

KANE COUNTY RESOURCE GUIDE

**YOUR
MENTAL
HEALTH
MATTERS!!**
during these anxious times



provided by



Updated: January 2021

Acknowledgments

Recently, a group of local Batavia Counselors came together in realization that anxieties and worries have become heightened during the COVID-19 pandemic to see what they can do to help our community get through these tough times. Together they formed the **Batavia Counselors' Collaboration** to build awareness of how they can help. The goal of this group is to provide resources and guidance to individuals and agencies that are overwhelmed, over-stressed and not sure how to manage life during these unknown times. To find out more about this group and their resources, go to their facebook page: <https://www.facebook.com/BataviaCounselorsCollaboration/> or their website: www.bataviacounselorscollaboration.com.

A special thanks goes to Jen Brens from BATV for helping with videos and getting them posted, Margaret Perreault of the Batavia Chamber of Commerce for helping to organize meetings with us and putting us in contact with important organizations and Mary Anne Callahan for keeping us organized.

Members of the Batavia Counselors' Collaboration

- Cheryl Denz, Riverview Counseling Services Ltd
- Matthew Goles, Prairie Wellness Counseling Center, P.C
- Brent Horlock, Horlock Therapeutic Counseling
- Jamie Kruse, Jkruse Therapy Services
- Maria EJ Kuhn, Kuhn Counseling Center, PC
- Brian Rooney, Psychologist, PhD
- Natasha Clark, Suicide Prevention Services of America
- Kelly Huggins, LCSW, Creatingspacetherapy.com
- Jen Brens, BATV
- Mary Anne Callahan, Kuhn Counseling Center
- Margaret Perreault, Batavia Chamber of Commerce

Updated: January 2021

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CRISIS LINES



Phone: 211 (24/7)
Toll-free: 888-865-9903
Website: www.findhelp211.org
 United Way 2-1-1 can put you in touch with organizations ready to help you with:

- Assistance
- Counseling
- Day Care
- Disability Resources
- Disaster Recovery
- Domestic Abuse
- Drug/Alcohol
- Educational/
Vocational Training
- Elderly Care
- Emergency Shelter
- Employment
- Food Pantries
- Health Resources
- Mental Health Services
- Rehabilitation
- Rent or Utility

Association for Individual Development (AID)

Phone: (630) 966-9393
Hours: 24/7

Batavia Police Department

Phone: (630) 454-2500 non-emergency line
CALL 911 IF ITS AN EMERGENCY

Crisis Text Line
 Support via text message for everything:
 anxiety, depression, suicide, school

Text **HOME** to **741741** to connect with a
 Crisis Counselor
Free, 24/7

**IL Helpline for Opioids and
 Other Substances**

Phone: 1-833-2FINDHELP

Kane County Crisis Line

Northern Kane: 847-697-2380
Southern Kane: 630-966-9393

Lazarus House

Emergency Shelter/ Admin/ Transitional:
 630-587-2144
Hours: 24/7
Outreach/Emergency Assistance:
 630-587-5872
Hours: 24/7

Mutual Ground
 Domestic and Sexual violence Hotlines are still
 active

Domestic Violence: 630-897-0080
Sexual Violence: 630-897-8383
Hours: both 24 hours
 Our shelter is open and all services still operating, offering more telehealth options, including groups online. Advocates still going to court and medical advocates are conducting services virtually.

<p>NAMI IL</p>	<p>Information Line: 800-950-6264 Available: M-F 10 am – 6pm serves residents across Illinois with free mental health support, online groups, resources and education. Visit our Affiliate page to find the NAMI affiliate closest to you.</p>
<p>Suicide Prevention Services</p>	<p>Depression Line: 630-482-9696 Hours: 8am – midnight National suicide prevention lifeline: 1-800-273-8255 (24/7)</p>

ABUSE/ADDICTION/RECOVERY

<p>Breaking Free</p> <ul style="list-style-type: none"> • Building not open for walk-ins • Phone calls only Monday-Friday between 9am-5pm. • If you are looking for support during this time you can participate in online alcoholics anonymous and narcotics anonymous meetings. Click the links below to participate in these virtual meetings. AA Online Meetings: www.aaonlinemeeting.net Virtual NA Meetings: www.virtual-na.org 	<p>Phone: (630-897-1003)</p> <p>Website: https://www.breakingfreeinc.org/</p>
<p>Family Recovery Centers</p> <p>formerly known as the Child, Adolescent and Family Recovery Center</p> <p>During this period of uncertainty, FRC remains committed to providing high quality services in a safe environment. We are providing virtual IOP services across all locations. We will also continue to maintain a limited in-person program. We have implemented all necessary safety precautions to ensure each family has access to individualized care that is appropriate for them.</p>	<p>Phone: 847.457.6730 ext. 310</p> <p>2075 Foxfield Road, Suite 103 St. Charles, IL 60174 Hours: Monday-Friday 10AM - 8PM</p> <p>Website: https://www.familyrecoverycenters.com/</p> <p>St. Charles Services:</p> <ul style="list-style-type: none"> • Adolescent Intensive Outpatient Program (IOP) ages 12 to 19 • Adolescent Dialectical Behavior Therapy (DBT) Skills Group • Individual, Family, and Couples Therapy
<p>Lighthouse Recovery Inc.</p> <ul style="list-style-type: none"> • We continue to offer IOP, OP, Adolescent OP, and MAT programs virtually at this time. • Details on telehealth directions as well as groups will be sent via email. This will apply to all IOP, OP, DUI risk education, and DUI counseling groups. MAT clients will also receive services in this way, but will have the ability to speak directly with the Lighthouse Recovery Medical Director or the Lighthouse Recovery Clinical Director through this platform. 	<p>Phone: (630-940-2468)</p> <p>Website: http://lighthouserecoveryinc.com/</p> <p>210 South 5th St, Suite 10 St. Charles, IL</p>
<p>Mutual Ground</p> <ul style="list-style-type: none"> • Our shelter is open and our counselors & advocates are ready to help during these stressful times. • Legal advice (not necessarily legal counsel) is available by phone • 24-hour Domestic and Sexual Violence hotlines are open and being operated by staff. • Mutual Ground currently has adults and children in shelter and expect to serve shelter clients throughout this crisis. • We are supporting other clients by offering video counseling sessions. 	<p>Domestic Violence: 630-897-0080</p> <p>Sexual Violence: 630-897-8383</p> <p>418 Oak Ave Aurora, IL 60506</p>

ABUSE/ADDICTION/RECOVERY

Recovery Centers of America – St. Charles

Located in the heart of Kane County, Recovery Centers of America at St. Charles is a rehab center in the Chicago Metropolitan area. As an addiction treatment center in Chicago, we treat patients struggling with addictions. With our full continuum of care, including detoxification services, residential, and evidence-based curriculum, and an alumni association, we provide the resources, tools, and staff to help patients achieve and maintain recovery. Because families are impacted by addiction as well, RCA at St. Charles provides full family programming. We treat the whole family to make the family whole again.

