

## Resource List

### **Teen Resources**

#### **Healthy Relationships**

Talk about it:

[https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2022/01/2022-TDVAM-Action-Guide\\_R02.pdf](https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2022/01/2022-TDVAM-Action-Guide_R02.pdf)

Love is Respect: [Power and Control Wheel](#)

Love is Respect Quizzes: <https://www.loveisrespect.org/quizzes/>

Understanding Consent for Teens: <https://www.teensforcourage.org/consent/>

Healthy Relationships 101: <https://www.teensforcourage.org/healthy-relationships-101/>

What is Teen Dating Violence: <https://www.teensforcourage.org/what-is-tdv/>

Leaving an Unhealthy Relationship: <https://www.teensforcourage.org/resources/#Leaving-Relationship>

Digital Dating and Abuse: <https://www.teensforcourage.org/digital-dating-abuse/>

#### **Bullying**

Kids Against Bullying: <https://pacerkidsagainstbullying.org/>

StopBullying.gov: <https://www.stopbullying.gov/>

Stompoutbullying.org: <https://www.stompoutbullying.org/about-bullying-and-cyberbullying/>

#### **Sexual Assault**

Teen Sexual Assault: Information for Teens:

[https://www.nctsn.org/sites/default/files/resources/teen\\_sexual\\_assault\\_teens.pdf](https://www.nctsn.org/sites/default/files/resources/teen_sexual_assault_teens.pdf)

RAINN Safety for Students: <https://www.rainn.org/safety-students>

Northwest Center Against Sexual Assault: <https://www.nwcasa.org/>

### **Parent Resources**

Teen Dating Violence: [A Parent's Guide to Teen Dating Violence](#)

CDC Fast Facts: Preventing Teen Dating Violence:

[https://www.cdc.gov/intimate-partner-violence/about/about-teen-dating-violence.html?CDC\\_AAref\\_Val=https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html](https://www.cdc.gov/intimate-partner-violence/about/about-teen-dating-violence.html?CDC_AAref_Val=https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html)

Love is Respect Parent Discussion Guide on Youth Healthy Relationships:

<https://www.loveisrespect.org/supporting-others-dating-abuse/supporting-your-child/>

Love is Respect How to help your child: <https://www.loveisrespect.org/resources/how-to-help-child/>

What should I teach my high school-aged teen about healthy relationships?

<https://www.plannedparenthood.org/learn/parents/high-school/what-should-i-teach-my-high-school-aged-teen-about-relationships>

Amaze: <https://amaze.org/video/healthy-relationships-makes-relationship-healthy/>

## **Personal Body Safety and Consent**

Teaching Consent: [A Parent Toolkit for How to Teach Consent at All Ages](#)

Children and Teens - Statistics regarding Child Sexual Abuse:

<https://rainn.org/statistics/children-and-teens>

Talking to Your Kids about Sexual Assault:

<https://www.rainn.org/articles/talking-your-kids-about-sexual-assault>

How Can I Protect My Child From Sexual Assault:

<https://www.rainn.org/articles/how-can-i-protect-my-child-sexual-assault>

If You Suspect a Child is Being Harmed:

<https://www.rainn.org/articles/if-you-suspect-child-being-harmed>

## **Community Resources**

### **Reproductive Health Services**

#### **Toby's Fund For Reproductive Health Equity (Inclusive Environment)**

Toby's Fund is a non-profit that helps fund abortions, Emergency Contraception and Pregnancy Prevention for those who can't afford services.

Contacts:

- [Mccctobysfund.org](http://Mccctobysfund.org)
- Call or Text (815) 200 - 4604
- Email [info@mccctobysfund.org](mailto:info@mccctobysfund.org)

## **ABORTION:**

Planned Parenthood – Aurora 630-585-0500 / 800-230-PLAN

Planned Parenthood – Chicago 312-592-6700 / 800-230-PLAN

American Women’s Medical Center – Chicago 773-772-7726 / 800-722-2636

American Women’s Medical Center – Des Plaines 847-294-9614 / 800-640-0028

Family Planning Associates Medical Group – Downtown Chicago 312-707-8988 / 800-541-0356

