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 Gift of Voice.
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, IDHS/DMH Deputy Director/ Ambassador of Wellness and Recovery Services

AJ French, Executive Director of Gift of Voice

NAMI Illinois
• **Active Minds:**  
  [www.activeminds.org](http://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](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](http://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
• **Illinois Department of Human Services (IDHS):**

  [www.dhs.state.il.us](http://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:** IDHS has multiple divisions including Alcohol & Substance Abuse, Developmental Disabilities, Family & Community Services, Mental Health, Rehabilitation Services, as well as Administration.

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

  **Springfield Administrative Office:**  
  100 South Grand Avenue East  
  Springfield, IL 62762  
  Phone: (800) 843-6154  
  TTY: (888) 440-8994

**IDHS / Division of Mental Health (DMH):**

  [http://www.dhs.state.il.us/page.aspx?item=29763](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 using our Office Locator to locate a mental health provider near you!  

  **Chicago Office:**  
  401 South Clinton Street, 2nd Floor  
  Chicago, IL 60607  
  Phone: (312)814-3784  
  Fax: (312)814-4832  
  TTY: (312) 814-5050

  **Springfield Office:**  
  600 East Ash Street, Building 500, 3rd Floor  
  Springfield, IL 62703  
  Phone: (217) 782-0071  
  Fax: (217) 785-3066
IDHS / DMH Wellness and Recovery 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  
Elgin Mental Health Center  
750 South State Street  
Elgin, IL 60120  
(847) 742-1040

Region 3  
IDHS/DMH  
200 S. Second St., Suite 20  
Pekin, IL 61554  
(309) 346-2094

Region 4  
IDHS/DMH  
600 E. Ash St., Bldg 500, 3rd Flr.  
Springfield, IL 62703  
(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 Street  
Anna, IL 62906  
(618) 833-5161

Wellness and Recovery Services:  
Deputy Director/Ambassador, Nanette Larson  
(309) 346-2094  
Nanette.Larson@illinois.gov
• **DBSA – Depression & Bipolar Support Alliance:**
  [www.dbsalliance.org](http://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](http://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](http://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](http://www.equipforequality.org) with disability-related rights issues, information on [legislation and public policy](http://www.equipforequality.org) that impacts the disability community, [training](http://www.equipforequality.org) to help you advocate for your own disability rights in a variety of circumstances, and information on [ensuring that people with disabilities remain safe](http://www.equipforequality.org) 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](http://www.equipforequality.org).

  **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)
• **Gift of Voice:**

  [www.giftofvoice.com](http://www.giftofvoice.com)

  **Mission Statement:** Our mission is to train, empower and advocate for mental health of individuals, communities and churches.

  **Summary:** Gift of Voice's leadership consists of individuals with personal and professional experience in mental health and related fields. We embrace Christian Values and strive to interact with one another in a manner which reflects the attributes of a Holy God. We pursue optimal health, recognizing that personal wellness and group wellness are profoundly intertwined. We elevate our collective voice by disclosing personal mental health experiences and dignifying disclosure from others. We affirm that decisions made about persons living with mental health conditions should be made with us leading the discussion and decision-making process. We expect positive outcomes and work diligently toward them.

  **Statewide Office:**

  903 North Second Street, Suite B
  Edwardsville, IL 62025
  Email: office@giftofvoice.com

  Office Hours are scheduled by appointment.

• **GROW:**

  [www.growinamerica.org](http://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) 474-5593

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: (86) 274-8023
• **Illinois Mental Health Collaborative:**
  [www.illinoismentalhealthcollaborative.com](http://www.illinoismentalhealthcollaborative.com)

  At this website, you will find the following and many other resources:
  o Recovery & Empowerment Handbook
  o Recovery & Empowerment Statewide Call information
  o Illinois Mental Health Recovery and Empowerment Dictionary
  o Information on the Certified Recovery Support Specialist (CRSS) credential
  o 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](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:
  
  https://www.nami.org/
  https://namiillinois.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 https://namiillinois.org/

  • 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)
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.

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