Now in network with: Aetna, Cigna, First Health, Magellan, ComPsych, Humana (not BCBS yet).

45 beds open – Cottages open for men and women.

COVID-19 testing and precaution measures are in place for both patients and staff.

Call now to schedule a same day admission:

331-901-4225

24/7 Admissions: 1-800-RECOVERY

41W400 Silver Glen Road
St Charles, IL 60175

Website:

<https://recoverycentersofamerica.com/locations/st-charles-il/>

Renz Addiction Counseling Center

Merged with Ecker Center to create the **Ecker Center: Behavioral Health**

Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Hotline

Phone: 1-800-985-5990

Text TalkWithUs to 66746.

Deafness or hearing loss can use their preferred relay service to call 1-800-985-5990

ABUSE/ADDICTION/RECOVERY

Suicide Prevention Services

On behalf of the entire SPS organization, we thank you and strive to be here for you during this continued time of duress.

At this time:

- Our administrative line is open Monday through Friday 8:30am – 4:30pm.
- The National Suicide Prevention Lifeline is always open 24/7.
- Our Depression Line is open 7 days a week from 8:30am through midnight.
- Telehealth appointments for counseling are available through our HIPAA-compliant platform.
- Custom presentations and consultation via virtual platforms (Zoom etc) are available.
- All visitors to our building are screened prior to entry and MUST wear an appropriate face mask at all times.
- Counseling clients who are not able to be serviced through our telehealth options are asked to arrive at their appointed time and not beforehand.
- We do not have walk-in appointments; please call ahead and we are happy to help.

Our hotlines continue to be operational:

National Suicide Prevention Lifeline

1-800-273-8255

Depression Line: 630-482-9696

Administrative phone line: 630-482-9699

open from 8:30 am through 4:30 pm weekdays

Support groups will continue to meet virtually, check website or call 630-482-9699 for updates

Website: <https://www.spsamerica.org/>

Please check our website regularly for updates.

Trainings will be determined with COVID-19 guidelines – PLEASE CALL our administrative line to verify in-person events.

SPS will continue to offer virtual and telehealth options for counseling.

ABUSE/ADDICTION/RECOVERY

Waterford Place Cancer Resource Center

While Waterford Place remains physically closed for the near future, we are committed to being there for you. To support you, we are now offering programming online to help you cultivate calmness and restore your resiliency.

Connect with your support group through virtual meetings. Stay in touch with your friends and staff at Waterford Place through Connection Calls. Work out with Certified Pilates and Group Fitness Instructor Judy Siek, try your hand at crafting, soothe your soul with meditation or enjoy a musical performance from Bill and Katy – all of this and more is now available online with new programs being added regularly.

Currently, all programs are virtual. Please call to register 331-301-5280

Waterford Place Cancer Resource Center provides services and support, free of charge, to anyone impacted by a cancer diagnosis.

We will communicate via email, our website <https://www.rushcopley.com/waterford-place/> and <https://www.facebook.com/waterfordcancerresourcecenter/> to keep you updated as to when we can return to normal operations.

Support - <https://www.rushcopley.com/waterford-place/support-services/>

Mind, Body and Spirit - sound healing meditation, guided meditation, arts/crafts
<https://www.rushcopley.com/waterford-place/mind-body-and-spirit/>

Wellness - Yoga, Pilates and Gentle Movement
<https://www.rushcopley.com/waterford-place/wellness/>

Online Support Groups Available

Oncology-Focused, Short-Term Counseling

- By Appointment Only
- Short-term counseling is provided to address cancer-related issues and is available to those diagnosed with cancer and their family.

Grief Counseling

- By Appointment Only, provided through a partnership with Seasons Hospice & Palliative Care of Illinois.

FOOD PANTRIES

<p>Aurora Interfaith Food Pantry 1110 Jericho Road Aurora, IL 60506 630-897-2127 www.aurorafoodpantry.org/</p>	<p>Batavia Food Pantry 100 Flinn Batavia, IL 60510 630-879-3784 https://bataviafoodpantry.org</p>
<p>Calvary Church Food Pantry 129 West Benton Street Naperville, IL 60540 630-851-7000</p>	<p>Fox Valley Hispanic Pantry 505 E. New York Street Aurora, IL 60505 630-898-0410</p>
<p>Holy Angels Food Pantry 204 S. Russell Avenue Aurora, IL 60506 630-897-2478</p>	<p>Loaves & Fishes Food Pantry 1871 High Grove Lane Naperville, IL 60540 630-355-3663</p>
<p>Marie Wilkinson Community Pantry 901 E. Galena Blvd. Aurora, IL 60505 630-820-0002</p>	<p>Marie Wilkinson Food Pantry 834 N. Highland Avenue Aurora, IL 60506 630-897-5431</p>
<p>Salvation Army Food Pantry 437 E. Galena Blvd. Aurora, IL 60504 630-897-7265</p>	<p>Salvation Army TriCity Corps 1710 S. 7th Ave. St. Charles, IL 60174 630-377-2769</p>
<p>Two Rivers Head Start 1661 Landmark Rd. Aurora, IL 60506 (630) 264-1444</p>	