## **CONTRACEPTION:**

McHenry Community Health Center 815-363-9900

Family Health Partnership Clinic 779-220-9300

Community Health Partnership of Illinois 815-943-4339

McHenry Health Department 815-334-4510

## **Emergency Contraception for Every Campus (A project of American Society for Emergency Contraception)**

The American Society for Emergency Contraception (ASEC) is the only U.S. organization that focuses on expanding access to and information about emergency contraception (EC). *ASEC envisions a world in which everyone, everywhere has access to affordable EC without barriers or stigma.*

Emergency Contraception for Every Campus (EC4EC) is a grass-roots activism project launched by the ASEC. It supports bold and brave student leaders across the county as they improve access through EC vending machines and peer-to-peer distribution programs.

We provide student activists with crucial resources, mentoring, and community including:

- Starter kits with EC products, pregnancy tests, condoms, and information cards.
- Resources and guidance to support advocacy for vending machines with low-cost EC.
- Opportunities for public speaking, networking, and leadership development.

ASEC Contacts:

Website: [www.americansocietyforec.org](http://www.americansocietyforec.org)

Email [kelly@americansocietyforec.org](mailto:kelly@americansocietyforec.org)

Email [nicola@americansocietyforec.org](mailto:nicola@americansocietyforec.org)

EC4EC Contacts:

Website: [www.ec4ec.org](http://www.ec4ec.org)

Email [infor@ec4ec.org](mailto:infor@ec4ec.org)

Instagram: ec4ec

Facebook: Emergency Contraception for Every Campus

## **Mental Health Services**

### **988 Suicide and Crisis Lifeline**

988 is a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress, along with concerned family, friends and/or caregivers.

When to call, text, or chat?

Anyone could be struggling with suicide, if you or someone you know is having thoughts of suicide or experiencing a mental health or substance-use crisis, 988 provides a connection to free, 24/7 confidential support.

- Thoughts of suicide
- Emotional Distress
- Feelings of hopelessness
- Substance-use
- Trauma or loss
- Community unrest or Covid-19 related stress

Contacts:

- Call 988
- Text 988
- Chat 988

### **Association for Individual Development (AID): Behavioral Health Services**

They offer:

- Alcohol and Other Drug Case Management
- Behavioral Health Outpatient Services
  - Therapy on-site, individual and group counseling
  - Case management, Health services
  - Psychosocial Rehabilitation (PSR)
  - Treatment Alternative Court (TAC)
- Behavioral Health Outpatient Community
  - Therapy in-home/community
  - Complex care, Individual placement and Support (IPS)
  - Re-entry program
- Children and Family Services
- Community support Team (CST)
- Crisis Hotline (630) 966-9393
- Psychiatric Services
- Psychological Evaluations
- Supervised and Supported Community Living
- Victims and Outreach Services
- Telehealth services are also available

Contacts:

- Call: (877) 243 (AID)- 0001
- Email: [Info@aidcares.org](mailto:Info@aidcares.org)
- Website: [www.AIDcares.org](http://www.AIDcares.org)

## **Association for Individual Development (AID): Mental Health Services**

### AID Programs and Services:

- Outpatient counseling and Therapy with clinicians skilled in a number of evidence based practices. Services are available in Spanish.
- Supported Living Program designed to provide individuals with the support needed to obtain and maintain independent living skills. Services available in Spanish.
- Family therapy and Child and Adolescent services available to assist the family unit with problem solving and communication barriers.
- Psychosocial Rehabilitation (PSR) offers group counseling interventions to assist individuals in developing new and refining current life skills needed to function optimally.
- Psychiatry is available as an adjunct service to therapy, Support Living, and/or Family Therapy at the McHenry location.
- The Drop-In Center can assist with developing friendships, creating a support network and increasing independence in the community.  
Insurances they accept are: Medicaid, Medicare/Medicaid (dual eligible), Medicaid Managed Care Organizations  
*\*\*Unfunded and Undocumented Services Available!*

