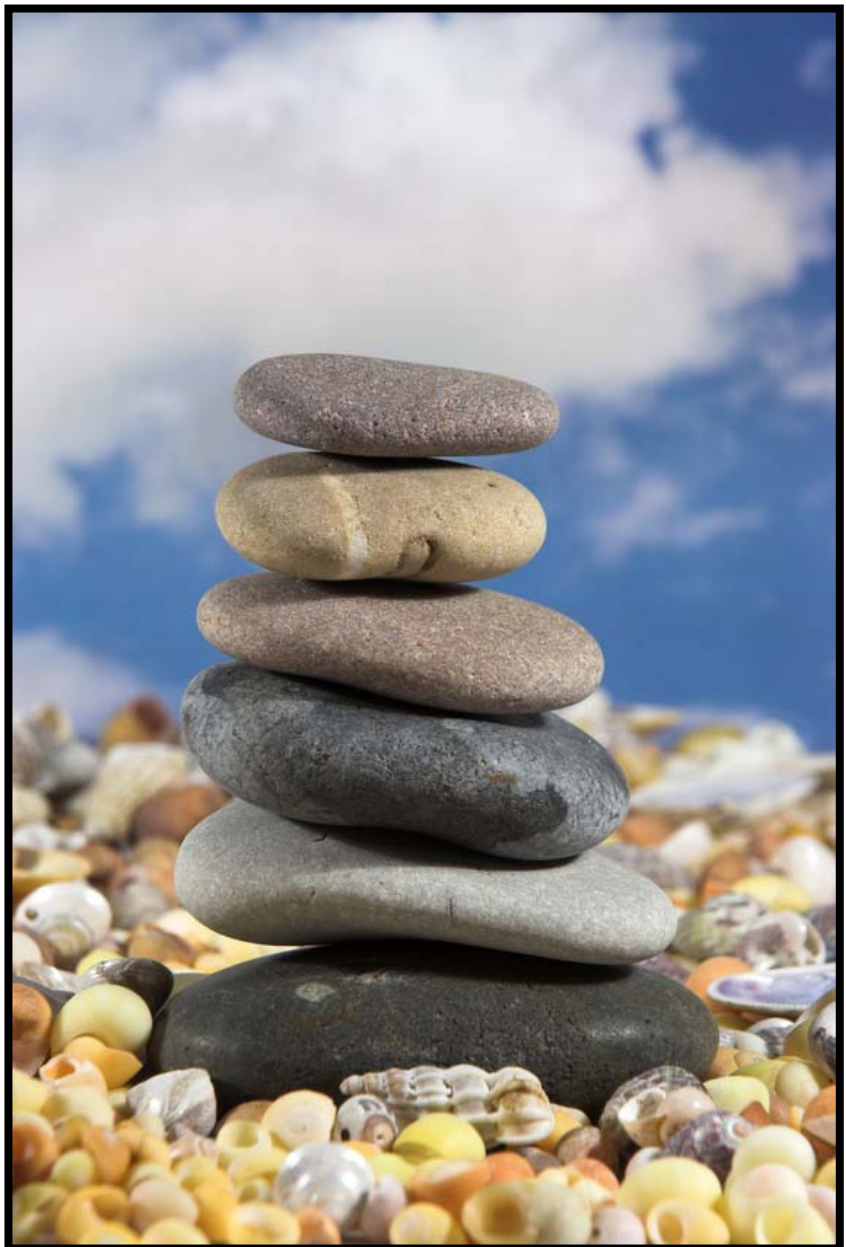


Recovery & Empowerment Resource Guide

*Presented by
the Illinois
Department of
Human Services/
Division of
Mental Health
in collaboration
with the
National Alliance
on Mental Illness
(NAMI) Illinois
and
Sacred
Creations.*



December 2013

Dear Friends,

Whether you are feeling well or you are struggling through a crisis, it is important that you know the reality of recovery. Yes, mental health recovery is a reality. Individuals throughout Illinois and all over the world have and continue to recover their mental health and restore their lives to wellness.