HOSPITALS

<p>AMITA Presence Mercy Medical Behavioral Health</p> <p>Openings at all levels - Inpatient, PHP and IOP - taking precautions, masks, still offering in person services. Check our website for regional status updates.</p>	<p>Phone: (630) 801-2657</p> <p>1330 N Lake St, Aurora, IL 60506</p> <p>Website: https://www.amitahealth.org/location/amita-health-medical-group-behavioral-medicine-aurora</p>
<p>AMITA St. Joseph</p> <ul style="list-style-type: none"> • Protocol for accepting behavioral health patients remains unchanged (full) • Majority of patients are transfers to from the ED • Accepts patients ages 13 and up 	<p>Phone: 847-931-5521</p> <p>77 N Airlite St, Elgin, IL 60123</p> <p>Website: https://www.amitahealth.org/our-locations/hospitals/amita-health-saint-joseph-hospital-elgin/</p>
<p>AMITA Resource & Referral Line:</p> <p>dedicated referral center is on-call Monday through Friday to direct you to the right medical or community resource</p>	<p>Phone: 844-569-5200</p> <p>Hours: on-call Monday through Friday</p>
<p>Edward-Elmhurst Health</p> <ul style="list-style-type: none"> • Visitor screening is taking place at all Edward-Elmhurst Health locations and patients should avoid bringing people with them to appointments as visitors are being restricted at all sites. • For the safety and protection of patients, staff, physicians and the community, visitors and patients will be screened for fever and/or respiratory symptoms before entering our sites. • Until further notice, we are not allowing visitors in most of our inpatient and outpatient areas and no one under the age of 18 may visit 	<p>Phone: 630-527-3200</p> <p>Website: https://www.eehealth.org/</p> <p>Closures and cancellations</p> <p>We are currently working with our physicians to determine a plan to address essential/non-essential surgeries at both hospitals. Whether a procedure will take place will be made on a case by case basis. Check our website for current procedures.</p>
<p>Linden Oaks Behavioral Health</p> <p>Linden Oaks Behavioral Health offers behavioral and mental health services, including inpatient and outpatient treatment plus recovery programs for depression, substance abuse, eating disorders and more.</p>	<p>Phone: 630-305-5027</p> <p>852 South West Street Naperville, IL 60540</p> <p>Website: https://www.eehealth.org/locations/naperville/linden-oaks-behavioral-health/</p>

HOSPITALS

Northwestern Medicine – Central DuPage

- Required to take less than full capacity of inpatient admissions
- Patient and community classes continue to be hosted online
- Inpatient detox and residential program are still in place
- All adolescent PHP programs continue to be hosted virtually
- Some adult PHP programs continue virtually, while some have resumed in-person services
- Adolescent and Adult inpatient units: Required one patient per room, when out of room must wear mask, all admissions are tested for COVID-19, 3x/ day vitals, modified doors so that positive patients can be separated from rest of population

Phone: 630-933-1600

25 N Winfield Rd,
Winfield, IL 60190

Website: <https://www.nm.org/locations/central-dupage-hospital>

Northwestern Medicine - Delnor

Does not have an inpatient center but PHP programs are also virtual at this location

- In-person adolescent and adult PHP programs to resume shortly

Phone: 630-208-3000

300 Randall Road
Geneva, IL 60134

Website: <https://www.nm.org/locations/delnor-hospital>

MENTAL HEALTH SERVICES

Aunt Martha's

A Statement About Visitors:

- Pediatric Patients can bring one parent or guardian.
- Adult Patients requiring assistance are allowed to bring one caregiver during visit.
- All others please wait in your vehicle if possible.

Updated Protocols:

- Requesting our patients, who have symptoms and/or expressing concern of coming in contact with COVID-19, check their symptoms with the Symptoms Checker (https://www.auntmarthas.org/covid19_symptom_checker/) or call us at 877-692-8686 and ask to see if a telehealth visit is appropriate for you.
- Screening all patients for possible exposure to COVID-19 and implementing clinical protocol to allow us to quickly isolate anyone experiencing potential coronavirus symptoms.
- Encouraging our patients to not walk-in, but to contact our main number (877-692-8686) to assist in getting the care they need.
- Changing our schedule and hours to minimize the exposure.
- Taking the temperatures of our medical staff prior to the start of their shift and patients coming for appointments/walk-ins.
- Cleaning high-touch surfaces frequently throughout the day and deep cleanings overnight.
- Re-educating our staff on proper hand washing and respiratory etiquette.

Installing plexiglass guards, or barriers, at the reception areas of all of Aunt Martha's health center locations.

Phone: (877-692-8686)

Website: <https://www.auntmarthas.org/>

At this time, we are offering Telehealth as an option for certain types of behavioral health and sick visits. Please call the Contact Center (877-692-8686) to discuss your symptoms so that we can determine whether a Telehealth or in-person visit is needed.

We developed and opened the Children's Quarantine Center (CQC), the state's only facility designed to provide a homelike setting for foster care youth impacted by COVID-19. A hospital-grade negative air pressure system limits the spread of the disease, and its integration with Aunt Martha's health care team ensures every youth is monitored for symptoms, has direct access to COVID-19 testing and care, and maintains full compliance with any other medication needs. Despite continuing opposition, the CQC continues to operate, at times near 100% capacity, serving youth placed from communities across Illinois.

We expanded access to care, expanding the use of our telehealth network to offer remote access to our therapy, medical and dental services. Since the COVID-19 pandemic began, our providers and care coordinators completed more than 40,000 telehealth visits.

MENTAL HEALTH SERVICES

Centennial Counseling Center

UPDATE

- As essential healthcare workers, Centennial Counseling Center has provided ongoing therapy to individuals in need of mental health care and support since March 2020.
- Therapists have primarily engaged in telehealth counseling to assist people who desired treatment while remaining sheltered in their home. On Friday May 29th, the state of Illinois moved into Phase 3 of the Reopening plan which enabled individuals to have greater freedom to leave home to participate in a variety of activities in our community.
- Centennial Counseling Center will continue following the Department of Public Health guidelines to maintain a safe and predictable environment. Individuals who enter our buildings are asked to join with our staff in wearing masks in common areas (hallways, waiting rooms) and will make decisions whether they wear masks in offices where 6 feet of social distancing can be maintained from their therapist.
- Also, clinical and support staff will be cleaning couches, chairs, solid surfaces, and door knobs on a regular basis between appointments.
- Hand sanitizers and other cleaning supplies will be available for clients and staff to prepare for sessions that are beginning or to prepare for leaving the buildings.
- At this time, quite a few health insurance companies have continued to provide coverage for telehealth counseling from home. Even though the state of Illinois is experiencing greater freedom to leave home, you can continue to engage in therapy in the same manner you have for the last two months.

