



COVID-19 Social Services Resource Guide

Updated August 28, 2020



Community Mental Health Board of Oak Park Township

About this Guide

In collaboration with the Village of Oak Park, the Community Mental Health Board and Oak Park and River Forest Townships have taken the lead to provide community resources due to the recent escalation of outbreaks of the COVID- 19 virus. The organizations listed are accepting clients and providing resources to all residents during this time. This guide is intended to be used for informational purposes only and does not constitute a recommendation or endorsement to any particular group or service. This guide does not constitute legal or health advice and is subject to change without notice.

If you are looking for additional information that may not be listed in this guide, please visit the following sites:

- The Hub at www.healthconnectionhub.org.
- Support4U- Teen Text Support Hotline: 844-670-5838
 - District 97 Text: Hope
 - District 200 Text: Care
 - District 90 Text: Safe
- The Village of Oak Park www.oak-park.us/
- Oak Park Township www.oakparktownship.org/

- Village of River Forest <https://www.vrf.us/index.html>
- River Forest Township <http://www.riverforesttownship.org/>
- Oak Park Public Library www.oppl.org/
- Park District of Oak Park <https://www.pdop.org/>
- The Illinois Department of Public Health (IDPH) www.dph.illinois.gov/
- The Center for Disease Control www.cdc.gov/

For specific questions and concerns about resources that are not addressed by the above websites or the agencies listed in this guide, the following Task Force directors can be contacted:

Lisa DeVivo, CMHB Executive Director, ldevivo@cmhb-oakpark.org

Gavin Morgan, Oak Park Township Manager, gmorgan@oakparktownship.org

Carla Sloan, River Forest Township Supervisor, cbsloan.rftownship@gmail.com

Megan Traficano, OPT Youth Services Director, mtraficano@oakparktownship.org

Pam Mahn, OPT Senior Services Director, Pam@oakparktownship.org

Intellectual/Developmental Disability Service

Type of Service	Organization	Accepting New Clients?	Contact Information	Hours of Operation
1:1 Respite	UCP Seguin of Greater Chicago	Yes	For more information contact: William Dillard, Intermittent Services Administrator at wdillard@seguin.org or 708-966-9455.	M-F 9:00am-5:00pm (office hours); services: M-F 9:00am-9:00pm; Sat-
Adult Residential	Oak-Leyden Developmental Services - Community Living Services	Yes	Chuck Nilles - cnilles@oak-leyden.org / 708.383.2050 x 201	Monday - Friday 8:30am - 5:00pm
Adult Residential	PACTT Learning Center	No	Lisa Fegert - lfegert@pactt.org - 773-338-9102 x 2222	24/7
Adult Vocational	PACTT Learning Center	No	Lisa Fegert - lfegert@pactt.org - 773-338-9102 x 2222	8:45-2:45
Child Residential	PACTT Learning Center	Yes	Lisa Fegert - lfegert@pactt.org - 773-338-9102 x 2222	24/7
Community Day Services	Oak-Leyden Developmental Services - Lifelong Learning Centers	Yes	Chuck Nilles - cnilles@oak-leyden.org / 708.383.2050 x 201	
Community Day Services/Life Skills Training	UCP Seguin of Greater Chicago	Yes	Laura Gonzalez, Assistant VP of Transition & Day Services; Lgonzale@seguin.org ; Google Voice (708) 303-8480	Mon-Fri 8:30-3:30pm
Inpatient Behavioral Health Services for Adults with Intellectual/Developmental Disabilities	Riveredge Hospital	Yes	To make a referral, contact: Assessment & Referral Department at 708-209-4181. For more information, contact: Tandra Rutledge, Director of Business Development at tandra.rutledge@uhsinc.com or 708-488-4970.	24/7
Onsite Programming	Opportunity Knocks	Yes	Mike Carmody - mike@opportunityknocksnow.org 708.870.2376 link to PROGRAM HOMEPAGE	Tues, Weds, Thurs -- 2 3-hour sessions/day -- 9am-12pm & 3pm-6pm
Pediatric Evaluations and Direct Therapy Services (DT, ST, PT, OT)	Oak-Leyden Developmental Services Children's Services Program	Yes	Melissa Ehmann - mehmann@oak-leyden.org - 708-524-1050 x107	Monday-Friday 8:30-5:00
Recreation	WSSRA	Yes	(847) 455-2100	M-F 8:30am-5:00pm
Recreation	UCP Seguin of Greater Chicago	Yes - on limited basis	Richard Brown, Executive Director of Infnitec, Employment & Recreation; rbrown@ucpnet.org ; (815) 207-1298	Mon-Fri 4:00 - 10:00pm; Sat - variable
Respite and Case Management Services	Community Support Services	Yes	Alaina Washington 708.354.4547 ext. 143 awashington@cssservices.org Mario Martinez 708.354.4547 ext. 142 Mmartinez@cssservices.org	M-F 9am-4pm
Supported Employment	Oak-Leyden Developmental Services - Supported Employment Program	Yes	James Conyers - jconyers@oak-leyden.org / 708.524.1050.x 253	
Supported Employment	UCP Seguin of Greater Chicago	Yes	Lisa Sabres, Employment First Coordinator; Isabres@ucpnet.org ; (708) 383-8887 ext 13; Cell # (312) 953-0318	Mon-Fri 9:00am - 9:00pm; Sat - variable
Therapeutic Day School (ages 3-21)	PACTT Learning Center	Yes	Paula Jablonski - pjablonski@pactt.org - 773-338-9102 x2121	8:45-2:45
Transition Services - School to Adulthood	UCP Seguin of Greater Chicago	Yes	Laura Gonzalez, Assistant VP of Transition & Day Services; Lgonzale@seguin.org ; Google Voice (708) 303-8480	Mon-Fri 9:00-5:00pm
Virtual Programming	Opportunity Knocks	Yes	Mike Carmody - mike@opportunityknocksnow.org 708.870.2376 link to PROGRAM HOMEPAGE	Monday & Friday - 4 1-hour sessions - 10am, 12pm, 2pm, 4pm

