplace.com</a>	<ul style="list-style-type: none"> <li>• Communities</li> <li>• Blogs</li> <li>• Forums</li> <li>• Info</li> </ul>	<ul style="list-style-type: none"> <li>• Click register</li> <li>• Enter Info</li> <li>• Click Create an Account</li> </ul>
<b>Healthful Chat</b>	<a href="http://www.healthfulchat.org/">http://www.healthfulchat.org/</a>	<ul style="list-style-type: none"> <li>• Chat</li> <li>• Groups</li> <li>• Forums</li> </ul>	<ul style="list-style-type: none"> <li>• Choose Mental Health Chat Rooms</li> <li>• Click Create an Account</li> <li>• Enter Info</li> <li>• Click Register</li> </ul>
<b>Mental Health America Support Community</b>	<a href="https://www.inspire.com/groups/mental-health-america/">https://www.inspire.com/groups/mental-health-america/</a>	<ul style="list-style-type: none"> <li>• Discussions</li> <li>• Journals</li> </ul>	<ul style="list-style-type: none"> <li>• Click Join Today</li> <li>• Enter Info</li> <li>• Click Join</li> </ul>



<b>Mental Help</b>	<a href="http://community.mentalhelp.net/">http://community.mentalhelp.net/</a>	<ul style="list-style-type: none"> <li>• Community</li> <li>• Forums</li> <li>• Blogs</li> <li>• Videos</li> <li>• Podcasts</li> </ul>	<ul style="list-style-type: none"> <li>• Click Register</li> <li>• Enter date of birth</li> <li>• Click proceed</li> <li>• Agree to forum rules</li> <li>• Click register</li> <li>• Enter info</li> <li>• Click complete registration</li> </ul>
<b>SAMHSA – What a Difference a Friend Makes</b>	<a href="http://www.whatadifference.samhsa.gov/">http://www.whatadifference.samhsa.gov/</a>	<ul style="list-style-type: none"> <li>• Forums</li> <li>• Videos</li> <li>• Multi-Cultural</li> </ul>	<ul style="list-style-type: none"> <li>• Click visit the forum</li> <li>• Click register</li> <li>• Enter info</li> <li>• Click register</li> </ul>
<b>Anxiety Tribe</b>	<a href="http://www.anxietytribe.com/">http://www.anxietytribe.com/</a>	<ul style="list-style-type: none"> <li>• Groups</li> <li>• Blogs</li> <li>• Forums</li> <li>• Polls</li> <li>• Games</li> <li>• Media</li> </ul>	<ul style="list-style-type: none"> <li>• Click Join the Tribe</li> <li>• Enter Info</li> <li>• Click Submit the Form</li> </ul>
<b>OCD Tribe</b>	<a href="http://www.ocdtribe.com">http://www.ocdtribe.com</a>	<ul style="list-style-type: none"> <li>• Groups</li> <li>• Blogs</li> <li>• Forums</li> <li>• Polls</li> <li>• Games</li> <li>• Media</li> </ul>	<ul style="list-style-type: none"> <li>• Click Join the Tribe</li> <li>• Enter Info</li> <li>• Click Submit the Form</li> </ul>
<b>Depression Tribe</b>	<a href="http://www.depressiontribe.com">http://www.depressiontribe.com</a>	<ul style="list-style-type: none"> <li>• Groups</li> <li>• Blogs</li> <li>• Forums</li> <li>• Polls</li> <li>• Games</li> <li>• Media</li> </ul>	<ul style="list-style-type: none"> <li>• Click Join the Tribe</li> <li>• Enter Info</li> <li>• Click Submit the Form</li> </ul>

<b>The Depression Forums</b>	<a href="http://www.depressionforums.org/">http://www.depressionforums.org/</a>	<ul style="list-style-type: none"> <li>• Social Community Support Groups</li> <li>• Forums</li> <li>• Blogs</li> <li>• Gallery</li> </ul>	<ul style="list-style-type: none"> <li>• Click Register Now</li> <li>• Enter date of birth</li> <li>• Click continue</li> <li>• Agree to Rules and Conditions</li> <li>• Click Continue to Registration</li> <li>• Enter info</li> <li>• Click Register</li> </ul>
<b>Find the Light</b>	<a href="http://www.findthelight.org">http://www.findthelight.org</a>	<ul style="list-style-type: none"> <li>• Online Support Group for Mood Disorders, Anxiety, and Substance Abuse</li> </ul>	<ul style="list-style-type: none"> <li>• Click Enter/Sign UP for Support Groups Here</li> <li>• Click Register Here</li> <li>• Read Privacy Statement &amp; Click Agree</li> <li>• Enter info</li> <li>• Click Submit</li> </ul>
<b>BrainTalk Communities</b>	<a href="http://www.braintalkcommunities.org/">http://www.braintalkcommunities.org/</a>	<ul style="list-style-type: none"> <li>• Online Patient Support Groups for Neurology</li> <li>• Forums</li> <li>• Chat Rooms</li> <li>• Private Messages</li> </ul>	<ul style="list-style-type: none"> <li>• Click Register</li> <li>• Enter Date of Birth</li> <li>• Click Proceed</li> <li>• Enter Required Information</li> <li>• Enter any Additional Info you wish to share</li> <li>• Read and agree to forum rules</li> <li>• Click Complete Registration</li> </ul>
<b>Healing Well</b>	<a href="http://www.healingwell.com/">http://www.healingwell.com/</a>	<ul style="list-style-type: none"> <li>• Health resources and a supportive community to help those coping with the struggles of chronic illness</li> <li>• Resource Center</li> <li>• Forums</li> <li>• Chat Rooms</li> <li>• Blogs</li> <li>• Videos</li> <li>• Email</li> </ul>	<ul style="list-style-type: none"> <li>• Click Join Healing Well</li> <li>• Confirm age by clicking appropriate link</li> <li>• Enter Required Information</li> <li>• Click Submit</li> </ul>

## Personalized Wellness Site

org	Web address	Features	Description
<b>Depression and Bipolar and Support Alliance</b>	<a href="http://www.facingus.org">www.facingus.org</a>	Personal Journal	
		Wellness Plan	
		Wellness Book	
		Media Room	
		Wellness Tracker	
		Creativity Center	
		E-postcards	