Phone: (630-377-6613) for St. Charles location

Website: <https://www.centennialcounseling.com/>

If you have questions or are interested in beginning therapy, please reach out to our support staff. For individuals currently involved in therapy, please reach out to your therapist to discuss the questions you have.

ST. CHARLES

1120 E Main St
St. Charles IL 60174
P 630-377-6613

SANDWICH

207 E Church St., Suite A
Sandwich IL 60548
P 815-786-8606

YORKVILLE

110 E Countryside Parkway
Yorkville IL 60560
P 630-553-1600

MENTAL HEALTH SERVICES

Creekwood and Associates

Creekwood Associates provides comprehensive behavioral healthcare for preschoolers, children, adolescents, and adults in a patient-friendly, warm, and welcoming environment.

At Creekwood Associates, we value:

- The client's voice in their own care
- Collaborative treatment planning with clients, family members, and other providers
- Developmental, social/societal, and cultural contexts in clients' lives
- Trauma-sensitive care
- Encouraging client's questions
- Engaging and giving back to our community

Phone: (630-377-1414)

240 S 5th Avenue
St. Charles, IL 60174

Website: <https://www.creekwoodassociates.com/>

Debbie Carsten, MSW, LCSW

- My online work with clients is the most efficient, effective, and convenient means to lasting change.
- HIPPA compliant Telehealth services are now available and are covered by Cigna, BCBS and Medicare through the end of 2020.

INTRO PACKAGE for NEW CLIENTS: \$400 for 4 sessions, including a 90 minute assessment and weekly supplements for work at home.

Phone:(630-999-8151)

To leave a voicemail OR Cell

(630-740-4500) or find me on Facebook at

https://www.facebook.com/LivingYourInspiration/?modal=admin_todo_tour

Website: <https://www.debbiecarsten.com/>

Receive Counseling in the Comfort of Your Own Home- HIPPA compliant Telehealth services are now available.

MENTAL HEALTH SERVICES

Ecker Center: Behavioral Health

Merged with Renz Addiction Counseling Center to create the Ecker Center: Behavioral Health

Services provided:

- Psychiatric Emergency Program (PEP): crisis intervention to individual (ages 5+) who are experiencing a psychiatric crisis. Available 24/7 by phone or walk in, calling ahead of time is recommended: 847-888-2211. All insurance accepted, but service will not be denied due to inability to pay.
- 24 HR Crisis Residential Support Program: support services for adults (18+) who are experiencing a psychiatric crisis and DO NOT require inpatient psychiatric hospitalization. Services include psychiatric stabilization, medication evaluation, and group programming. To coordinate admission, contact the Crisis Residential Supervisor at (847) 695-0484, Option 6. To qualify, clients must have Medicaid or MCO (Managed Care Organization) insurance coverage.
- Collaborative Crisis Service Unit (CCSU): Partnership between Ecker Center and Elgin's Police Department and comprised of two Elgin officers and three behavioral health professionals. CCSU is responsible for responding to mental health-related crises in the community and conducting follow-up visits for individuals who could benefit from behavioral health services. Primary areas of focus are mental and behavioral health, substance misuse, and homelessness issues.
- Psychiatric & Behavioral Health Services: PEP and Crisis, Outpatient Psychiatric Services, Adolescent & Adult Outpatient Therapy Services, Psychosocial Rehabilitation Groups, Long-Term Residential Programs, Case Management Services and Community Support Team Services – Intake 847-795-0484, Option 2
- Substance Use & Gambling Disorder Services: Adolescent & Adult Outpatient Counseling Services, Passage Program for Women, Medication Assisted Treatment Program, Intensive Outpatient Program, Gambling Disorder Treatment Program, Adolescent Early Intervention Services, Overdose Prevention Training – Renz Office Intake Dept 847-795-0484, Option 7
- HIV/STI Testing & Prevention Services
- DUI Services
- NAMI Drop In Center – Groups Tues & Fridays 1p-2p, registration required
- Wellness Center – group activities, Monday – Friday from 10:30am – 12:30pm, registration required
- Pharmacy

Phone: 847-888-2211 (847-695-0484) ext. 1898

Website: <https://eckercenter.org/news/>

Ecker Center is a proud partner of the Illinois Call4Calm Text Line Service. 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. We are here to serve you.

*****Update on services: Our programs are all available, but many of the services are conducted via Zoom right now when possible. For clients who need to visit the office in-person, we require use of a mask and social distancing. Our PEP Services are still available on a walk-in basis through the Emergency Department at Advocate Aurora Sherman Hospital. Some other services at our facility, such as NAMI groups, have been put on hold until further notice.***

MENTAL HEALTH SERVICES

Family Counseling Service

Family Counseling Service’s psychiatric medication providers and other counseling professionals are available to see clients for virtual, or “telehealth” sessions.

Telehealth sessions are video appointments that are conducted online via our secure platform. All you need is a smartphone, tablet, or computer with an internet connection. Just like appointments in-person, it’s just you and your behavioral health provider having a discussion. While it sounds a little intimidating, most clients find it to be just as helpful as face-to-face appointments.

Phone: (630-844-2662)

70 S. River Street,
Aurora, Illinois 60506

Website: <https://aurorafcs.org/telehealth-services/>

We accept almost all major insurances, including Medicaid, Medicare, Blue Cross Blue Shield, Cigna, Humana, and others.

If you or someone you know is struggling right now and would benefit from psychiatric medication or one of our other services, just go to <https://aurorafcs.org/telehealth-services/> and a member of our team will be in touch with you right away. No commitments, no promises. We’ll answer your questions and either get you with an FCS provider or point you in the right direction for help.