Mental Health and Psychiatric

Type of Service	Organization	Accepting New Clients?	Contact Information	Hours of Operation	Notes
Adult Behavioral Health and Counseling Services	Catholic Charities	Yes	Ph: 312-655-7725	n/a	Only remote services are being provided at this time.
Behavioral Health Services	Riveredge Hospital	Yes	To make a referral, contact: Assessment & Referral Department at 708-209-4181. For more information, contact:	24/7	In person services include: level of care assessments (crisis and non-crisis), outpatient
Child/Adolescent Mental Health, Parenting or Family problems	Catholic Charities	Yes	Ph: 312-733-5661 ext. 1467	n/a	Only remote services are being provided at this time.
Domestic and Sexual Violence Services	Pillars Community Health	Yes	Shelter services at confidential location; call for other services	Domestic violence: 708-485-5254, Sexual assault: 708-482-9600	Hotlines are 24 hours, other hours vary depending on services
Domestic Violence Services	Sarah's Inn	Yes	Crisis Line: 708-386-4225 Text Line: 708-792-3120 Legal Advocate Line: 708-689-3422	24/7	Counselors and Advocates available for remote appointments via phone, videoconferencing and email/text. Limited in-person appointments also available.
Mental Health Drop-in Center	NAMI Metro Suburban	Yes	Charles Email: torpe@namimetsub.org Ph: 708-524-2582	M-F 1-7pm, Sa/Su 2-6pm; virtual services daily at 2pm, 5pm	Email Charles for program information
Outpatient mental health: Telehealth/Teletherapy	Pillars Community Health	Yes	Telehealth available	Call 708-PILLARS (708-745-5277)	Varies by service, call for information
Psychiatry	Thrive Counseling Center	Yes	Ph: 708-383-7500	by appointment	9 AM-2 PM
Sibshops	WSSRA	Yes	Ph: 847-455-2100	M-F 8:30am-5:00pm	Ages 7-13 years old
Tele-Health	Amita Behavioral Health	Yes	Ph: 708-410-0615	by appointment	n/a
Tele-Health	DePaul University, Family and Community Services	Yes	Dr. Orson Morrison Ph: 773-325-7787	by appointment	D97 Families Only (Brooks/Julian)
Tele-health	Erikson Institute Center for Children and Families	Yes	<u>Intake Line 312-709-0508 (English), 312-934-6446 (Spanish), email Nadia Spencer at nspencer@erikson.edu</u>	M-Fri 8-8pm, Saturday 9-1	Children 0-6 and caregivers, crisis intervention and support/consultation for childcare providers
Tele-health	Smart Love Family Services	Yes	Ph: 773-665-8052 x 4	Monday to Thursday 12-9 Friday 10-6; Saturday 10-5	Only remote services are being provided at this time – including the Minority Family Program.

