

TODAY'S SPONSORS

ALEXIAN BROTHERS CENTER FOR MENTAL HEALTH

Telephone: 847.952.7464

Websites: www.alexiancenter.org

Alexian Brothers has a comprehensive behavioral health system treating the entire age spectrum and continuum of mental health needs. Services are offered in many convenient locations. The flagship of these services is the Alexian Brothers Behavioral Health Hospital in Hoffman Estates, which offers inpatient specialty care as well as other intensive services. Alexian Brothers Center for Mental Health in Arlington Heights offers Partial Hospitalization programming for adults as well as a host of comprehensive outpatient services including, medication, counseling, housing and vocational services. Additional outpatient services are offered in Elk Grove, Schaumburg and Sycamore.

CENTER FOR CONTEXTUAL CHANGE

Telephone: 847.676.4447

Website: www.centerforcontextualchange.org

Celebrating the resiliency of the human spirit and a commitment to helping others, the Center for Contextual Change was created in 1993 to provide hope and positive change. Dedicated to assisting individuals, couples and families enhance their strengths, develop new coping strategies and heal emotional wounds, the Center utilizes a strength-based contextual therapy to empower positive transformation and restore emotional balance. The Center offers group, individual and family therapy and utilizes a variety of evidence-based modalities. We are a Blue Cross Blue Shield PPO provider and will work with all out of network plans.

CHICAGO CHILD TRAUMA CENTER AT LA RABIDA CHILDREN'S HOSPITAL

Telephone: 773.374.3748

Website: <http://larabida.org/page-chicago-child-trauma-center>

The Chicago Child Trauma Center at La Rabida Children's Hospital is a National Child Traumatic Stress Network Affiliate Center that provides services, at no cost to families, for children who have experienced any potentially traumatic stressor, including sexual and physical abuse, domestic and community violence, loss through violent death, and burns and other medical trauma. The primary mission of the CCTC is to ensure that expert trauma-focused psychological services are available to urban African American children living in poverty on Chicago's South Side and in South Suburban Cook County, where their risk of exposure to traumatic stress is great.

CHICAGO PARENT MAGAZINE

Telephone: 708.386.5555

Website: www.chicagoparent.com

Chicago Parent, an award-winning parenting news magazine for families. You'll find advice on health, parenting and

nutrition, the latest news, parent-written columns, and the most extensive calendar of events ever. Going Places is filled with kid-friendly things to do. Hit a bike trail, plan your theater experience or explore Chicago's ethnic neighborhoods and museums. Chicago Special Parent, an empowerment guide for parents of children with special needs, inspirational stories, the latest research, resources and parent advice. Chicago Baby, your go-to guide for info on pregnancy and baby's first year, featuring product discoveries, pages of resources, and tips from new and expecting moms.

CITY OF EVANSTON HEALTH DEPARTMENT

Telephone: 847.866.2957

Website: <http://www.cityofevanston.org/health>

The Evanston Health Department, one of only 4 certified municipal health departments in Illinois, and the oldest, having been established in 1874. The Evanston Health Department is the local face of a global network of professionals who strive to assure the public health through ongoing assessment of needs and policy development. The mission of the Evanston Health Department is to protect, preserve, and promote wellness for people who live, work, and play in Evanston through creative and sustainable partnerships.

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE, LOOP CHAPTER

Telephone: 312.552.0082

Website: <http://www.dbsachicagoloop.com>

The Depression and Bipolar Support Alliance (DBSA) Chicago Loop Chapter is dedicated to offering education, support groups, and strategies with those who are living with depression and bipolar disorder, and their family and friends. The Chapter offers two weekly support groups, no cost, and drop-in. Family and Friends meets every Tuesday, 6-7:30pm. The Depression and Bipolar Disorder support group meets every Thursday 6-7:30. Both groups meet at in the Chicago Loop at 77 W. Washington St., Chicago, at the corner of Clark and Washington. The Chapter website has detailed information on these and other areas related to mental health.

FIRST BANK AND TRUST

Telephone: 847.784.8888

Website: www.firstbt.com

First Bank & Trust is a wonderful community bank. We are locally owned and managed by people who make their homes right here in the community. We offer a wide variety of accounts for personal, business and professional use. Our Trust department will gladly help guide you in family planning. So if you live in Evanston, Skokie, Winnetka, Itasca or Naperville, come home to First Bank & Trust.