Horlock Therapeutic Counseling

Horlock Therapeutic Counseling offers a variety of treatment modalities including visits in the office, over the phone and through video sessions. When needed or desired, in-person visits are occurring and we are working on maintaining the health of all individuals who enter the office. Teletherapy sessions have been covered by all insurance companies that we are contracted with as well and provides for effective treatment from the safety and comfort of your home.

Phone: (630) 464-4104

Website: horlocktherapeuticcounseling.com

106 W. Wilson St., Suite 10L
Batavia, IL 60510

Kelly Huggins, LCSW

Online Therapy services only during COVID.

Specializing in Grief and Loss counseling and grief therapy groups-death of a loved one, acute, chronic and terminal illness, life transitions, and compassionate fatigue and grief in healthcare providers. I also provide LGBTQ+ affirming grief counseling.

Phone: (331)248-5085

Website: <https://www.creatingspacetherapy.com/>

Email: kelly@creatingspacetherapy.com

MENTAL HEALTH SERVICES

JKruse Therapy Services, LLC

*In response to the Coronavirus health pandemic, Governor Pritzker issued an executive order that requires every health insurance provider cover all forms of telehealth for mental/behavioral health treatment. Services may be provided by any psychologist, social worker, or mental health provider. Due to a waiver issued by the federal office of civil rights, acceptable technology formats now extend beyond those that are HIPAA-compliant (i.e. cell phones, FaceTime, Skype, etc). Furthermore, insurance companies may not require prior authorization that is deemed unnecessary, impose additional limitations on treatments, or impose cost-sharing requirements. *

Phone: 202-996-0391

Website: <https://jkrusetherapy.com/>

117 Flinn Street
Batavia, IL

If you are interested in any of these options, and/or if you also already have any of your own equipment, such as a MUSE neurofeedback band, EmWave from Heartmath, temp sensor, or VR device (such as an Oculus Go), please let us know.

As a long-time ‘digital mental health’ provider and proponent, we are happy to share that telehealth can be used for a diverse range of beneficial treatments, including CBT, mindfulness-based approaches, EMDR (in some cases), relaxation and stress management (including hypnosis and guided imagery), virtual reality for mental health, and even biofeedback and neurofeedback.

Kane County Mental Health Council

This alliance is dedicated to improving mental health services for children, adults, and families in their communities. The alliance formed in response to community demand, and to the findings of the Kane County Health Department’s IPLAN (Illinois’ Project for Local Assessment of Needs).

Phone: 630-208-3140

Website: <https://www.wesupportmentalhealth.org/>

Email: isaacsonmichael@co.kane.il.us

1240 N Highland Avenue
Aurora IL 60506

Jody Kanikula, Clinical Social Worker

Specializes in in-home Senior Care

Phone: (630) 482-9182

Email: kanikulajody@gmail.com

MENTAL HEALTH SERVICES

Kuhn Counseling Center, PC

At Kuhn Counseling, we are doing our best to keep up with the changing social distancing COVID-19 regulations. We realize the importance of your mental health during this time. Our therapists are still seeing clients, in the office and via telehealth. Please contact our office or your therapist directly! We have updated our in-office procedures to the following:

- Please wait in your car until your therapist calls you to come in for your appointment.
- If your child/adolescent has an appointment: Please wait in your car after the therapist update for the duration of the appointment or come for an update at the end of the session.
- Please do not bring any additional visitors or family members that are not essential to the appointment. Siblings or other family members should remain at home or in the car.
- If you are feeling ill, please stay home and contact your therapist for telehealth.
- To keep in compliance with social distancing, we want to keep the waiting room as clear as possible. Waiting in the car before your appointment or during your minors' appointments will help us to keep the offices as sanitary and healthy as possible.

Phone: 630-879-1091

Website: <https://kuhncounselingcenter.com>

1001 E. Wilson Street, Suite 180
Batavia, IL 60510

As always, we are here to help you get through these troubling and stressful times. Do not hesitate to contact us!

Prairie Wellness Counseling Center, P.C.

Now Offering: Telemedicine and in-person counseling sessions

We are experiencing a challenging time. It is important to know that you are not alone. The experienced staff at Prairie Wellness is here to help you navigate the feelings that come with this time of uncertainty. We continue to offer counseling to children, adolescents, adults, couples and families.

We are offering remote telemental health sessions. These are sessions where you can meet with a counselor without leaving your home. These are covered by most insurance plans, contact us with specific questions about your.

Our offices have also been thoroughly cleaned and are ready for those well enough to meet in person.

Phone: (630) 715-5740

Website: <https://prairiewellness.org/>

12 W. Wilson Street
Batavia, IL 60510

Please contact us at info@prairiewellness.org or call/text 630-715-5740 with questions or to schedule.

MENTAL HEALTH SERVICES

Riverview Counseling Services

Telehealth Now Available! Access our same great therapists and our same great services from the comfort and safety of your home.

Phone: (630-587-3777)

Website: <https://riverviewcounselingservices.com/>

13 E. Wilson Street
Batavia, IL 60510

Red Tail Clinical Counseling

- BCBS of Illinois is picking up all the copays and deductibles for fully funded plans for telehealth through 6/30/2020! Many of the self-funded plans are following suit with this too, but not all.
- BCBS has approved telehealth coverage through the end of 2020 and has also stated that they think this is a great benefit for folks and are looking at creating a permanent billing code. I have (and clients have too) grown to like and enjoy telehealth for many reasons. Moving forward in the practice this will be a permanent part of what will be an ongoing option for all clients.
- The telehealth platform is straightforward, HIPAA compliant and easy to use! It will allow patient care to continue relatively uninterrupted.

Existing or new clients please know that I am here and accessible. Just reach out.

Phone: (224) 366-7793

Website: <https://www.redtailclinicalcounseling.com/>

515 N. River Street
Batavia, IL

With this information in mind, we are going to stay telehealth so you get the most out of their benefit. If for some reason a client(s) needs in person services this will be accommodated on a person to person basis; thus, it is not out of the question. But because telehealth hasn't slowed anyone down we are going to continue due to the current insurance climate. If this changes for some reason it will be revisited as appropriate.

