Chicagoland’s Mental Health Resource

MY STATE OF MIND

THE GUIDE BOOK
Hey, it’s your friends at SocialWorks here! You know...Chance’s non-profit with the mission to empower youth through the arts, education and civic engagement? It’s us! And guess what? We teamed up with the Reader to present a fun look at our newest mental health initiative, My State of Mind, and it’s incredible holistic support.

While the digital resource isn’t available just yet (and honestly is too extensive to fit in this insert) we thought it was important to give you a sneak peak and share some of the services available via My State of Mind, Maybe these resources will spark you or your friends wellness journey!

We know this year has been challenging. We’ve all needed help. Rest assured, there are thousands of people who’ve dedicated their lives to helping you in a time of need. We say that because we know! They’re all included with My State of Mind which aims to have different approaches, specialities, services, competencies, amenities and lots of love as it relates to mental wellness.

Expect My State of Mind to arrive in early 2021 with a wholly reimagined take on mental health access.

@msom4you
Wonderful thing. When worried about the future or anxious of the past, the present of being present is a wonderful thing. When worried about the future or anxious of the past, the present of being present is a wonderful thing. When worried about the future or anxious of the past, the present of being present is a wonderful thing. When worried about the future or anxious of the past, the present of being present is a wonderful thing.

This squirrel uses a body-centered approach to connect their mind, body, spirit, and tail. When words don't do the trick and one has trouble communicating, the body is used to recharge, refocus, and even repattern the mind.

The present of being present is a wonderful thing. When worried about the future or anxious of the past, this turtle focuses on mantras, breathing, and imagery to plant themselves in the present — recharging the body and mind.

The arts heal and this sloth takes full advantage of the healing properties of the creative arts. Through the process of creation, peace is found. Sloth encourages tapping into one’s imagination to examine their body, feelings, emotions, and thought processes.

Clinical wellness is a practice that has withstood the test of time. Dr. Giraffe dedicates their life to providing personalized services for you. Using assessments, medication and counseling, Dr. Giraffe works with people for the long-term and prepares treatment plans through careful consideration and study.

Mental health waits for no one, especially this cat. Phone, keys, wallet...mental health? Check! This feline connects to mental health through electronic devices. If a recharge is needed, one can simply log onto an app, call a hotline, video chat, or text someone for wellness.

The whole is greater than the sum of parts. The Koala believes wellness is a mix of social, financial, environmental, and cultural conditions. Access to the arts, parks, recreation, and safety are some components capable of unlocking one’s full potential.

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**AFFIRMATIONS**

**YOUR MENTAL HEALTH IS A PRIORITY. YOUR HAPPINESS IS AN ESSENTIAL. YOUR SELF-CARE IS A NECESSITY.**

- Dr. Constance Williams

**TAKE CARE OF YOURSELF FIRST, EVERYONE ELSE CAN WAIT.**

- Aileen Apuli

**PRIORITIZE EASE AND PEACE.**

- SocialWorks

**THE FACT THAT WE ARE HERE AND THAT I SPEAK THESE WORDS IS AN ATTEMPT TO BREAK THE SILENCE AND BRIDGE SOME OF THOSE DIFFERENCES BETWEEN US. FOR IT IS NOT DIFFERENCE WHICH IMMobilizes US, BUT SILENCE. AND THERE ARE SO MANY SILENCES TO BE BROKEN.**

- Michelle Thompkins

**I AM NOT WHERE I WANT TO BE TODAY, BUT I AM FURTHER THAN YESTERDAY. I AM GROWING EVERYDAY. EACH AND EVERY DAY, I AM GAINING MORE AND MORE CLARITY ON MY PURPOSE AND PASSION.**

- A Greater Good Foundation
MADLIB

• I WOKE UP TODAY FEELING

__________________________________________

• I AM GOING TO ACCOMPLISH

__________________________________________

• I WON’T BE DEFINED BY

__________________________________________  OR

STOPPED BY _____________________________

WITH THIS, I WILL REDEFINE MY STATE OF MIND.
Sustaining the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services.

