



Mental Health/Behavioral Health Resources for People with Disabilities in Illinois

EMERGENCY MENTAL AND BEHAVIORAL HEALTH RESOURCES

- **Support Service Teams (SSTs)** for an urgent, chronic, cyclical behavioral health concerns for children and adults with intellectual and/or developmental disabilities, with and without waiver funding:
Adults: <https://www.dhs.state.il.us/page.aspx?item=50861>
Children: <https://www.dhs.state.il.us/page.aspx?item=55895>
- **Children’s Behavioral Health –Screening Assessment and Support Services (SASS) Program** <https://www.dhs.state.il.us/page.aspx?item=92597>:
*“Screening, Assessment and Support Services (SASS), is a crisis mental health service program for children and adolescents, who are experiencing a psychiatric emergency. SASS agencies provide intensive mental health services for eligible children and youth who may need hospitalization, or community based mental health care. SASS services are available by calling the CARES line. CARES stands for Crisis and Referral Entry Services. CARES is a telephone response service that handles mental health crisis calls for children and youth in Illinois. A parent/guardian may check to see if their child can receive SASS services, by calling the CARES **Crisis Line**: 1-800-345-9049 (Voice), 1-773-523-4504 (TTY).*

*You should call CARES when a child is at risk to himself or others and any time you or others think a child is having a mental health crisis. If a child has mental health problems, but is **NOT** a risk to self or others and is not experiencing a crisis, contact your local community mental health services provider on the IDHS website
at: <http://www.dhs.state.il.us/page.aspx?module=12&officetype=> or call*

our Child and Adolescent Client Assistance Line at: 312-793-1361, Monday-Friday, 8:30 a.m. - 4:30 p.m. (excluding Holidays)."

General Crisis Mental Health Services

- **CALL:** 911 or ...
- **GO TO:** Emergency Room at Local Hospital or ...
- **CONTACT:** Crisis/Emergency Mental Health Provider

NON-EMERGENCY MENTAL HEALTH/BEHAVIORAL HEALTH RESOURCES

- Whether you have health insurance through your employer, through the ACA marketplace or Medicaid, call the phone number on the back of your card for mental health/behavioral health services to learn what is available in your network.
- Illinois Department of Human Services, Division of Mental Health (DHS/DMH) 5 Regional Non-Crisis **Mental Health Providers:**
<https://www.dhs.state.il.us/page.aspx?item=29735>
- Use the **DHS Office Locator** to find a mental health provider near you. Click on the link that follows and when prompted to choose an office type, choose "Mental Health": DHS Office Locator, TTY: 312-814-5050
- **Community Mental Health Centers (CMHCs)** offer a range of services including mental health case management, transition linkage and aftercare, assertive community treatment and psychosocial rehabilitation services:
<https://www.dhs.state.il.us/page.aspx?item=32490>;
<https://www.illinois.gov/hfs/MedicalProviders/behavioral/CommunityMentalHealthCenter/Pages/default.aspx>
- **Federally Qualified Health Centers (FQHCs)** - Children and adults served by one of the 390 FQHCs can access primary care, behavioral health services, dental care and more. Illinois Primary Health Care Association is the umbrella organization. Important to note that the behavioral health services, including psychiatry, are for their enrolled primary care patients

only. They accept everyone, including uninsured persons, and charge on sliding fee scale. <https://www.iphca.org/what-are-chc/>
Find FQHC location: <https://findahealthcenter.hrsa.gov/>

Information for people with Intellectual/Developmental Disabilities needing Mental Health Services and participating in Managed Care

- **Adults** in Medicaid Managed Care (including MMAI) vendor list showing the behavioral health subcontractors: (called BH):
<https://www.illinois.gov/hfs/SiteCollectionDocuments/Subcontractorlistasof11152019.pdf>
<https://www.illinois.gov/hfs/SiteCollectionDocuments/MMAISubcontractors02212020.pdf>
- **Youth** Care provider searchable database (some will go up to age 21, or 26 if former youth in foster care): Use
<https://findaprovider.ilyouthcare.com/location> or call 844-289-2264 or
emai: ILYouthCare@centene.com

Information for people receiving Medicaid Home and Community Based Waiver Services with I/DD or waiting on the PUNS

- Consult with your Individual Services and Support Advocacy (ISSA) worker at your Independent Service Coordination Agency (ISC) to find out about resources for mental health services in your local area.
- **Children and Young Adults with Division of Developmental Disabilities Medicaid Support Waiver - Behavior Intervention and Treatment:**
https://www.illinois.gov/hfs/MedicalClients/HCBS/Pages/support_cyadd.aspx
- **Children and Young Adults with Division of Developmental Disabilities Medicaid Residential Waiver - Behavior Intervention and Treatment:**
<https://www.illinois.gov/hfs/MedicalClients/HCBS/Pages/CYADD.aspx>
- **Adults (18 and older) with Division of Developmental Disabilities Medicaid Waiver:** Behavior Intervention and Treatment, Behavior

Counseling (Individual and Group) and Psychotherapy (Individual and Group); <https://www.illinois.gov/hfs/MedicalClients/HCBS/Pages/DD.aspx>

Crisis

If experiencing a crisis (homelessness, abuse or neglect :

<https://www.dhs.state.il.us/page.aspx/item=131772>)

while waiting on the PUNS, contact your ISC to apply for waiver funding.