HAZELDEN FOUNDATION**Telephone: 773.339.7862****Website: www.hazelden.org**

Hazelden is the leader in alcoholism treatment and drug addiction treatment services. Hazelden invented modern addiction treatment, and our success in alcoholism and drug addiction treatment is based on years of research and studying what works in addiction recovery. We treat each person who comes to us with respect, while providing a safe place in which to heal. Our treatment philosophy is based on the recognition that alcohol and drug addiction is a disease and that abstinence is the best way to manage the condition. We approach addiction treatment in a holistic way, working with mind, body and spirit as components of a healthy life.

INSIGHT PSYCHOLOGICAL CENTERS**Telephone: 312.540.9955****Website: www.insightforeating.com**

Insight Psychological Centers offer intensive programs for treating eating disorders, including binge eating, and mood and anxiety disorders. Managed by Northwestern University faculty Drs. Jenny Conviser and Susan McClanahan. Insight has Intensive Outpatient Programming (IOP), Partial Hospitalization Programming (PHP), and Extended PHP, including IOP services for adolescents. Insight also offers Millennium Place, a metropolitan transitional residence for women. The multi-disciplinary staff includes; Psychologists, Psychiatrists, Registered Dietitians, Licensed Social Workers, Art & EMDR Certified Therapists, and Exercise Physiologists. Our highly credentialed and professional staff work together to provide high quality care in downtown Chicago, Northbrook, Evanston, and Willowbrook.

JEWISH FEDERATION OF METROPOLITAN CHICAGO AND AFFILIATES**Telephone: 312.346.6700****Website: www.juf.org**

The Jewish United Fund/Jewish Federation of Metropolitan Chicago is the central address of Chicago's Jewish community, providing critical resources that bring food, refuge, health care, education and emergency assistance to 300,000 Chicagoans of all faiths and two million Jews around the world. JUF/Federation funds a network of nearly 70 agencies and programs that care for people at every stage of life, regardless of the ability to pay. This state-of-the-art network offers everything from respite care for families of children with disabilities to community-based services that allow seniors to live independently in their own homes. JUF also supports Jewish educational institutions, helping to provide a vibrant Jewish education to the next generation.

CJE SENIOR LIFE**Telephone: 773.508.1000****Website: www.cje.net**

CJE Senior Life (formerly Council for Jewish Elderly) is driven by the Jewish values of respect, advocacy, compassion, intention and accountability. As an innovative provider of community-based and residential programs for over 40 years, we are committed to enhancing the quality of life for older adults and their families through a comprehensive network that includes housing, health care, community services, health and wellness education, life enrichment programs and applied research.

JEWISH COMMUNITY CENTERS OF CHICAGO**Telephone: 312.775.1800****Website: www.gojcc.org**

JCC Chicago is a nonprofit organization dedicated to ensuring a strong and vibrant Jewish life and community for generations to come. Through a mix of formal and informal education, recreational and cultural activities, JCC Chicago provides quality experiences that enrich the lives of individuals, families and the community at large. Whether it's through our award winning preschool programs, summer camps or the wide array of enriching activities we offer, JCC Chicago is providing innovative programs designed to meet the needs of everyone from infants to adults.

JEWISH HEALING NETWORK**Telephone: 847.745.5411****Website: www.jcfs.org/jhnc**

Supporting you in times of illness, addiction and loss ensures that members of the Chicago Jewish community struggling with illness and loss can find out about and access a wide range of social service, health, and spiritual resources. A joint project of Jewish Child & Family Services, CJE SeniorLife, the Chicago Board of Rabbis and Jewish Federation of Metropolitan Chicago, JHNC services include information and assistance, support groups, an Addiction Recovery program, Comfort and Care with Advanced Illness, community and professional conferences and pastoral counseling.

JEWISH CHILD AND FAMILY SERVICES**Telephone: 855.275.5237****Website: www.jcfs.org**

JCFS is your first and best connection to trusted, innovative care that meets the individual needs of each child, teen, adult and family we serve. For more than 150 years, when Chicago-area families need help, Jewish Child & Family Services (JCFS) has been ready to provide caring and healing services to guide them from crisis to calm, from anguish to awareness, and from isolation to support. Our team of highly skilled staff members includes social workers, occupational, developmental and speech therapists, special education teachers, psychologists and more. More than 26,000 people of all backgrounds turn to JCFS each year for help with autism and developmental disabilities; special education; life transitions and trauma; recovery from abuse and neglect; community education and wellness and more.