Tele-Health	Thrive Counseling Center	Yes	Ph: 708-383-7500	by appointment	9 AM-2PM, some in-person sessions resuming starting 7/13
Tele-Health; Option for in-person services at local parks	Youth Services- Interventionists	Yes	Megan Traficano Ph: 708-622-8535 Email: mtraficano@oakparktownship.org	9am-5pm	Ages 6-18 years old
Youth and Family Therapeutic Services (Child/adolescent and Family therapy)	Catholic Charities	Yes	Ph: 312-655-7191	n/a	Only remote services are being provided at this time.

On-Site Services

Type of Service	Organization	Accepting New Clients?	Location	Contact Information	Hours of Operation
Behavioral Health Services	Riveredge Hospital	Yes	8311 W Roosevelt Rd, Forest Park, IL 60310	<p><u>To make a referral, contact:</u> Assessment & Referral Department at 708-209-4181. <u>For more information, contact:</u> Tandra Rutledge, Director of Business Development at tandra.rutledge@uhsinc.com or 708-488-4970.</p>	In person services include: level of care assessments (crisis and non-crisis), outpatient assessments, inpatient services, weekly outpatient groups for children, adolescents and adults, individual therapy, psychiatry services.
COVID-19 Testing and Services (do not have to be current patient)	Pillars Community Health	Yes	La Grange, Burbank, and Burr Ridge	By appointment only; call 708-PILLARS (708-745-5277)	
Food	Beyond Hunger	Yes	848 Lake Street. Oak Park	Ph:708-386-1324 Email: info@gobeyondhunger.org	First Wednesday of the month: 3:30-6:30 PM All other Wednesdays: 3:30-5:00PM All Saturdays: 9:00AM-12:00PM
Mental Health Drop-In Center	Amita	n/a	Westchester	Ph: 708-410-0615	Monday, Wed, Fri: 9am to 5pm, Tues & Thurs: 11am to 7pm, Sat: 9am to 12 noon, Sun: 12pm to 4pm
Telehealth and Onsite Medical and Dental visits	Pillars Community Health	Yes	Telehealth; Health Center in La Grange	Ph: 708-PILLARS (708-745-5277)	Appointments available Monday-Friday; hours may change,

Crisis Services

Type of Service	Organization	Accepting New Clients?	Contact Information	Hours of Operation
Behavioral Health Services (persons in crisis)	Riveredge Hospital	Yes	To make a referral, contact: Assessment & Referral Department at 708-209-4181. For more inforamtion, contact: Tandra Rutledge, Director of Business Development at tandra.rutledge@uhsinc.com or 708-488-4970.	In person level of care assessments available 24/7
Crisis Hotline	NAMI Metro Suburban	Yes	Ph: 708-524-2582	1-9pm daily
Crisis Hotline	Thrive Counseling Center	Yes	Elaine Phillips Ph: 708-383-7500	24/7, No walk-ins
Crisis Hotline	Youth Outreach Services	Yes	Ph: 773-777-7112	24/7
Crisis Hotline-Gambling Use Disorder	The Way Back Inn	Yes	Ph: 1-833-DONT-BET	n/a
Domestic and Sexual Violence Services	Pillars Community Health	Yes	Shelter services at confidential location; call for other services	Domestic violence: 708-485-5254, Sexual assault: 708-482-9600
Domestic Violence	Sarah's Inn	n/a	Crisis Hotline: 708-386-4225 Text: 708-792-3120	24/7
General Assistance - Financial Assistance for Single Adults	Oak Park Township	Yes	April Dugal Email: adugal@oakparktownship.org	8:30 to 4:30 pm
Living Room	NAMI Metro Suburban	Yes	Ph: 708-524-2582	1-9pm; No appointment necessary, free service
Mental Health Care	Amita Behavioral Health	n/a	Ph: 708-681-4357	24/7