@sistaafya
Sista Afya
(312) 880-9739
www.sistaafya.com

HELP LLC is a consulting company that provides culturally responsive counseling, psychological, case management and assessment services to children, youth, and adults at schools and social service agencies.

@bravespacealliance
Brave Space Alliance
(872) 333-5199
www.bravespacealliance.org

Brave Space Alliance is the first Black-led, trans-led LGBTQ Center located on the South Side of Chicago, dedicated to creating and providing affirming, culturally competent, for-us by-us resources, programming, and services for LGBTQ individuals.

@100bmc
100 Black Men
(312) 372-1262
www.100bmc.org

100 Black Men of Chicago aims to improve the quality of life within our communities and enhance educational and economic opportunities of African-American males throughout the Greater Chicago area.

FB: HealEmpowerLearn
HELP
Healing Empowering & Learning Professionals
(773) 819-5504
www.help-llc.org

HELP LLC is a consulting company that provides culturally responsive counseling, psychological, case management and assessment services to children, youth, and adults at schools and social service agencies.
Casa Central transforms lives and strengthens communities, with a special focus on Hispanics. Our network of social services propels a diverse population of all ages toward self-sufficiency and a higher quality of life.

Casa Central
(773) 645-2300
www.casacentral.org

Latinx Talk Therapy is a counseling space created specifically to serve the Latinx community in the Chicagoland area.

Latinx Talk Therapy
(312) 620-7551
www.latinxtalktherapy.com

Motivated by the belief that healthcare is a human right, Erie Health provides high quality affordable care to support healthier people, families, and communities. Erie delivers holistic care to help every member of the family stay healthy and active from infancy through adulthood.

Erie Family Health Centers
(312) 666-3494
www.eriefamilyhealth.org

The Pilsen Wellness Center, Inc. actively seeks to provide holistic human services to individuals and families through culturally sensitive education, prevention, treatment, and recovery interventions.

Pilsen Wellness Center
(773) 579-0832
www.pilsenwellnesscenter.org

Latinx Wellness
The Pilsen Wellness Center, Inc. actively seeks to provide holistic human services to individuals and families through culturally sensitive education, prevention, treatment, and recovery interventions.
Asian Wellness

Asian Americans Advancing Justice

@advancingjusticechicago

Asian Americans Advancing Justice builds power through collective advocacy and organizing to achieve racial equity, bringing together the Asian American community, and empowering them to create change in their communities.

(773) 271-0899
www.advancingjustice-chicago.org

Asian Health Coalition

FB: Asian Health Coalition

Asian Health Coalition

(312) 372-7070
www.asianhealth.org

The Asian Health Coalition has aimed to eliminate health disparities among Asian, Pacific Islander, African, and other communities of color by utilizing a collaborative partnership approach to support the development and implementation of culturally and linguistically appropriate health programs and initiatives.

Midwest Asian Health Association

FB: MAHAhealth

Midwest Asian Health Association

(312) 225-8659 (English)
(312) 225-6806 (Chinese)
www.maha-us.org

Midwest Asian Health Association’s mission is to reduce health disparities for medically underserved, low-income populations in the Midwest though providing culturally sensitive and linguistically appropriate services, which include linkage to mental health services, and research and policy advocacy.

Asian Human Services

@ahs_chicago

Asian Human Services

(773) 293-8430
www.ahschicago.org

Since 1978, Asian Human Services has delivered on a singular purpose: to ensure that every immigrant and refugee across Chicagoland has access to personalized support and services necessary to become prosperous.
The Night Ministry compassionately provides housing, health care, outreach, spiritual care, and social services to adults and youth who struggle with homelessness, poverty, and loneliness. We accept individuals as they are and offer support as they seek to improve their lives.

The Trevor Project is an organization providing crisis intervention and suicide prevention services to LGBTQ+ people under 25. The Trevor Project is determined to provide life-saving and life-affirming resources including our nationwide, 24/7 crisis intervention lifeline, digital community and advocacy/educational programs.

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

Howard Brown Health
@howardbrownhealth
Howard Brown Health

At Howard Brown Health we provide care that respects and values you, just as you are. Our staff is dedicated to helping you live your best life. From pediatrics to geriatrics, we deliver expert care to the LGBTQ community and its allies. Regardless of your ability to pay. We get you.