Brian Rooney, Psychologist, PhD

Brian is a psychologist in Batavia, a sole practitioner within the Prairie Psychotherapy Services group. Brian has been practicing in Batavia for over 20 years after many years as a staff psychologist at (now) Amita Mercy Health Center in Aurora.

His therapy practice includes primarily adults and older adolescents, as well as some couples. He addresses struggles with depression, anxiety and chronic pain including posttraumatic/post-adversity elements. He also works with EMDR (Eye movement desensitization and reprocessing)

In addition to his office practice, he is currently beginning (along with a colleague) an intervention to usefully help those who have experienced recent and/or ongoing trauma or adversity to help them heal and regain their resilience.

Phone: (630) 557-6443

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

335 N. River St., Suite 210
Batavia, IL 60510

MENTAL HEALTH SERVICES

Shifa Therapeutics LLC

We have availability within 1 to 3 weeks for new patients and are available to assist you and your loved one in the recovery process. During this troubling time, we are offering TELEHEALTH appointments to meet our patients' needs and ensure safety for everyone.

- At Shifa Therapeutics LLC we have implemented protective measures to ensure every patient, visitor and staff member is safe while in our office.
- All patients have the choice to have their appointment as a telehealth video appointment or as an in-office appointment
- We are accepting new patients as we do not want anybody to be delayed the treatment they need during these difficult times.
- We have increased office cleaning and disinfecting.
- The office offers 3 waiting areas allowing for all visitors to safely practice the recommended social distancing guidelines.

Phone: (630-397-8347)

Website: <https://www.shifatherapeuticsllc.com/>

All office visitors are required to have a face mask on - we encourage everyone to bring their own face covering but will happily provide one if you do not have one.

Stronger Therapeutic Counseling Services

Stronger Therapeutic Counseling Services strives to offer services that are tailored specifically to meet you exactly where you are at on your journey of self-improvement and personal growth. It is our goal to reduce the stigma for one reaching out for help; and rather encourage self-improvement and achieving a balanced life.

We offer both personal development coaching and traditional individual therapy services to help get you back to feeling your best.

Phone: (847) 707-1049

Website: www.yourstrongerself.me

201 Houston St.
Batavia IL

SENIOR SERVICES ASSOCIATES is serving as a pass-through for this important information; this list was not written by their staff. Information subject to change

24hr Emergency: (800-339-3200),

Main Office in Elgin: (847-741-0404)

Website: <https://seniorservicesassoc.org/>

Shopping Hours for Vulnerable Populations

ALDI	8:30am on Tuesdays and Thursdays; the first hour is reserved for vulnerable shoppers
Caputo's	Tues/Weds/Thurs, 6:00am – 7:30am, for seniors and immunocompromised
Costco	Tuesdays and Thursdays, 8:00am – 9:00am
County Market	6:00am – 8:00am
Dollar General	First hour of operations daily dedicated to seniors; closing an hour earlier to clean
Food 4 Less	Senior citizen shopping is designated for Tuesday/Friday, 7:30am – 8:00 am
Heinen's	8:00am – 9:00am daily
Illinois Valley Food & Deli	7:00am – 9:00am, 7 days a week for elderly and immunocompromised
Jewel-Osco	Priority shopping on Tuesdays and Thursdays, 7:00am – 9:00am
Kroger	7:00am – 8:00am, Monday through Thursday
Local Market Foods	6:00am – 7:00am daily
Mariano's	6:00am – 8:00am daily
Meijer	Tuesdays and Thursdays from 7:00am – 8:00am
Pete's Fresh Market	7:00am – 8:00am Monday through Friday
Shop & Save Market	6:00am-7:00am daily
Sunset Foods	7:00am – 8:00am
Target	First hour each Wednesday; closing at 9:00pm daily so stores to replenish/deep clean
Tony's	Tuesdays and Thursdays, 7:00am – 9:00am
Trader Joe's	Until further notice, stores will be open from 9:00am until 7:00pm
Walgreens	8:00am – 9:00am on Tuesdays
Walmart	Hour-long senior shopping every Tuesday, including pharmacies and Vision Centers
Whole Foods	Serving seniors one-hour before opening to the general public
Valli Produce	Tuesdays and Thursdays, 6:00am – 8:00am for seniors, beginning March 31

- In the interest of public safety regarding Coronavirus, and as an effort to reduce group events, Senior Services is cancelling all Senior Center activities until further notice. Each of our offices will remain open during regular business hours (8 am- 4 pm / Mon-Fri), if you have questions or needs.
- For the safety of all involved, we are temporarily suspending in-home visits. Please check in with your senior via friendly phone calls on your regular schedule, or even more often if you have time available. If you would like to help out in any way, you can offer to drop off pharmacy or grocery supplies at their front door.

VARIOUS SERVICES

2-1-1:

- If you need services in Kane County during this taxing time call 2-1-1. Live specialists are on hand 24 hours a day, 7 days a week to discuss your needs and concerns and connect you to a wide range of local and state-wide resources.
- This includes food, shelter, help with aging parents, legal assistance, domestic abuse and much more. This also includes the most accurate and up-to-date information regarding the Coronavirus from our most reliable and trusted local and national experts. Calls are confidential and help is available in over 150 languages.

Phone: 2-1-1 (24/7)

Toll-free: 888-865-9903

Website: www.findhelp211.org



Association for Individual Development (AID)

- Telehealth services are now available
- All group services provided by AID staff will be SUSPENDED as of 3/18/2020 (i.e. mental health groups, Community Day Services)
- All AID locations CLOSED to the general public as of 3/18/2020.
- All Day Programs (Thompson Center-Aurora, O’Shea Center-Elgin, the Batavia Center, Yorkville Center, all STARS Locations and the Keeler Center-Aurora) are CLOSED until at least April 15 (likely to be extended).
- Community Day Services will continue to be CLOSED, staff will continue to work, on-site and remotely as scheduled.

Phone: 630-966-4000

Website: www.aidcares.org

Telehealth Phone Number: 877-243-0001 OR

email: info@AIDcares.org

- AID Crisis Line of the Fox Valley: 630-966-9393 Available 24 hours a day, 7 days a week
- Any AID BH client who has an appointment (psychiatric or therapy) and wishes to reschedule their appointment or arrange to receive remote services via phone or other means should **call (630-966-4302)**.

