



COVID-19 Social Services Resource Guide

Updated April 10, 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.
- 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

Mental Health and Psychiatric

Type of Service	Organization	Accepting New Clients?	Contact Information	Hours of Operation	Notes
Comprehensive Mental Health Services	Riveredge Hospital	Yes	Assessment & Referral Department Ph: 708-209-4181	24/7	Child and adolescent PHP has been transferred to a virtual IOP program. Patients receive 3 hours of group therapy and medication management weekly.
Comprehensive Social Services	Catholic Charities	Yes	Ph: 312-655-7725	9am-5pm	n/a
Domestic Violence Services	Sarah's Inn	Yes	Crisis Line: 708-386-4225 Text Line: 708-792-3120	24/7	Counselors and Advocates available for remote appointments via phone, videoconferencing and email/text. Remote Intake appointments
Mental Health Virtual Drop-in Center	NAMI Metro Suburban	Yes	Charles Email: torpe@namimetsub.org	MWF 1-7pm T/TH 3-7p Sat/Sun 2-6p	Daily Open Calls: 2pm: Meeting number: 290 260 490; Password: Daily2 Call in: 1-312-535-8110; Access Code: 290260490 5pm: Meeting number: 297 135 209; Password: Daily5 Call in: 1-312-535-8110; Access Code: 297135209
Psychiatry	Thrive Counseling Center	Yes	Ph: 708-383-7500	by appointment	n/a
Service Locator	The Hub	n/a	www.healthconnectionhub.org	24/7	n/a
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	Thrive Counseling Center	Yes	Ph: 708-383-7500	by appointment	n/a
Tele-Health	Youth Services- Interventionists	Yes	Megan Traficano Ph: 708-622-8535 Email: mtraficano@oakparktownship.org	9am-5pm	Ages 6-18 years old

Tele-health	Erikson Institute Center for Children and Families	YEs	<u>Intake Line 312-709-0508 (English), 312-934-6446 (Spanish), email Monica Dirr at mdirr@erikson.edu</u>	M-Fri 8-8pm, Saturday 9-1	focus on children 0-6 and caregivers, also offering crisis intervention and support/consultation for childcare providers
Text Message Support	Support4U - District 97	n/a	Text: Hope to 844-670-5838	24/7	n/a
Text Message Support	Support4U - District 200	n/a	Text: Care to 844-670-5838	24/7	n/a
Text Message Support	Support4U - District 90	n/a	Text: Safe to 844-670-5838	24/7	n/a

On-Site Services

Type of Service	Organization	Accepting New Clients?	Location	Contact Information	Hours of Operation
Food	Beyond Hunger	Yes	848 Lake Street. Oak Park	Ph:708-386-1324 Email: info@gobeyondhunger.org	Wednesday, April 1: 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
Mental Health Level of Care Assessments and Crisis Support	Riveredge Hospital	Yes	8311 W Roosevelt Rd, Forest Park, IL 60310	Assessment & Referral Department Ph: 708-209-4181	Open 24/7 for Level of Care Assessments and crisis support. Call for more information about specific programs.
Service Locator	The Hub	n/a	n/a	www.healthconnectionhub.org	n/a
Text Message Support	Support4U - District 97	n/a	n/a	Text: Hope to 844-670-5838	n/a
Text Message Support	Support4U - District 200	n/a	n/a	Text: Care to 844-670-5838	n/a
Text Message Support	Support4U - District 90	n/a	n/a	Text: Safe to 844-670-5838	n/a

Crisis Services

Type of Service	Organization	Accepting New Clients?	Contact Information	Hours of Operation
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	NAMI Metro Suburban	Yes	Ph: 708-582-6580	n/a
Crisis Hotline-Gambling Use Disorder	The Way Back Inn	Yes	Ph: 1-833-DONT-BET	n/a
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	9 to 5 pm No walk-ins No face-to-face interviews
Level of Care Assessments for Behavioral Health Crisis	Riveredge Hospital	Yes	Assessment & Referral Department Ph: 708-209-4181	Inpatient behavioral health services remain open for all ages. Virtual Intensive Outpatient Programs are available for adults, adolescents, and children, all with psychiatry services included. Individual outpatient psychiatry and counseling are available in person and virtually.
Mental Health Care	Amita Behavioral Health	n/a	Ph: 708-681-4357	24/7
Service Locator	The Hub	n/a	www.healthconnectionhub.org	n/a
Text Message Support	Support4U - District 97	n/a	Text: Hope to 844-670-5838	n/a
Text Message Support	Support4U - District 200	n/a	Text: Care to 844-670-5838	n/a
Text Message Support	Support4U - District 90	n/a	Text: Safe to 844-670-5838	n/a

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	Fridays: 11am -12pm To Join Zoom meeting: https://zoom.us/j/847795408?pwd=eG1ZUG1KMmp6dINhUDAYRWgzbdAZzZ09&status=success Meeting ID: 847 795 408 Password: 076260
Family Support Group and Psychoeducation	The Way Back Inn	yes	www.waybackinn.org	Saturdays: 1:30pm -2:30pm To Join Zoom meeting: https://zoom.us/j/374022398?pwd=TUtkY2NqVHB4cINVV0ExYUpFelh1QT09 Meeting ID: 374 022 398 Password: 065849
Inpatient/Outpatient Adult/Adolescent Substance Use Disorders	Rosecrance Health Network	Yes	Mary Egan 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.	Mon-Fri 9-5pm intakes/phone screen Gambling groups: Tuesday 6-8pm Wednesday 6-8pm Video conference/phone only
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	Dana Cibulka Email: dana.cibulka@uhsinc.com Ph: 708-771-7000 www.riveredgehospital.com	24/7
Service Locator	The Hub	n/a	www.healthconnectionhub.org	24/7
Text Message Support	Support4U - District 97	n/a	Text: Hope to 844-670-5838	24/7
Text Message Support	Support4U - District 200	n/a	Text: Care to 844-670-5838	24/7
Text Message Support	Support4U - District 90	n/a	Text: Safe to 844-670-5838	24/7