(773) 388-1600
www.howardbrown.org

The Trevor Project
@trevorproject
The Trevor Project

(866) 488-7386
www.thetrevorproject.org

Trans Lifeline
@translifeline
Trans Lifeline

(877) 565-8860
www.translifeline.org

Howard Brown Health

The Trevor Project

Trans Lifeline
Step Up For Mental Health’s mission is to support, educate and provide services to empower families living with the challenges of mental health disorders. We do this by providing a safe place to share stories and find support for others who are dealing with mental health disorders or caring for a family member with a mental illness.

Chatham Family Counseling Center provides a full range of behavioral health services, including individual therapy, couples and family therapy, group therapy, psychiatric evaluation and medication management. Community education and professional consultations are also provided.

We partner with families to construct the foundation of well-being by strengthening core life skills, incorporating early childhood development supports, building pathways to and preparation for education and employment, and expanding positive social networks and access to community resources.

We offer mental health services for families with young children, with an exclusive focus on pre-natal to 5 years old and their parents. We offer Neurodevelopmental diagnostic evaluations for children from age 3 through age 8.
Chill Chicago

@chill_out_ch

Chill Chicago

(312) 222-1442

www.chillchicago.com

Meditation Center of Chicago

@meditationcenterofchicago

Meditation Center of Chicago

(773) 732-4979

www.dmcchicago.org

The Meditation Center of Chicago, provides weekly classes and seasonal retreats where they teach and practice different techniques of meditation in a quest and comfortable group setting, guided by experienced instructors who specialize in meditation.

Room to Breathe is a part of Center, an integrative psychotherapy practice. Room to Breathe offers yoga classes, workshops, and other wellness services, empowering you to find the tools that help you thrive.

Room to Breathe

@roomtobreathechicago

Room to Breathe

(414) 436-7244

www.roomtobreathechicago.com

Light of Loving Kindness is a non-profit organization, whose divine purpose is to promote Hope, Health, Healing, & Wholeness through hands-on workshops, resiliency services, and education.

Light of Loving Kindness

@lightoflovingkindness

Light of Loving Kindness

(708) 663-5572

www.lightoflovingkindness.org
MENTAL WELLNESS

"Just For You"

Find Out More @
WWW.MSOM.ME
Stand for Social Justice and Make a Difference in the Community

At Adler University, we’re passionate about creating a more just and equitable society. If you’re committed to improving community well-being, we offer several graduate programs – both at our Chicago Campus and Online – in counseling, psychology, public policy and other related fields that can enhance your career and make a difference in the world.

We stand for social justice. Will you stand with us?

Contact us today: 312.662.4100 | Connect with admissions@adler.edu
Learn more at adler.edu/Reader | 17 North Dearborn Street Chicago, IL 60602

We all need mental health.

As one of the largest community mental health and substance use treatment providers in Illinois, Thresholds knows the power of recovery. We meet our clients where they are and help get them to where they want to be. Everyone deserves home, health, hope.

4101 N Ravenswood Ave | Chicago, IL 773.572.5500 | www.thresholds.org
Chicago Run is a nonprofit organization that provides young people across Chicago with inclusive running and physical activity programs. Your support is crucial to ensuring that Chicago Run remains a steadfast resource for our communities during these challenging times.

Tune in for Chicago Run’s 12th Annual, 1st Virtual Little Steps, Big Stars

October 25 - October 30, 2020

A week-long celebration featuring NPR’s Peter Sagal

Visit www.chicagorun.org/LSBS for more information on how you can support programs that provide equitable access to physical activity.
Mental Health is Essential

www.chicagobehavioralhospital.com

Providing Hope for Chicagoland
At Chicago Behavioral Hospital, we believe in providing hope and helping people develop the necessary tools and support systems to achieve and maintain their recovery. Our team is available 24 hours a day, 7 days a week to help teens, adults and seniors in need of treatment for conditions related to their mental health, including depression, anxiety, substance use, or thoughts of suicide.