CDC Information on COVID-19

Website: multiple languages
<https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

YouTube: Playlist for individuals who use American Sign Language
<https://www.youtube.com/playlist?list=PLvrp9iOILTQatwnqm61jqFrfsfUB4RKh6J>

Changing Children’s Worlds Foundation

Our dedicated team and partners are working hard to support the Parents, Youth & Children we serve in our communities, through New Virtual Programming.

Phone: 630-909-9411

411 Stevens Street,
 Geneva, IL 60134

Website: <https://www.changingchildrensworlds.org/>

VARIOUS SERVICES

CHIP IN Batavia

C.H.I.P. I.N. - Community Helpers Impacting People In Need

Supports students of BPS District 101 who find themselves in temporary housing situations and to support them while they are transitioning to permanent housing and to ensure that students who are facing poverty can be successful in school. To support students in BPS District 101 who are in low income families and have a difficult time with basic needs.

E-mail: chipinbatavia@gmail.com

Website: <https://www.chipinbatavia.org/>

P.O. Box 1003
Batavia, IL 60510

Co-Chairs: Joanne Spitz and Melinda Kintz

Community Crisis Center, Inc.

- Due to the current COVID-19 restrictions - WE ARE NOT ABLE TO ACCEPT DONATIONS AT THE DOOR.
- Other ways to donate right now are on Amazon, donations can come directly to us through them. Choose Community Crisis Center, Inc. when shopping at smile.amazon.com, and charitable donations quickly add up!
- Please note that although our physical sites may not be available to provide in-person support, we are making every effort to provide telephone services.
- The Community Crisis Center building is physically closed; however, we are still sheltering some clients and we are providing therapy and counseling services over the phone.

Phone:

CRISIS HOTLINE: 847-697-2380
EN ESPANOL: 847-697-9740
AIP office: 847-622-8888

Website: <https://www.crisiscenter.org/>

- If you are experiencing an emergency, please call 911.
- To speak with a case manager, call our 24-hour hotline at 1-847 697-2380
- Our AIP Program office is closed. Staff are working remotely but are able to do limited phone counseling. Please call our AIP office (847-622-8888) and leave a message. We are checking this number multiple times a day.

Foltos Tonsorial Parlor

In this time of financial uncertainty, Foltos is offering a special deal for those in need. Call (630) 879-5253 and ask for Joe! for more details.

Phone: (630) 879-5253

7 E Wilson St
Batavia, IL 60510

Website: <http://foltos.com/wp/services/>

Food Delivery for Seniors

Meals on Wheels (Senior Services Associates):
630-879-4035

Local Salvation Army Drive Up Food Pantry:
630-377-2769

Northern Illinois Foodbank:
630-443-6916

VARIOUS SERVICES

Fox Valley Hands of Hope

Although the FVHH Support Center is currently closed for the safety of our community, we are still continuing to remain connected to our clients and supporters as best we can. If you have an inquiry about any of our services, please do not hesitate to contact info@fvhh.net and we will be in contact with you!

Phone: 630-232-2233

Website: <https://www.fvhh.net/>

Email: info@fvhh.net

200 Whitfield Drive
Geneva IL 60134

Gateway Foundation

- Our medical and nursing staff have been screening and monitoring every patient in our care.
- Any new referrals are screened prior to admission and at the time of arrival at the facility.
- We have instituted “stay- at-home” policies across our entire workforce for any staff that is ill or has had either direct or indirect contact.
- We are virtualizing all of our outpatient services.
- Gateway Foundation offers virtual addiction treatment on-line, in the comfort of your home. Utilizing our Telehealth platform, participants see and engage with our therapists and other participants in the group. Topics include co-occurring disorders, relapse prevention, addiction therapy, mindfulness, and creative recovery.
- Medication-Assisted Treatment (MAT) is available as well.

Phone: 877-379-9078

Website: <https://www.gatewayfoundation.org/>

- All Gateway Foundation facilities have been deep cleaned and stocked with needed supplies.
- Visits from families and all outside partners have been suspended until further notice.
- If we find a patient with fever, we have the capability to test for COVID19 with our local lab.
- Most insurance plans pay for Gateway Foundation’s virtual outpatient sessions. For more information about getting started today, please call 877-505-HOPE (4673)
- All of our alumni have been offered daily virtual meetings and our “GatewayConnect app” to engage in alumni activities and on-going support.
- Within our residential treatment programs, we are providing treatment in smaller groups and making other modifications to reduce the size of gatherings.

Greater Elgin Family Care Center

- We are pleased to announce that Greater Elgin Family Care Center is launching Virtual Visits!
- GEFCC has provided Virtual Visits for psychiatry patients for years. Now, Greater Elgin Family Care Center is expanding Virtual Visits to our medical and general behavioral health patients as well!
- Virtual Visits can be for psychiatry and behavioral health, outpatient therapy, counseling, and insomnia.
- Please note, if you are a new patient, you cannot be seen by a GEFCC practitioner through a Virtual Visit.

Phone: (847-608-1344)

Website: <https://gefcc.org/>

Information available in Spanish at

<https://gefcc.org/2020/04/virtual-visits-now-available/>

- Virtual Visits are available for patients with and without insurance and are the same price as a face-to-face visit in one of our Health Centers.
- Greater Elgin Family Care Center's sliding scale discount is available for eligible patients who are seen by a GEFCC practitioner via a Virtual Visit. Amounts due from a patient after application of GEFCC's Sliding Fee Scale and amounts due from patients with insurance who have an insurance co-pay, will be collected by our Billing Department through a follow up phone call.