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
Service Locator	The Hub	n/a	www.healthconnectionhub.org	24/7
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
Text Message Support	Support4U - District 97	n/a	Text: Hope to 844-670-5838	24/7
Text Message Support	Support4U - District 200	n/a	Text: Care to 844-670-5838	24/7
Text Message Support	Support4U - District 90	n/a	Text: Safe to 844-670-5838	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
Benefits Counseling	Age Options	Yes	Information and Assistance Team Ph: 708-383-0258	9am- 5pm
Benefits Counseling	OP/RF Townships Senior Services	Yes	Christine Brooks Ph: 708-383-8060 x118	9am- 5pm
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
Congregate Meal (Pickup)**	OP/RF Townships Senior Services	Yes	Madeline Pietryla Ph: 708-383-8060 x.	Open Mondays: 4/6, 4/13, and 4/20 for frozen 5 pack distribution from 11:00AM-1:00PM Open on Fridays: 4/10 and 4/24 for Shelf Stable meal distribution from 11:00AM-1:00PM. We are closed Tuesdays through Thursdays.
Errand Assistance	Volunteer Care Corps/RF Township	Yes	Township Senior Services (weekdays) Ph: 708.383.8060 Senior Response Team (evenings and weekends) 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	Age Options	Yes	Ph: 708-383-0258	9am- 5pm
Information and Assistance	OP/RF Townships Senior Services	Yes	Catherine Rison Ph: 708-383-8060	9am- 5pm
Medication delivery	CVS	Yes	Ph: 708-386-2157	9am- 9pm

Medication delivery	Walgreens	Yes	Ph: 708-383-9009	9am- 9pm
Transportation	OP/RF Townships Senior Services	Yes	Lori Strong Ph: 708-383-4806	8am- 4pm, Medical Appts. only

*To report suspected abuse, exploitation or neglect of an older person, call the statewide, 24-hour Adult Protective Services Hotline: 1-866-800-1409, 1-888-206-1327 (TTY).

*Meal Service and Homebound Meal Delivery will be closed from March 30th through April 4th. Provisions have been made to ensure people currently enrolled in these programs have additional meals for the closing. If anyone is in urgent need of food, they should call (708) 383-8060.

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	Fridays: 11am -12pm To Join Zoom meeting: https://zoom.us/j/847795408?pwd=eG1ZUG1KMmp6dINhUDAYRWgzbdAZz09&status=success Meeting ID: 847 795 408 Password: 076260
Family Support Group and Psychoeducation	The Way Back Inn	yes	www.waybackinn.org	Saturdays: 1:30pm -2:30pm To Join Zoom meeting: https://zoom.us/j/374022398?pwd=TUtkY2NqVHB4cINVV0ExYUpFelh1QT09 Meeting ID: 374 022 398 Password: 065849
Family Support-Virtual Group	NAMI Metro Suburban	Yes	Trina Email: Familysupport@namimetsub.org Ph: 708-524-2582 ext. 108	Tuesday: Meeting number: 293 567 969; Password: ConnectT Call in: 1-312-535-8110; Access Code: 293567969 Saturday: Meeting number: 290 198 416; Password: ConnectS Call in: 1-312-535-8110; Access Code: 290198416 Sunday: Meeting number: 292 138 327; Password: ConnectSu Call in: 1-312-535-8110; Access Code: 292138327

				Daily 2pm- Stay Connected and Learn New Things: Meeting ID 320076548 / Password 958475 / Phone # 3126266799 Daily 5pm- Stay Connected and Learn New Things: Meeting ID 638580822 / Password 240433/ Phone # same as above
Mental Illness Support-Phone Group	NAMI Metro Suburban	Yes	512-402-2718 pin 2198927455	
Parent Support Group	FRED	yes	Email: fredparents@gmail.com	emails answered in timely manner
Service Locator	The Hub	n/a	www.healthconnectionhub.org	n/a
Support Hotline	Illinois Helpine for Opioids and other Substances	Yes	Ph: 1-833-2FindHelp www.HelpineIL.org	24/7
Support Hotline	Illinois Gambling Hotline	Yes	Ph:1-800-Gambler Text: ILGAMB to 53342 weknowthefeeling.org	24/7
Support Hotline	National Suicide Prevention Lifeline	Yes	1-800-273-8255	24/7
Support Hotline	Pillars Community Health	n/a	Ph: 708-995-3898	COVID Coping Help Line for non-urgent behavioral health support amid the shelter-in-place order
Support Hotline	The Way Back Inn	n/a	1.833.DONTBET www.waybackinn.org	n/a
Text Message Support	Support4U - District 200	n/a	Text: Care to 844-670-5838	n/a
Text Message Support	Support4U - District 90	n/a	Text: Safe to 844-670-5838	n/a
Text Message Support	Support4U - District 97	n/a	Text: Hope to 844-670-5838	n/a