Assessments are free and confidential.
Call us at 844-756-8600.
Recovery is possible.

Careers begin here.

It’s time to make your goals a reality. Take back your future with free career training at Job Corps.

Joliet Job Corps Center
Building Construction Technology
Cement Masonry
Office Administration
Pharmacy Technician
Security and Protective Services
Culinary Arts
Homeland Security

Paul Simon Job Corps Center
Bricklayer
Painting
Carpentry
Certified Nurse Assistant
Pharmacy Technician
Security and Protective Services
Culinary Arts
Homeland Security

Visit jobcorps.gov or call (800) 733-JOBS [5627].
NEW TIMES REQUIRE NEW THINKING

Better read this if you are 62 or older and still making mortgage payments.

It’s a well-known fact that for many older Americans, the home is their single biggest asset, often accounting for more than 45% of their total net worth. And with interest rates near all-time lows while home values are still high, this combination creates the perfect dynamic for getting the most out of your built-up equity.

But, many aren’t taking advantage of this unprecedented period. According to new statistics from the mortgage industry, senior homeowners in the U.S. are now sitting on more than 7.19 trillion dollars* of unused home equity.

Not only are people living longer than ever before, but there is also greater uncertainty in the economy. With home prices back up again, ignoring this “hidden wealth” may prove to be short sighted when looking for the best long-term outcome.

All things considered, it’s not surprising that more than a million homeowners have already used a government-insured Home Equity Conversion Mortgage (HECM) loan to turn their home equity into extra cash for retirement.

It’s a fact: no monthly mortgage payments are required with a government-insured HECM loan; however the borrowers are still responsible for paying for the maintenance of their home, property taxes, homeowner’s insurance and, if required, their HOA fees.

Today, HECM loans are simply an effective way for homeowners 62 and older to get the extra cash they need to enjoy retirement.

Although today’s HECM loans have been improved to provide even greater financial protection for homeowners, there are still many misconceptions.

For example, a lot of people mistakenly believe the home must be paid off in full in order to qualify for a HECM loan, which is not the case. In fact, one key advantage of a HECM is that the proceeds will first be used to pay off any existing liens on the property, which frees up cash flow, a huge blessing for seniors living on a fixed income. Unfortunately, many senior homeowners who might be better off with a HECM loan don’t even bother to get more information because of rumors they’ve heard.

In fact, a recent survey by American Advisors Group (AAG), the nation’s number one HECM lender, found that over 98% of their clients are satisfied with their loans. While these special loans are not for everyone, they can be a real lifesaver for senior homeowners - especially in times like these.

The cash from a HECM loan can be used for almost any purpose. Other common uses include making home improvements, paying off medical bills or helping other family members. Some people simply need the extra cash for everyday expenses while others are now using it as a safety net for financial emergencies.

If you’re a homeowner age 62 or older, you owe it to yourself to learn more so that you can make the best decision - for your financial future.

We’re here and ready to help. Homeowners who are interested in learning more can request a FREE Reverse Mortgage Information Kit and DVD by calling toll-free at 800-840-8013.
CHILDREN & ADOLESCENT PROGRAM, UNDER THE RAINBOW, SERVICES INCLUDE:
- Individual, Family, and Group Therapy
- 24/7 Mobile Crisis Assessments for Youth
- Medication Management
- Mental Health First Aid Training
- Advocacy through a Medical-Legal Partnership

INPATIENT SERVICES INCLUDE:
- Psychiatric Crisis Screening
- Dedicated Adult Unit
- Substance Use Screening, Assessments, Brief Intervention, and Referrals
- Medication Assisted Treatment
- Medical Detox, starting Fall 2020

OUTPATIENT SERVICES INCLUDE:
- Therapy, including individual and group
- Psychiatric Assessment and Psychiatric Medication Management Clinic
- Substance Use Screen, Assessments, and Referrals
- Life Span Mobile Crisis Assessments
- Intensive Outpatient Program for Adults
- Free transportation services available for outpatient patients

Need help? Call 773-257-5300 to schedule a confidential assessment or receive more information. Our Crisis Workers are available 24/7 at Mount Sinai and Holy Cross Hospital for walk-ins.
Understanding How Violence is Both a Consequence and a Cause of the Mental Health Crisis

For many people, life is terrifying right now

The pandemic, the recession, and general social instability is a crisis like we have never seen before. So many people in our society have a newfound sense of powerlessness against external forces that seem out of our control with no end in sight. Americans, in general, are experiencing symptoms of depression at a number three times higher than before the pandemic, according to a study published in August by JAMA Network Open.