The resources in this booklet include supportive organizations and individuals who believe in recovery. We encourage you to take some time and read through the descriptions of available programs and services. There are several choices for you to consider, some which you may or may not find appealing. That's okay. You can try out various supports as you explore what is a good fit for you. You may also find supports which are more or less helpful at different times in your life because as you grow, your needs may change. Keep in mind you can always revisit this guide to connect with additional resources at a later date.

It's important that you know you are not alone and recovery is a reality that everyone deserves.

Best Wishes,



Nanette Larson, DHS/DMH Director of Recovery Support Services



Lora Thomas, Executive Director of NAMI Illinois



AJ French, Executive Director of Sacred Creations

- **Active Minds:**
www.activeminds.org

Mission Statement: Active Minds empowers students to speak openly about mental health in order to educate others and encourage help-seeking. We are changing the culture on campuses and in the community by providing information, leadership opportunities and advocacy training to the next generation.

Summary: Active Minds supports a network of campus-based chapters across the United States and Canada that are made up of students passionate about mental health advocacy and education. Chapters provide their campuses with a wide range of programming that educates their peers about mental health, connects students to resources, and aims to change negative perceptions about mental health disorders. All Active Minds chapters are registered student organizations and open to every interested student on campus.

There are Active Minds chapters at major universities! To find the campus chapter in your area, go to:

<http://www.activeminds.org/our-programming/chapters/find-a-chapter>

Active Minds

2001 S. Street, NW Ste. 450

Washington, DC 20009

Phone: (202) 332-9598

chapters@activeminds.org

- **Awakenings Project:**
www.awakeningsproject.org

Mission Statement: To assist artists with psychiatric illnesses in developing their craft and finding an outlet for their creative abilities through art in all forms.

Summary: The Awakenings Project works to raise public awareness and acceptance of the creative talents of people living with psychiatric disorders who work in the fields of fine art, music, literature, and drama. Their talent is often showcased at special events. “The Awakenings Review” publication has received international acclaim and individuals with a passion for writing can contact Awakenings to request submission guidelines for The Awakenings Review.

Awakenings Project

Mailing Address

P.O. Box 177

Wheaton, IL 60187

Open Studio Gallery (Saturdays, 10 – 2)

164 Division Street, #415

Elgin, IL 60120

- **Department of Human Services (DHS):**

www.dhs.state.il.us

Mission Statement: To assist our customers to achieve maximum self-sufficiency, independence and health through the provision of seamless, integrated services for individuals, families and communities.

Summary: DHS has multiple divisions including Alcohol & Substance Abuse, Developmental Disabilities, Family & Community Services, Mental Health, Rehabilitation Services, as well as Administration.

Chicago Administrative Office:

401 South Clinton Street
Chicago, IL 60607
Phone: (800) 843-6154
TTY: (800) 447-6404

Springfield Administrative Office:

100 South Grand Avenue East
Springfield, IL 62704
Phone: (800) 843-6154
TTY: (888) 440-8994

DHS / Division of Mental Health (DMH):

<http://www.dhs.state.il.us/page.aspx?item=29763>

Mission Statement: Through collaborative and interdependent relationships with System Partners, it is the Mission of the Division of Mental Health, the State Mental Health Authority, to assure that recovery-oriented, evidence-based and community-focused treatment and supports, are accessible, through the fiscally efficient use of public funds, to children, adolescents and adults, who are most in need of mental health services, in order that they may be empowered in their recovery.

Summary: The Expectation is Recovery! All persons with mental illnesses can recover and participate fully in a life in the community.

If you are in need of mental health services – search online to locate a mental health provider near you!

<http://www.dhs.state.il.us/page.aspx?item=29728>

Chicago Office:

The Michael A. Bilandic Building
160 North LaSalle Street, 10th Floor
Chicago, IL 60601
Phone: (312)814-3784
Fax: (312)814-4832
TTY: (312) 814-5050

Springfield Office:

319 East Madison, Suite 3-B
Springfield, IL 62701
Phone: (217) 785-6023
Fax: (217) 785-3066

DHS / DMH Recovery Support Services:

<http://www.dhs.state.il.us/page.aspx?item=36696>

Mission Statement: As professionals, our mission is to collaborate with staff, families and consumers to promote recovery-focused, wellness-based, trauma-informed services that will enhance personal recovery. Through sharing our individual journeys of living with mental illnesses, we hope to improve, impact, and change lives for the better.