VARIOUS SERVICES

<p>Lazarus House</p> <ul style="list-style-type: none"> • currently is working with a reduced staff to minimize risks to our vulnerable population • was unable to comply with social distancing restrictions due to space constraints and therefore moved our Emergency Shelter guests to hotel rooms. • Lazarus House is still providing shelter, food, case management and connection for our guests • is continuing to house our guests on-site in our Transitional Living program • is anticipating difficulties for our Homeless Prevention clients in paying their rent portions due to lay-off and job losses, which will cost more in our subsidies to help these individuals and families stay in their homes • anticipates a strain on our consumable supplies, food delivery, staffing and an increase in budget costs due to compliance with CDC mandates and the extended shelter in place order <ul style="list-style-type: none"> ○ 	<p>Phone: (630-587-2144)- Main Number, Emergency Shelter, and center for Transitional Living (630-587-5872) -Rent/Utility Assistance</p> <p>Phones are generally answered 24/7 on the main number. However, in rare instances, you may need to leave a voicemail. Please state your name, phone number, city you reside in, type of assistance you are seeking, and the best times to reach you.</p> <p>Website: https://lazarushouse.net/covid-19-updates/</p> <ul style="list-style-type: none"> • We are unable to accept non-essential donations at this time to help prevent the spread of the virus. • Essential Urgent Needs: <ul style="list-style-type: none"> ○ Disinfectant Wipes ○ Latex Free/Nitrile Gloves – size Large ○ Cases of Bottled Water ○ Face masks ○ To deliver your contribution in person, please go to our donation entrance on 3rd Street, on the west side of the building between the hours of noon and four pm. Ring the bell and staff will accept at the doorway.
<p>Family Service Association of Greater Elgin (FSA)</p> <p>FSA staff is set-up to work remotely allowing us to continue providing care for our families. We are here and we are 100% operational. We know people are struggling right now.</p>	<p>Phone: (847-695-3680)</p> <p>Website: https://www.fsaelgin.org/</p>
<p>Mid-Valley Special Education Cooperative</p> <p>Information on Remote Learning: https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/660630/Mid-Valley_Special_Education_Cooperative_Remote_Learning_Plan_.pdf</p>	<p>Phone: (331-228-4873)</p> <p>Website: https://www.mvse.org/</p>
<p>NAMI</p>	<p>NAMI COVID-19 Resource List: https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US</p>

VARIOUS SERVICES

<p>NAMI KDK</p> <p>We have moved our programs and events online for the time being in response to COVID-19. Check out our Informed Consent, and Zoom Instructions to join us! NAMI Illinois also has support groups they are currently offering.</p> <p>Check out their website https://namiillinois.org/</p>	<p>Phone: (630-896-6264)</p> <p>Website: https://www.namikdk.org/Projects/Responses-to-COVID-19</p>
<p>NAMI Illinois</p>	<p>NAMI Help Line: (800) 950-6264 Monday-Friday, 9:00 a.m. to 5:00 p.m.</p> <p>Website: https://namiillinois.org/</p>
<p>Open Door Health Center of Illinois</p> <ul style="list-style-type: none"> • If you develop shortness of breath or difficulty breathing, you need immediate medical attention. Please call your doctor’s office for advice rather than walking into the clinic. We are doing telephone visits and may also be able to provide video visits depending on availability of equipment. • We have suspended routine appointments to minimize exposure risk, but the Elgin and Aurora Open Door Health Centers are open to address any and all issues by phone. 	<p>Phone: Main Office in Elgin (847-695-1093)</p> <p>Website: https://odhcil.org/</p>
<p>TriCity Family Services</p> <ul style="list-style-type: none"> • Our lobby is closed to visitors and walk-in clients. • While most of our staff are working remotely, the executive director and management team are continuing to maintain smooth business operations. 	<p>Phone: (630-232-1070)</p> <p>Website: https://www.tricityfamilyservices.org/</p> <ul style="list-style-type: none"> • New clients seeking services should call the main office at 630.232.1070 and leave a message for our intake coordinator to contact callers directly. • Existing clients seeking teletherapy sessions, video and phone, or needing to get a hold of their therapists, should call the main office at (630-232-1070) and leave a message.
<p>Tri City Health Partnership Medical and Dental Clinic</p> <ul style="list-style-type: none"> • We will not be accepting any new patients for the immediate future. Check https://tchpfreeclinic.org/ for updated info. • No walk-in's will be accepted. Please call the clinic to speak to someone about scheduling an appointment. • If you are a current patient and unable to leave your home, but need your medication, call the clinic for options. 	<p>Phone: (630-377-9277)</p> <p>Website: https://tchpfreeclinic.org/</p>

VARIOUS SERVICES

VNA Healthcare
















Phone: (630-892-4355)

Website: <https://www.vnahealth.com/>

Seeing patients in person, by phone and through telemedicine video calls. Call (630-892-4355) or (847-717-6455) to set up an appointment





APPS

APP STORE & GOOGLE PLAY

 <p>Calm Harm (self-harm prevention)</p>	 <p>Clear Fear (for anxiety)</p>	 <p>Waking Up (for mindfulness)</p>	 <p>Calm (for mindfulness)</p>
 <p>Youper (for mindfulness)</p>	 <p>Stop, Breathe & Think (for mindfulness)</p>	 <p>Headspace (for mindfulness)</p>	 <p>Insight Timer (meditation/ mindfulness)</p>
 <p>Daylio (mood tracker)</p>	 <p>Recovery Record (for eating disorders)</p>	 <p>My3 (for suicide prevention)</p>	 <p>Virtual Hope Box (coping skills)</p>
 <p>Sanvello (stress reliever)</p>	 <p>Sober Sidekick (substance abuse recovery)</p>	 <p>Sober Grid (substance abuse recovery)</p>	

APP STORE

GOOGLE PLAY

 <p>Recovery Box (substance abuse recovery)</p>	 <p>Pause: daily mindfulness</p>	 <p>Recovery Path (substance abuse recovery)</p>	 <p>12 Step AA Toolkit (substance abuse recovery)</p>
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WEBSITES

<p>https://www.kanehealth.com</p>	<p>Information for:</p> <ul style="list-style-type: none"> • where testing sites are • caregivers • businesses • school district distribution • emergency childcare for communities & providers
<p>https://psychhub.com/covid-19/</p>	<p>Mental health COVID-19 resources</p>
<p>https://www.wesupportmentalhealth.org</p>	<p>resources from this website are included in this list</p>

To receive paper copies of this document or to get more information about this group, contact Mary Anne Callahan at mcallahan@kuhncounselingcenter.com