But imagine living with this kind of ever-present insecurity, uncertainty and foreboding – not for mere months – but as a permanent state. What does that kind of sustained trauma do to a person’s psychological wellbeing? How does it impact the way a person interacts with the world? That is exactly what many of Chicago’s hardest hit communities and people face. Every day and night scores of our children and families exist in poverty-stricken conditions; traumatized and paralyzed in states of fear, desperation, and uncertainty. And many of them know no other reality.

The pandemic and its cascading consequences are making everything worse. A report released by the Chicago Department of Public Health (CDPH) shows a significant increase in opioid overdoses and opioid-related deaths in 2020, many on Chicago’s West Side. In Cook County, there have been 71 suicides in the Black community so far in 2020, compared to 56 in 2019. The Cook County Medical Examiner’s Office says 2020 is on pace to be the worst year for suicides in the Black community in a decade.

The Ongoing Cycle of Violence and Trauma

Violence is, by far, the number one scourge in Chicago. Those who have lost their lives or have sustained catastrophic injuries are the first – but not only – victims. The families of the direct victims are very much victims themselves. This includes children at the most vulnerable age who are not well-equipped to process information, emotions and grief. It includes adolescent youth who are just starting out in life; their behaviors, attitudes and habits forming to last a lifetime. When a person is shot, there are hundreds of people who are impacted.

Ask our children and they will tell you of someone they know who has been shot or killed. Some express their experiences with great empathy and emotions. Others seem numb and desensitized, like they’ve watched a movie or video game. The violence in some neighborhoods is so prevalent that residents, especially young men, see it as normal.

And when the violence is at the hands of the police – the consequences become even greater. When a child does not (or cannot) trust those in uniform who are ostensibly there to protect, it creates deep wounds that are difficult to heal.

Violence as a cause of trauma

We have all become familiar with the term Post-Traumatic Stress Disorder or PTSD. But for many in our society, there is nothing “Post” about the trauma they are facing. It is ongoing. If some are asking about the year 2020 “when will this madness end – it’s already been seven months,” imagine someone who has faced a worse kind of instability for as long as they can remember. This kind of trauma changes people in many different but always destructive ways.

What’s more, there is a growing body of research that severe trauma can cross generations in a family. Generational trauma, first recognized in the descendants of Holocaust victims, is the concept that severe trauma experienced by parents can be unintentionally and subconsciously transferred to their children.

Trauma manifests in a variety of ways. The emotions can include anger and a desire for revenge for the loss of a loved. The emotions can include hopelessness and depression, which can create a downward spiral of behaviors such as self-medicating drug addiction, lethargy or even suicide.

Violence as a consequence of trauma

The reverse is also true. A great deal of the violence can also be the result of mental illness; if not acutely in a specific diagnosis, then over the longer term in the numbering of one’s outlook on life. While it is true that most individuals suffering from mental illness are NOT violent, we can say that most perpetrators of violence do indeed have some underlying mental health issue. Whether it is domestic violence, street violence or violence by police, trauma in an individual is a contributing factor to how they might act, think, and perceive their life circumstances.

A Way Forward

Chicago has a mental health crisis. In 2012, six of the City’s 12 public mental health clinics were closed. This was already reduced from the 19 clinics that were once in place. This was drastically inadequate before 2020 ushered in a whole new host of problems.

There is a growing movement in Chicago and the nation to move some resources from police to mental health professionals. This is long overdue. Many circumstances that today are handled by police would be more effectively handled by mental health professionals.

Nationally, at least 1 in 4 people killed by police have a severe mental illness, according to the Treatment Advocacy Center’s 2015 report “Overlooked in the Undercounted: The Role of Mental Illness in Fatal Law Enforcement Encounters.”