Summary: Recovery Support Services are shared by the Recovery Services Development Group (RSDG) and assist individuals and organizations in supporting mental health recovery. The RSDG advances statewide initiatives such as expansion of the Certified Recovery Support Specialist Credential (CRSS) and Wellness Recovery Action Plan (WRAP), as well as regional mental health conferences and more. Contact your Regional Recovery Support Specialist today!

Region 1 North

Chicago Read Mental Health Center
4200 North Oak Park Avenue
Chicago, IL 60634
(773)-794-4139

Region 1 South

Madden Mental Health Center
2100 South First Avenue
Maywood, IL 60141
708-338-7400

Region 2 West

Elgin Mental Health Center
750 South State Street
Elgin, IL 60120
(847) 742-1040

Region 2 East

Elgin Mental Health Center
750 South State Street
Elgin, IL 60120
(847) 742-1040

Region 3

DHS/DMH
200 S. Second St., Suite 20
Pekin, IL 61554
(309) 346-2094

Region 4

McFarland Mental Health Center
901 Southwind Road
Springfield, IL
(217) 786-7626

Region 5 Metro East

Alton Mental Health Center
4500 College Avenue
Alton, IL 62002
(618) 474-3813

Region 5 South

Choate Mental Health Center
1000 North Main
Anna, IL 62906
(618) 833-5161

Recovery Support Services:

Director, Nanette Larson
(309) 346-2094

Nanette.Larson@illinois.gov

- **DBSA – Depression & Bipolar Support Alliance:**
www.dbsalliance.org

Mission Statement: DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Summary: DBSA envisions wellness for people who live with depression and bipolar disorder. Because DBSA was created for and is led by individuals living with mood disorders, our vision, mission, and programming are always informed by the personal, lived experience of peers.

There are nearly 40 DBSA chapters in Illinois! To find a chapter in your area, go to:
www.dbsalliance.org/site/PageServer?pagename=peer_support_group_locator

Statewide Office:

730 N. Franklin Street, Suite 501
Chicago, IL 60654
(800) 826-3632

- **Equip for Equality:**
www.equipforequality.org

Mission Statement: The mission of Equip for Equality is to advance the human and civil rights of children and adults with physical and mental disabilities in Illinois. It is the only statewide, cross-disability, comprehensive advocacy organization providing self-advocacy assistance, legal services, and disability rights education while also engaging in public policy and legislative advocacy and conducting abuse investigations and other oversight activities.

Summary: Find answers to a variety of disability related concerns, including information on how to seek **individual assistance** with disability-related rights issues, information on **legislation and public policy** that impacts the disability community, **training** to help you advocate for your own disability rights in a variety of circumstances, and information on **ensuring that people with disabilities remain safe** in the wide variety of settings where they live and work. This site also maintains a wealth of links and documents related to disability rights issues in its **Resource Center**.

Main/Chicago Office:

20 N. Michigan Avenue, Suite 300
Chicago, IL 60602
800-537-2632
TTY: 800-610-2779
contactus@equipforequality.org

Central Illinois:

1 West Old State Capitol Plaza, Suite 816
Springfield, IL 62701
(217) 544-0464 (Voice)
(800) 758-0464 (Voice)
(800) 610-2779 (TTY)

- **GROW:**

www.growinamerica.org

Mission Statement: GROW's mission is to promote mental health recovery, personal growth and prevention within our weekly mutual help support groups and throughout our supportive community. As members we strive first to take personal responsibility for changing ourselves, and ultimately as leaders we become "gentle builders of a free and whole community" by contributing to the recovery of others.

Summary: GROW in Illinois is a not-for-profit mental health organization run by its members and substantially funded by the Division of Mental Health. The organization was brought to Illinois in 1978 by Australian GROW leaders, at the invitation of Professor O. Hobart Mowrer from the University of Illinois. Mowrer, a community psychologist, was researching the concept of self help, and believed member-run services add an essential element to mental health care.