Substance Use Services

Type of Service	Organization	Accepting New Clients?	Contact Information	Hours of Operation
12-step support group-remote	Gamblers Anonymous	Yes	List of remote meetings: bit.ly/GAmeetings	See linked documents for details
Early Intervention Gambling/Substance Abuse Group	The Way Back Inn	Yes	www.waybackinn.org Ph: 708.345.8422	Now accepting admissions for Residential Substance and Gambling Use Disorder Program
Early Intervention/Prevention Group for Adolescents/Caregivers	FACE IT- Families Acting Collaboratively to Educate and Involve Teens/Oak Park Township	Yes	Kelly O'Connor Email: koconnor@oakparktownship.org Ph: 708.383.8005 www.oakparktownship.org/prevention-services	Classes held virtually Thursdays 6-8 PM
Family Support Group and Psychoeducation	The Way Back Inn	Yes	www.waybackinn.org	N/A
Inpatient/Outpatient Adult/Adolescent Substance Use Disorders	Rosecrance Health Network	Yes	Email: megan@rosecrance.org Intake Line Ph: 815-391-1000 www.rosecrance.org	24/7
Outpatient and Residential Care - Substance & Gambling Use Disorders	Way Back Inn	Yes	Rob Heldman Email: robh@waybackinn.org Ph: 708-345-8422 ext 32.	N/A
Outpatient Substance Use Treatment-Medication Assisted and Group Therapy	Presence-Amita	Yes	Intake Line Ph: 708-410-0615	Mon-Fri
Partial Hospitalization Program with Residential Component-Adult Substance Use Disorders	Riveredge Hospital	Yes	To make a referral, contact: Assessment & Referral Department at 708-209-4181. For more information, contact: Tandra Rutledge, Director of Business Development at tandra.rutledge@uhsinc.com or 708-488-4970.	24/7
Virtual Substance Use Support Group	Riveredge Hospital/NAMI Metro Suburban	Yes	Rickey Schwartz, CADC Email: rick.schwartz@uhsinc.com Ph: 708-990-2009	Sunday - Friday, 10am - 11am via Zoom

Homeless Services

Type of Service	Organization	Accepting New Clients?	Contact Information	Hours of Operation
Food	Beyond Hunger	Yes	Email: info@gobeyondhunger.org Ph: 708-386-1324	First Wednesday of Every Month: 3:30-6:30 PM All other Wednesdays: 3:30-5:00PM All Saturdays: 9:00AM-12:00PM
Food	New Life Ministries	Yes	Ph: 773-640-0919	Thursday: 10:00 am - 12:00 pm Friday: 5:30-7:30 pm
Shelter	Alliance to End Homelessness	Yes	Sharon Gibson Ph: 708-236-3261	n/a
Shelter-Coordinated Entry	Housing Forward	Yes	Ph: 708-338-1724	24/7