### Contacts:

- Call: (877) 243 (AID)- 0001
- Email: [Info@aidcares.org](mailto:Info@aidcares.org)
- Website: [www.AIDcares.org](http://www.AIDcares.org)

### Locations:

- 5342 West Elm St., McHenry, IL, 60050
  - Call: (847) 931-2340
- 1201 Dean St., Woodstock, IL, 60098
  - (located in Woodstock Assembly of God)
- 504 E. Diggins St., Harvard, IL, 60033
  - (Thursdays Only)
- 401 Congress Pkwy., Crystal Lake, IL, 60014
  - (Thursdays Only)

## **Association for Individual Development: Helping Children & Adolescents and Building Strong Families**

The *AID Family Program* offers family therapy as well as individual therapy for children and adolescents. Our family therapist facilitates treatment with the use of evidence based techniques, proven to help improve coping and problem solving to increase functioning of the family unit.

### Contacts:

- Call: (847) 931- 2351
- Email: [info@aidcares.org](mailto:info@aidcares.org)

- Website: AIDcares.org

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- 5342 West Elm St., McHenry, IL, 60050
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### **Center for Therapeutic Services & Psychodiagnostics**

At the Center for Therapeutic Services & Psychodiagnostics, our team of clinical psychologists, clinical social workers, and licensed therapists provide evidence-based practices and focus on therapies that deliver results for our clients. We are committed to helping you with the most comprehensive, holistic therapy offerings that are individualized and tailored to fit your unique needs. We take a creative approach to treating complex mental health problems both on an individual and group level.

Services offered are:

Individual therapy, Couples therapy, Family therapy, Psychodiagnostic testing, Court services, Meditation, Parent coordination, Parent time evaluations, Supervised visitation, Driving under the influence services, Fitness for duty evaluations, Court-ordered evaluations, FOID card evaluations, Probation evaluations, and Anger management evaluations.

Insurances they accept:

Aetna, Aetna Better Health, Allied Benefit System, Blue Cross Blue Shield, Blue Cross Blue Shield Community, Cigna, Humana, Magellan, Meridian, Self-Pay, Tricare, United Behavioral Healthcare, United Healthcare, and Value Options.

Contacts:

- Call: (815) 344-9443
- Website: [www.cftsap.com](http://www.cftsap.com)

Locations:

- 4209 W. Shamrock Ln., Unit C, McHenry, IL, 60050
- 9 Crystal Lake Rd., Lake in the Hills, IL, 60156
- 31 N. Virginia St., Crystal Lake, IL, 60014

### **Landmark Therapy Group**

At Landmark Therapy Group, we are committed to providing comprehensive and compassionate therapeutic services to individuals and families in need. Our mission is to be your trusted partner on the journey to emotional, mental, and psychological well-being. We believe that everyone deserves the opportunity to lead a fulfilling life, and our dedicated team of professionals is here

to guide and support you every step of the way. We are proud to have a diverse group of professionals who specialize in a wide range of therapeutic modalities, ensuring that we can meet the unique needs of our clients. Each member of our team is dedicated to upholding the highest standards of care, professionalism, and ethical practice.

Contacts:

- Call: (815) 526-0676
- Email: [info@landmarktherapyllc.com](mailto:info@landmarktherapyllc.com)
- Website: Landmarktherapyllc.com

Location:

- 755 McArdle Drive, Suite E, Crystal Lake, IL, 60014

### **McHenry County Mental Health Board: McHelp App**

The Mchelp App is available on the Apple App and Google Play Store.

Text or talk to a licensed mental health professional about any subject 24/7, 365 days a year. The app also allows residents to have access to a comprehensive service directory of McHenry County.

*To use the app you must be a resident of McHenry County.*

### **NAMI McHenry County**

NAMI McHenry County's mission is to provide support, education, and advocacy in order to improve the quality of life and wellness of individuals with mental health conditions and their families at no cost. We provide non-clinical mental health referral and linkage support in partnership with all community based systems of care for successful treatment in collaboration for harm prevention. All Support, Education, and Advocacy services are provided by trained individuals from all walks of life at no cost to the community. Everyone at NAMI McHenry County (MCH) has direct lived experience enduring the impact of mental illness and navigating the challenges of mental health and prevention systems for wellness.