To visit an Illinois GROW group -- you don't need an invitation or introduction. To find a group near you, call toll-free 1-888-741-GROW.

Statewide Office:

GROW

PO Box 3667

Champaign, IL 61826

- **Guardianship and Advocacy:**

www.gac.state.il.us

Summary: Created in 1979, the Illinois Guardianship and Advocacy Commission protect the rights and promote the welfare of persons with disabilities. A board of eleven Commissioners, who serve without compensation, govern the agency. The Commission is an executive state agency created to safeguard the rights of persons with disabilities. By providing legal representation, investigating complaints of rights violations and providing state guardianship for Illinois' population with disabilities, the Commission has given voice to those who have previously gone unheard.

Chicago Regional Office

160 N La Salle Street

Suite S500

Chicago, IL 60601

(312) 793-5900

Springfield Regional Office

521 Stratton Building

401 S. Spring Street

Springfield, IL 62706

(217) 785-1540

East Central Regional Office
2125 South 1st St
Champaign, IL 61820
(217) 278-5577

Peoria Regional Office
401 Main Street, Suite 620
Peoria, IL 61602
(309) 671-3030

Egyptian Regional Office
#7 Cottage Drive
Anna, IL 62906
(618) 833-4897

Rockford Regional Office
4302 North Main Street, Suite 108
Rockford, IL 61103
(815) 987-7657

Metro East Regional Office
4500 College Avenue Suite 100
Alton, IL 62002
(618) 474-5503

West Suburban Regional Office
Post Office Box 7009
Hines, IL 60141
(708) 338-7500

North Suburban Regional Office
9511 Harrison Avenue W-300
Des Plaines, IL 60016
(847) 294-4264
Toll Free: (866)-274-8023

- **Illinois Mental Health Collaborative:**
www.illinoismentalhealthcollaborative.com

At this website, you will find the following and many other resources:

- Recovery & Empowerment Handbook
- Recovery & Empowerment Statewide Call information
- Illinois Mental Health Recovery and Empowerment Dictionary
- Information on the Certified Recovery Support Specialist (CRSS) credential
- Warm Line information:

The Warm Line is staffed by trained professionals who have experienced mental health recovery in their own lives. It provides emotional support, recovery, education, and self advocacy support. Hours are Monday – Friday, 8:00 am – 5:00 pm.

Illinois Mental Health Collaborative
For Access and Choice
PO Box 06559
Chicago, IL 60606
(866) 359-7953
TTY: (866) 880-4459

- **Illinois Network of Centers for Independent Living:**
<http://www.incil.org>

Mission Statement: The purpose of the Illinois Network of Centers for Independent Living (INCIL) is to facilitate the collaboration of all Centers for Independent Living in Illinois for promoting, through the Independent Living Movement, equal opportunities and civil rights for all persons with disabilities.

Summary: The Illinois Network of Centers for Independent Living, the statewide association representing the 23 Centers for Independent Living (CILs) in Illinois. INCIL is an authoritative source of information about the accomplishments and needs of Illinois CILs and about issues most critical to promote independent living for all persons with disabilities.

A Center for Independent Living (CIL) is a non-residential, community based organization, directed and managed by persons with disabilities, which is dedicated to the philosophy that all people with disabilities have the right and the responsibility to make choices to control the direction of their lives and participate fully and equally in their communities.

To contact a Center for Independent Living near you -- call the INCIL statewide office number or search online at <http://www.incil.org/locations.asp>.

Statewide Office:

One West Old State Capitol Plaza, Suite 501
Springfield, IL 62701
217/525-1308 v/tty
217/525-1312 Fax
Toll Free: 800-587-1227 v/tty

- **Mental Health America of Illinois:**
www.nmha.org

Mission Statement: Mental Health America (formerly known as the National Mental Health Association) is dedicated to promoting mental health, preventing mental and substance use conditions and achieving victory over mental illnesses and addictions through advocacy, education, research and service.