This disconnect is funneling people into the justice system when they don’t belong there. According to the National Alliance on Mental Health, about 2 million people with serious mental health illnesses are booked into jails throughout the country. As a general principle, we have failed people when they have their first experience of mental health services within the justice system. We have failed people when they have their first experience of mental health services within an emergency room.

Specifically, there is a proposal in Chicago to develop a publicly funded and operated 24-hour crisis hotline through the Office of Emergency Management and Communications. This would include vans dispatched from a network of public mental health clinics covering the full City of Chicago. One of the plan’s short-term initiatives is to create a co-responder pilot program, in which a mental health professional would respond to a mental health situation with a Chicago police officer. The mental health professional would then work to connect the person in crisis with additional resources outside of the criminal justice apparatus. This would be an enormous step in the right direction.

Yes, this will require public investment. But can we afford not to? Two municipalities in Oregon were able to divert as much as 20 percent of calls from the Police department to mental health providers, say nothing for the savings on other areas of government support when a person is helped rather than jailed.

Two and a half years ago, the Cook County Health and Hospitals System funded Habilitative Systems, Inc. to work in partnership with the Bobby E. Wright Comprehensive Behavioral Health Center to establish the Westside Community Triage and Wellness Center to address this issue; thereby reducing unnecessary incarceration, institutionalization and emergency room visits.

Beyond individual programs, we need to keep up our work on removing the stigma around mental health. How is it that an eight year old boy will tell an adult about a knee injury from falling off a bike but will not tell an adult about alarming emotions he is having after a friend of his is killed. In Chicago’s African-American communities, admitting the need for mental health care remains one of the biggest challenges.

Most broadly, we need to commit to greater investments in human services generally. The ecosystem of well-being is an interconnected web of education, employment, food security, physical safety, housing, and yes, mental health. It is counter-productive to treat just one area and ignore the others.

The social fabric of our society must be repaired for normal development to occur and reduce the impact of adverse childhood experiences (ACE’s).

We should all commit ourselves to doing what we can to make this decade of the “20’s”, which has started off so poorly, the decade when this country and this city finally got on top of the ills which have dogged us for so long. In 2020, let’s have a clearer vision and plan for an effective path forward.

We have it within our power to create change if only we have it within our will.
Helping adults with severe and persistent mental health challenges live productive, enriching and more independent lives within the Metro Detroit community.

Community Housing
Services range from 24-hour awake staff care to independent living with minor supports — and many options in between.

Counseling Services and Groups
Therapeutic services address the multi-layered complexities of mental illness.

Enrichment Programs
The Lois and Milton Y. Zussman Activity Center is a welcoming place for people with mental health challenges that provides a structured, task-oriented day with leadership opportunities, social and enrichment programs.

Creative Expressions is a multi-faceted arts program providing education, community experiences and art therapy for individuals with mental health challenges.

Refer someone for services or learn more.
248.559.8235 | kadimacenter.org

The Reader would like to thank our top sponsors for underwriting the costs of printing this special SocialWorks Pullout Section.

An additional 4,000 copies of this section are available from SocialWorks.
VOTE! YOUR MENTAL HEALTH DEPENDS ON IT!

Generational Trauma and prolonged traumatic stress rips the social fabric in our communities.

WE COUNT, WE MATTER AND WE MUST BE INTENTIONAL IN OUR EFFORTS TO UPLIFT THE HUMAN CONDITION!

Voting made the Civil Rights Act, Voting Rights Act, Affordable Care Act, Women's Suffrage, American with Disabilities Act, 1st Black Mayor of Chicago and 1st Black U.S. President possible.

Let's encourage the next generation, be counted, and keep our future bright!

Habilitative Systems, Inc
Mental Health Services • Substance Abuse Services • Crisis Intervention and Stabilization • Recovery Home • Child and Adolescent Mental Health • Developmental Disabilities • Employment and Training • Senior Housing • Supervised Residential Services for Williams Consent Decree • Pre-Admission Screening
415 S. Kilpatrick, Chicago, IL 60644 (773) 261-2252 www.habilitative.org