Contacts:

- Call: (815) 526-8243
- Website: <https://namimch.org/>

Location:

- 620 Dakota St., Crystal Lake, IL 60012

### **Personal Growth Associates**

A community of support, health, and growth. At Personal Growth Associates, we are committed to helping you develop the life and relationships you want. We strive to create a safe and comfortable atmosphere to address the issues and challenges someone may face.

Services Offered:

Individual Therapy-Adults, Children, and Adolescents, Couples Therapy, Family Therapy and Parent Coaching, Group Therapy, ADHD Evaluations, Psychological Testing.

Contacts:

- Call: (847) 413-9700
- Website: [personalgrowthassoc.com](http://personalgrowthassoc.com)

Locations:

- 919 N. Plum Grove Rd., Ste C, Schaumburg, IL, 60173
- 1095 Pingree Rd., Ste. 210, Crystal Lake, IL, 60014
- 800 Roosevelt Rd., Building A, Ste. 321, Glen Ellyn, IL, 60137

### **Pioneer Center: Behavioral Health**

Behavioral Health Services at Pioneer Center offer therapeutic services for children, teens, adults, and families at all levels of care: prevention, crisis intervention, outpatient, and residential programs. Programs are available throughout McHenry County and the surrounding region.

Programs include:

- Residential Group Homes
- Outpatient Therapy
- Therapeutic Mentoring
- Runaway and Homeless Youth
- Prevention and Education

Contacts:

- Call: (815) 344-1230
- Text pioneercenter to 292929 to start receiving text notifications
- Can submit general inquires on website
- Website: <https://www.pioneercenter.org/>

Locations:

- Main Office: 4031 Dayton Street., McHenry, IL, 60050
- Child and Family Therapy Center: 13707 W Jackson Str., Woodstock, IL, 60098

### **Pivotal Counseling Center**

We are a team of therapists with a mission to support people in our community on their journey to wellness and recovery.

Insurance they accept: BCBS PPO, BCBS HMO (Advocate Sites), Beacon Health OPTions, United Healthcare, Aetna, Medicare Advantage Plans, Employee Assistance (EAP), Blue Choice PPO, Humana, Cigna, Magellan, Medicare, and Tricare.

Locations:

- 224 W. Judd St., Woodstock, IL, 60098
- 665 Tollgate Rd., Ste. B, Elgin, IL, 60123
- 1301 Pyott Rd., Ste. 101, Lake in the Hills, IL, 60156

Contacts:

- Call: (815) 345-3400
- Website: [www.pivotalcounselingcenter.com](http://www.pivotalcounselingcenter.com)

## **Survivors of Suicide (SOS) Support Group (Sponsored by the McHenry County Mental Health Board)**

When a loved one takes their own life, pain and confusion can be crippling for those they leave behind. SOS- Survivors of Suicide Loss is a support to those grieving such a loss.

- Join us in a compassionate, caring, confidential setting to share your story and to find strength, inspiration, and hope in each other.

*Meetings happen every first Thursday of the Month (from 7pm-9pm)!*

Contacts:

- Email questions to: [Jballeto@independencehealth.org](mailto:Jballeto@independencehealth.org)
- Website: [www.mchenrycountysptf.org](http://www.mchenrycountysptf.org)

Location:

- McHenry County Mental Health Board- 620 Dakota St., Crystal Lake, IL, 60014

## **Thresholds**

Thresholds McHenry is committed to providing accessible, person-centered, evidence-based care individualized to meet the needs of those we serve. We prioritize the integration of services, collaboration with community partners, and a holistic approach to wellness. We offer a range of services tailored to address the diverse needs of individuals in McHenry County. Our Centers for Mental Wellbeing are committed to providing care regardless of ability to pay, and care for those who are underserved, low income, are insured, uninsured, or on Medicaid. We offer a [sliding scale](#) program that provides discounted services to individuals based on family size and income.