Summary: Mental Health America (MHA) is the country's leading nonprofit dedicated to helping ALL people live mentally healthier lives. With 240 affiliates nationwide, MHA represents a growing movement of Americans who promote mental wellness for the health and well-being of the nation – everyday and in times of crisis.

To contact a Mental Health America affiliate near you -- call the MHA statewide office number or search online at the link listed below.

http://www.mentalhealthamerica.net/index.cfm?objectid=E422360D-1372-4D20-C8A0285839C8503C&search=yes&srch_state_id=16

Statewide Office:

70 East Lake Street, Suite 900
Chicago, IL 60601
312.368.9070
Fax: 312.368.0283

- **National Alliance on Mental Illness (NAMI) Illinois:**

<http://www.nami.org/>

<http://il.nami.org/>

Mission Statement: NAMI Illinois is a not-for-profit membership organization created to improve the lives of individuals and families challenged by mental illness. In collaboration with NAMI National, Illinois affiliates and other like-minded organizations, we influence public policies, provide up to date education and support programs, and increase public awareness and understanding of mental illness.

Summary: NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illnesses. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

NAMI Illinois
218 W. Lawrence
Springfield, IL 62704
217-522-1403 V/TTY
800-346-4572 V/TTY
namiil@sbcglobal.net

To contact a NAMI Affiliate near you – contact NAMI Illinois or search online at <http://il.nami.org/affiliates.html>.

NAMI Illinois:

Director, Lora Thomas
(217) 522-1403

Thomas.Lora@sbcglobal.net

- **National Suicide Prevention Hotline:**

www.suicidepreventionlifeline.org

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing **800-273-TALK** (8255), the call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers provides crisis counseling and mental health referrals day and night. For Hearing & Speech Impaired with TTY Equipment: 800-799-4TTY (4889)

- **Sacred Creations:**

www.sacredcreations.org

Mission Statement: Understanding that all people are sacred creations of God, it is our mission to recognize and celebrate the strengths of individuals diagnosed with mental illnesses while providing housing and life recovery services. We envision a society where those whom we are called to empower will live with dignity and harmony within the local community while experiencing acceptance, personal growth and respect. We move forward in the Name of Jesus Christ with boldness and humility giving credit and glory to the One who makes all things possible.

Summary: Sacred Creations statewide membership is comprised entirely of persons living with mental health conditions (with and without faith) who desire to change the world through Life Recovery & Life Preservation. Life Recovery focuses on self-needs. Life Recovery services assists individuals in their personal and/or professional recovery journey. Life Preservation focuses on systems-needs. Life Preservation services are collaborative advocacy endeavors which advance meaningful change within society. Speaking engagements for large and small audiences are scheduled as resources are available.

To connect with one another, Sacred Creations membership utilizes an online discussion page (members only) to share statewide information -- contact Sacred Creations using the information below.

Email is preferred.

office@sacredcreations.org

Statewide Office:

2735 East Broadway, Suite B
Alton, IL 62034
618-792-2049

- WRAP & Mary Ellen Copeland Center:
www.mentalhealthrecovery.com

Wellness & Recovery through WRAP®

We transform lives by promoting wellness, recovery, and peer support through training, technical assistance, and advocacy. We are the international leaders of the Wellness Recovery Action Plan® and other works developed by Dr. Mary Ellen Copeland.

What is a Wellness Recovery Action Plan® (WRAP®) and how do I use it?

The Wellness Recovery Action Plan®, or WRAP®, is an **evidence-based system** that is used world-wide by people who are dealing with mental health and other kinds of health challenges, and by people who want to attain the highest possible level of wellness. It was developed by a group of people who have a lived experience of mental health difficulties; people who were searching for ways to resolve issues that had been troubling them for a long time. WRAP® involves listing your personal resources, your Wellness Tools, and then using those resources to develop Action Plans to use in specific situations which are determined by you. WRAP® is adaptable to any situation. WRAP® also includes a Crisis Plan.

WRAP® is universal — it is for anyone, any time, and for any of life's challenges.

Mary Ellen Copeland
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Dummerston, VT 05357
802-254-2092
Fax: 802-257-7499