RESPONSE CENTER**Telephone: 847.676.0078****Website: www.responsecenter.org**

Response Center is a not-for-profit counseling, educational and resource center serving adolescents (age 12 to 21) and their families. Established in 1970 as a program of the Jewish Federation of Metropolitan Chicago, Response staff addresses a wide range of adolescent emotional and social concerns. Response provides individual, family and group counseling, outreach and prevention services and a teen clinic focused on adolescent sexual health care. Staffed by social service professionals, Response Center welcomes teens of all religions, races and ethnic backgrounds. A safe place where teens and families can come and talk freely...about themselves, concerns, feelings and pressures.

LINDNER CENTER OF HOPE MASON (CINCINNATI AREA) OHIO**Telephone: 513.536.HOPE (4673)****or 513.536.0537****Website: www.lindnercenterofhope.org**

Lindner Center of Hope (LCOH) is one of the country's newest, freestanding mental health treatment facilities in North America and is built on an innovative, scientifically-based model that provides comprehensive mental health services. LCOH's renowned clinicians offer inpatient, partial hospitalization, outpatient and diagnostic/short-term residential treatment services for individuals with eating disorders, addictive and co-occurring conditions in a lodge-like setting with family-centered, multi-disciplinary team approach.

NAMI, COOK COUNTY NORTH SUBURBAN**Telephone: 847.716.2252****Website: www.namicns.org**

NAMI CCNS (National Alliance on Mental Illness Cook County North Suburban) is a non-profit volunteer organization that provides support and information to persons with serious mental illnesses, as well as, their families. It is a local affiliate of the National Alliance on Mental Illness and NAMI Illinois. We offer numerous free programs, including classes focusing on parents and caregivers of adolescents, or adults with a mental illness, support groups, school programs, hospital programs and other educational programs throughout the year. Our main mission...improving the lives of those that suffer from a mental illness and those that care for them!

NEW FOUNDATION CENTER**Telephone: 847.501.2939****Website: www.newfoundationcenter.org**

New Foundation Center (formerly WillPower) has a pragmatic belief in the potential of people who have serious mental illness – a potential to chart a direction to recovery; to develop new skills and achieve goals: to solve problems in a real-world environment; and to contribute to their communities. We help over 250 people live well by providing psychiatric rehabilitation and recovery services at our center in Northfield. Nearly 50 people live near family, friends and support in our permanent supportive housing in Evanston, Glencoe, Morton Grove, Skokie, and Wilmette. More than a third are gainfully employed, many for several years with the same employer.

NORTH SHORE UNIVERSITY HEALTH SYSTEMS**DEPT. OF PSYCHIATRY****Telephone: 847.570.2198****Website: www.northshore.org**

North Shore University Health System's (formerly Evanston Northwestern Healthcare) Department of Psychiatry and Behavioral Sciences offers a full continuum of comprehensive mental health services for adolescents, adults and seniors. Healthcare professionals-physicians, psychologists, social workers, counselors and nurses-provide a multi-disciplinary approach to care. Services include 24-hour crisis/emergency department coverage; inpatient treatment; intensive outpatient and partial hospitalization programs; chemical dependency evaluation and treatment, a therapeutic adolescent day school; outpatient medication evaluations and programs; an eating disorders program; psychotherapy; psychopharmacology second opinions; and neuropsychology evaluation and treatment.

NORTHWESTERN UNIVERSITY FEINBERG**SCHOOL OF MEDICINE****Telephone: 312.503.8194****Website: feinberg.northwestern.edu**

Northwestern University Feinberg School of Medicine, founded in 1859, has a national reputation for excellence through a strong history of collaborative, interdisciplinary medical education and research. Within the Feinberg School, the Department of Psychiatry and Behavioral Sciences offers a wide array of exceptional educational and research programs aimed at teaching future generations of psychiatrists and psychologists and improving the diagnosis and treatment of patients with psychiatric disorders. The Mental Health Services and Policy Program has provided research, evaluation, outcomes management and technical assistance and training that helps improve the lives of individuals and families that receive publicly funded mental health services.

PEER SERVICES**Telephone: Evanston, 847.492.1778****or Glenview, 847.657.7337****Website: www.peerservices.org**

PEER Services' team of highly trained substance abuse prevention and treatment professionals recognize how anxiety and other mental health issues are often intertwined with substance use and dependence. We are able to help individuals and families find solutions to the complex needs they may be facing. We provide:

- Substance abuse prevention
- Outpatient treatment for teens, adults and older adults
- Drug testing
- Consultation and speakers for schools and community groups
- Alcohol and other drug education
- DUI risk education classes.

Many services are covered by insurance.