Services provided:

**Mental Health Services:** assessments, individual and group therapy, crisis intervention, psychiatry, medication management

**Substance Use Treatment:** screening, linkage to medication-assisted treatment, counseling, relapse prevention

**Care Coordination and Case Management:** personalized care plans, coordination of services across providers, access to community resources and support

**Crisis Services:** crisis hotline, crisis stabilization, coordination with emergency departments

**Psychosocial Rehabilitation:** education and employment support, housing assistance, community support, and social skills development

**Peer Support Services:** certified peer specialists, guidance and encouragement, advocacy and empowerment

**Primary Care Integration:** physical health assessment and screening, chronic disease management, linkage and care coordination with primary care providers

Contacts:

- Call: (815) 338-8324
- Email: [mchenryintake@thresholds.org](mailto:mchenryintake@thresholds.org)

Locations:

- 2030 N. Seminary Avenue., Woodstock, IL 60098
- 4101 N. Ravenswood Ave. Chicago, IL 60613

### **Turning Point Domestic Violence Services: Trauma-Based Mental Health Services**

Psychotherapy for adult and children victims of domestic violence who have experienced childhood or lifelong trauma and abuse. The children's program is free of charge. The adult program is not free, **fees will apply.**

#### Adult Trauma-Base Mental Therapy

- Therapy is provided by licensed clinicians who specialize in trauma treatment.
- We utilize evidence-based practices including:
  - Cognitive-Behavior Therapy
  - Art Therapy
  - Mindfulness Practices
  - Narrative Therapy
  - And more
- Our holistic and supportive environment is where you can feel safe and deal with the effects of trauma.

#### Children's Trauma-Informed Therapy

- For children and youth ages 6-18.
- Individual therapy is conducted by a licensed mental health professional.
- Treatment is child-centered and may include art therapy and the use of other trauma-informed therapies.
- Session topics are designed to reduce the impact of PTSD.

Contacts:

- Call: (815) 338-8081
- Website: <https://turnpt.org/trauma-based-mental-health-services/>

Location:

- 11019 US-14., Woodstock, IL, 60098

### **Substance Use Resources**

#### **AI-Anon Family Groups: Adult Children of Alcoholics**

Alcoholism is a family disease. Every alcoholic affects at least four other people, including children, siblings, parents, spouses, partners, friends, and co-workers. Many people who were exposed to alcoholism in childhood find difficulties with relationships in their adult life.

- If you grew up affected by someone else’s drinking, Al-Anon is a safe place to bring your concerns, your questions, and your desire to lead a better life. Together, we learn to face the past, let go of it, and to lead happy, productive lives in the present.

Contacts:

- For meeting information call: (888) 425-2666
  - (USA and Canada, Monday – Friday, 8 a.m. - 6 p.m.)

**Free Quit Smoking Apps**

- I Am Sober (On Apple App and Google Play store)
- QuitGuide (On Apple App and Google Play store)
- QuitNow! (On Apple App and Google Play store)
- QuitStart (On Apple App and Google Play store)
- Quit Vaping (On Apple App store)
- Smoke Free: Quit Smoking Now (On Apple App and Google Play store)
- Kwit (On Apple App and Google Play store)
- Easy Quit (On Apple App and Google Play store)
- Quit Tracker (On Google Play store)

**Live4Lali**

A world in which we prevent substance use disorder when we can and offer compassionate support to reduce harms among individuals, families, and communities when we cannot.

Live4Lali works to reduce stigma and prevent substance use disorder among individuals, families, and communities, and minimize the overall health, legal and social harms associated with substance use.

Contacts:

- Website: <https://live4lali.org/>
- Facebook: Live4Lali
- Call: 844.LV4.LALI (584.5254)
- Instagram: Live4Lali

Locations:

- 3255 N. Arlington Heights Road., Suite 508., Arlington Heights, IL 60004

**Quit Smoking Support Group (Available to all McHenry County Residents)**

Freshstart (provided by Advocate Health Care)

- Free, does not report to insurance
- Virtual 4-week course
- Upcoming courses:
  - Tuesdays  
April 2nd, 9th, 16th, & 23rd  
12:00 - 1:00pm
- Register online or by calling 800-252-2900