Senior Services

Type of Service	Organization	Accepting New Clients?	Contact Information	Hours of Operation
Adult Protective Services	OP/RF Townships Senior Services	Yes	Bianca Ingwersen Ph: 708-383-8060	9am- 5pm Call 866-800-1409 when offices are closed, 24/7
Benefits Counseling	OP/RF Townships Senior Services	Yes	Christine Brooks Ph: 708-383-8060 x118	9am- 5pm, Call for Appointment
Caregiver Support	OP/RF Townships Senior Services	Yes	Calvin Berg Ph: 708-383-8060 x.116	9am- 5pm
Case Management	OP/RF Townships Senior Services	Yes	Bianca Ingwersen Ph: 708-383-8060 x.149	9am- 5pm, Intake Needed, Appointments conducted virtually
Congregate Meal (Pickup and Delivery options available)	OP/RF Townships Senior Services	Yes	Madeline Pietryla Ph: 708-383-8060 x.134	For distribution dates and protocols, please call or visit our website at www.oakparktownship.org
Dine Out Program	OP/RF Townships Senior Services	Yes	Madeline Pietryla Ph: 708-383-8060 x.134	Dine Out restaurants only providing "to go" meals until further notice. Coupons available at 130 S. Oak Park Ave on Fridays from 11:00AM-1:00PM in the back of Senior Services building at the parking lot door, or can be purchased through mail.
Errand Assistance	Volunteer Care Corps/RF Township	Yes	Ph: 708.383.8060 Senior Response Team Email: rfseniorhelp@gmail.com	24/7
Home Delivered Meals	OP/RF Townships Senior Services	Yes	Bianca Ingwersen Ph: 708-383-8060 x. 149	9am- 3pm, Intake needed
Information	Illinois Dept. on Aging	Yes	Ph: 800-252-8966	8:30am- 5pm
Information and Assistance	OP/RF Townships Senior Services	Yes	Ph: 708-383-8060	9am- 5pm
Medical Equipment Lending Program	Oak Park Township	Yes	Kim Henry Ph: 708-383-8005	M-F, 9am-5pm, Please call for inventory and to arrange pick-up
Medication delivery	CVS	Yes	Ph: 708-386-2157	9am- 9pm
Medication delivery	Walgreens	Yes	Ph: 708-383-9009	9am- 9pm
Taxi Cab Coupons	Oak Park Township	Yes	Kim Henry Ph: 708-383-8005	M-F 9am-5pm, Please call for an appointment to pick up coupons

Transportation	OP/RF Townships Senior Services	Yes	Lori Strong Ph: 708-383-4806	8am- 4pm, Medical Appts. only
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Support Groups and Hotlines

Type of Service	Organization	Accepting New Clients?	Contact Information	Hours of Operation
12-step support group-remote	Gamblers Anonymous	Yes	List of remote meetings: bit.ly/GAmeetings	See linked documents for details
12-Step Support Groups	Amita Behavioral Health	Yes	Ph: 708-410-0615	by appointment
12-Step Support Groups-Remote	Alcoholics Anonymous	Yes	https://www.chicagoaa.org/remote-online-meetings/ additional information: bit.ly/AAremote	See linked documents for details
Community Check-in Phone Line	Thrive Counseling Center	n/a	Ph: 708- 383-7500, ext. 888	Monday – Friday, 9 am-2 pm
Early Intervention Gambling/Substance Abuse Group	The Way Back Inn	Yes	www.waybackinn.org	n/a
Family Support Group (Mental Health)	NAMI Metro Suburban	Yes	familysupport@namimetsub.org or 708.524.2582, x.108	7-8:30pm every Tuesday
Family Support Group and Psychoeducation	The Way Back Inn	yes	www.waybackinn.org	n/a
Mental Illness Support Group	NAMI Metro Suburban	Yes	info@namimetsub.org	12:30-2pm NAMI Drop-in Center; 6-7:30 NAMI Living Room Broadview; login/call in information available at www.namimetsub.org
Parent Support Group	FRED	Yes	Email: fredparents@gmail.com	emails answered in timely manner
Support Hotline	Illinois Gambling Hotline	Yes	Ph:1-800-Gambler Text: ILGAMB to 53342 weknowthefeeling.org	24/7
Support Hotline	Illinois Helpline for Opioids and other Substances	Yes	Ph: 1-833-2FindHelp www.HelpinIL.org	24/7
Support Hotline	National Suicide Prevention Lifeline	Yes	1-800-273-8255	24/7
Support Hotline	Pillars Community Health	n/a	<i>Text "TALK" TO 552020 (or "HABLAR" for Spanish). The Illinois Call4Calm Text Line is not a crisis hotline, but is a source of support for anyone experiencing stress and in need of a listening ear.</i>	n/a
Support Hotline	The Way Back Inn	n/a	1.833.DONTBET www.waybackinn.org	n/a
Virtual Caregiver Support Group	OP/RF Townships Senior Services	Yes	Calvin Berg 708-383-8060 ext.116	Meets virtually every second and fourth Friday of the month, 10am-11:30am
Virtual Substance Use Support Group	Riveredge Hospital/NAMI Metro Suburban	Yes	Rickey Schwartz, CADC Email: rick.schwartz@uhsinc.com Ph: 708-990-2009	Sunday - Friday, 10am - 11am via Zoom