ADDITIONAL HELPFUL RESOURCES

- **NAMI Illinois** - The National Alliance on Mental Illness of Illinois (NAMI Illinois) is a 501(c)3 nonprofit organization founded by volunteers in 1984. NAMI Illinois is affiliated with the National Alliance on Mental Illness (NAMI) and has 20 local Affiliates throughout Illinois. NAMI Illinois has nearly 2,000 members made up of individuals living with mental illness, family members, friends, and professionals. Its purpose is to help improve the lives of people affected by mental illness through education, support, and advocacy.

<http://www.namiillinois.org>

Helpline: 1-800-952-6264

The following link is to ***NAMI's Navigating a Mental Health Crisis***

document: <https://nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>

- **Illinois Mental Health Collaborative for Access and Choice** – *“The Illinois Mental Health Collaborative for Access and Choice is:*
 - *A partnership between the Division of Mental Health (DMH) and ValueOptions® to improve and advance mental health services.*
 - *An administrative services organization (ASO) created to help DMH make the best use of limited resources to serve people in need of mental health assistance.*
 - *Not an Health Management Organization (HMO) and does not benefit from limiting care.*
 - *Devoted to the recovery and resilience of children and adults with mental illnesses.*
 - *Committed to making it easier for people in need of mental health*

services to get the right care, at the right time, and in the right amount."

- <http://www.illinoismentalhealthcollaborative.com/about.htm>

Community & Residential Services Authority (CRSA) - Responsible identifying and addressing barriers facing parents, professionals and providers when trying to get needed services and programs for individuals, through the age of 21, with a behavior disorder or a severe emotional disturbance and their family.

Website: <https://www2.illinois.gov/sites/crsa/Pages/default.aspx>

Phone: 877-541-2772

NB Consent Decree Information – Expert’s report Feb. 2021:

<https://www.illinois.gov/hfs/SiteCollectionDocuments/FiledFirstAnnualNBillinoisExpertReport02222021.pdf>

Regarding a lawsuit filed in 2011 on behalf of Medicaid-eligible children under the age of 21 in Illinois seeking certain mental and behavioral health services under the Early and Periodic Screening, Diagnostic, and Treatment ("EPSDT") requirement of the Medicaid Act. Covered are all Medicaid-eligible children under the age of 21 in the State of Illinois: (1) who have been diagnosed with a mental health or behavioral disorder; and (2) for whom a licensed practitioner of the healing arts has recommended intensive home- and community-based services to correct or ameliorate their disorders." In 2018, the N.B. Consent Decree was approved:

<https://www.illinois.gov/hfs/MedicalProviders/behavioral/sass/Pages/NBConsentDecree>

- **Illinois DocAssist** - Our mission is to help primary care clinicians screen, diagnose, and treat the mental health and substance use problems of children, adolescents, and perinatal women through consultation, training and referral assistance.** Not a direct support for families but may be useful to share with primary care providers.
<https://docassistillinois.org/>

- **Illinois Department of Insurance – Consumer Health Information** -

<https://insurance.illinois.gov/HealthInsurance/ConsumerHealth.html>

State Help lines:

- Cyber Bullying & Internet Safety
[Illinois Attorney General Stay Connect, Stay Informed: Cyber Bullying and Internet Safety](#)
- CARES Line: Crisis and Referral Entry Services available 24 hours 7 days a week designed to assist individuals in Illinois who are a risk to themselves or others due to a mental health crisis. **1-800-345-9049**
- [Safe2Help](#): a program for students to report school safety issues in a confidential environment.
- [Call4Calm](#): an emotional support text line text TALK to 552020 for English or HABLAR for Spanish

Organizational Resources:

- Resources for families: [Child Mind Institute](#):
<https://childmind.org/audience/for-families/>; see also "[Symptom Checker](#)" where an adult who has a relationship with a child can answer a few questions and the answers are analyzed to provide information about possible concerns or diagnosis. <https://childmind.org/symptomchecker/>
- CDC: [Children's Mental Disorders](#)
- The American Academy of Child & Adolescent Psychiatry: [Facts for Families](#) for children, teenagers, and their families.