PIONEER PRESS**Telephone: 847.486.7537****Website: www.pioneerlocal.com**

Pioneer Press and The Doings Newspapers serve Chicago's prime suburban markets with 35 intensely local newspapers mailed weekly to subscribers. Serving the most desirable and upscale communities, our combined circulation now stands at close to 89,000 with a readership of over 300,000. Pioneer Press and The Doings are ABC audited. Few companies in the Chicago area have had the kind of ringside seat to suburban growth Pioneer Press has enjoyed since 1879, when our first newspaper, Oak Park's Oak Leaves, was launched. In our 133 years in business, we have witnessed and recorded historic changes in our pages, as the quiet towns of the early 1900s have given way to the vibrant, exciting and diverse communities of today. In 2012, Pioneer Press remains focused on the needs of our readers: homeowners, local taxpayers, parents, and other stakeholders in our communities. Each year, Pioneer Press, including The Doings, is the most honored community newspaper group in Illinois. This year, in addition to a prestigious Lisagor Award, Pioneer Press was presented with 25 awards in a variety of categories from the Illinois Press Association.

PRESENCE SAINT FRANCIS HOSPITAL**Telephone: 847.316.4159****Website: www.presencehealth.org**

Presence Saint Francis Hospital is a nationally recognized, full-service teaching hospital which has achieved Magnet status for nursing excellence. Presence Saint Francis Hospital is a certified Primary Stroke Center, an accredited Chest Pain Center, and an accredited Breast Imaging Center of Excellence. We are a resource hospital in the state's EMS System, training paramedics and providing medical oversight and continuing education for more than 800 life safety personnel from seven surrounding communities.

RIVEREDGE HOSPITAL**Telephone: 708.209.4181****Website: www.riveredgehospital.com**

Riveredge Hospital is a freestanding psychiatric hospital serving children, adolescents and adults. We strive to foster an environment that demonstrates compassion and caring with timely and effective communication through comprehensive behavioral health care services of clinical excellence. Our treatment approach is holistic and based on principles of Trauma Informed Care. We offer Expressive Therapy (art, drama and dance movement), Yoga and Pet Therapy to all patients in addition to having fully licensed program therapists providing individual, family and group therapy. Riveredge serves young children, adolescents, adults, and geriatric patients. We also provide partial hospitalization program (PHP) for children and adolescents as well as an Intensive Outpatient Program (IOP) for adolescents.

ROSECRANCE HEALTH NETWORK**Telephone: 815.387.5607****Website: www.rosecrance.org**

Rosecrance is a private not-for-profit organization offering behavioral health services for children, adolescents, adults and families. Rosecrance offers comprehensive addiction services for adolescents and adults, including prevention, intervention, detoxification, inpatient and outpatient treatment, experiential therapies, dual-diagnosis care and family education. Rosecrance also offers high quality, efficient and effective outpatient mental health services for children, adults and families through a

variety of programs. Rosecrance serves more than 14,000 families each year.

TRILOGY**Telephone: 773.508.6100****Website: www.trilogyinc.org**

Trilogy, Inc. is a behavioral healthcare organization with 40 years of experience serving people with serious mental illness in the Chicago community of Rogers Park and the surrounding area. Our mission *"is to assist people in their recovery from serious mental illness by helping them discover and reclaim their own capabilities and life direction."* Each year, Trilogy serves more than 500 adults with serious mental illness and mental illness with co-occurring substance use disorders. Our treatment methodologies are Recovery-focused and incorporate Evidence-Based Practices, which help to maximize individuals' independence, self-sufficiency, and quality of life. We offer Recovery Services, Psychological Services, Integrated Healthcare, Group Services, ACT and CST Team Services, Residential Services, Family Psycho-Educational Services, Employment Services and a Peer Drop-In Center run by consumers of mental health services.

YELLOWBRICK**Telephone: 847.364.2300****Website: www.yellowbrickprogram.com**

Yellowbrick has created a developmentally specialized, research-based approach that integrates current contributions of neuroscience, innovative psychotherapies, strength-based life-skills acquisition and wellness medicine. Yellowbrick collaborates with emerging adults ages 18-30, their families and participating professionals toward the development of a strategic "Life Plan." An integrative, multi-specialty consultation will clarify strengths, limitations, risks, define motivation, goals and committed choices. In addition to the Residence, Yellowbrick's Consultation & Treatment Center offers IOP: Life Strategies Program; individual, family, and group psychotherapy; and specialized programs covering eating disorders, addiction service, trauma recovery programs, Transcranial Magnetic Stimulation (TMS) and psychopharmacology consultation service, and a career development center.