

NCYAA Supportive Services Handbook for Students & Families



**NORTH COOK YOUNG ADULT
ACADEMY**

Yellow Pages



North Cook Young Adult Academy
Central Office
2340 S. Des Plaines River Road, Suite 414
Des Plaines, IL 60018

August 2014

ABOUT THIS PAMPHLET

PERSONAL NOTES

Teenagers are faced with various questions and decisions. This pamphlet is a resource written especially for our students and their families/guardians.

This directory focuses on critical topics and offers accessible information and contact numbers to assist our students and their families/guardians in finding supportive services in their area.

Don't hesitate to ask for help!

You are not alone!

There are people who care!

This pamphlet is produced by the North Cook Young Adult Academy with the support of schools and community organizations.

Inclusion in the pamphlet does not imply endorsement nor does omission imply disapproval. No claim for total accuracy is made since information changes from time to time.



COUNSELING CONTINUED.....

Jewish Child & Family Services (hotline) 855-275-5237

Josselyn Center for Mental Health (Northfield) 847-441-5600

Kenneth Young Mental Health Center (Elk Grove Village) 847-524-8800

Lutheran General Hospital Behavioral Health 847-518-1800

MaineStay Youth & Family Services (Park Ridge) 847-297-2510

OMNI Youth Services

Schaumburg – 847-353-1500 * Arlington Heights – 847-253-6010

Rainbows (grief counseling) 847-952-1770 * multiple locations

Spectrum Youth and Family Services (Hoffman Estates) 847-884-6212

Response Center (Skokie) 847-676-0078

Catholic Charities

Des Plaines – 847-376-2100 * Rolling Meadows – 847-870-0560

Family Institute at Northwestern University (Evanston) 847-733-4300

- additional locations in Chicago and Northbrook

Schaumburg Family Counseling Services (Schaumburg) 847-524-1505

Peer Services 847-657-7337/847-492-1778 (Glenview/Evanston)

Village of Schaumburg Family Counseling 847-524-1505

Emergency Cell Phone Loan Program Available

Youth Organizations Umbrella (Evanston) 847-866-1200

SUICIDE PREVENTION/DEPRESSION/ANXIETY

National Adolescent Suicide Hotline

1-800-SUICIDE (784-2433)

Alexian Brothers Mental Health (Arlington Heights) 847-952-7460

The Bridge Youth and Family (Palatine) 847-359-7490 (24 hours)

Center for Contextual Change (Skokie/Chicago) 847-676-4447 x304

Compass Health Center (Northbrook) 224-306-1879

Evanston Hospital Crisis Intervention 847-570-2500 ext. 2340

Family Institute at Northwestern University (Evanston) 847-733-4300

- additional locations in Chicago and Northbrook

Josselyn Center for Mental Health (Northfield) 847-441-5600

Kenneth Young Mental Health Center (Elk Grove Village) 847-524-8800

MaineStay Youth & Family Services (Park Ridge) 847-297-2510

OMNI Youth Services

Buffalo Grove – 847-353-1500 * Arlington Heights – 847-253-6010

Response Center (Skokie) 847-676-0078

SASS-Screening Assessment & Support 800-345-9094

Schaumburg Family Counseling Services (Schaumburg) 847-524-1505

Schaumburg Teen Center (Schaumburg) 847-895-7806

Spectrum Youth and Family Services (Hoffman Estates) 847-884-6212

Streamwood Behavioral Health (Streamwood) 630-837-9000

Turning Point Behavioral Health (Skokie) 847-933-0051

RUNAWAYS

National Runaway Safeline
1-800-runaway (786-2929)

The Bridge Youth and Family (Palatine) 847-359-7490 (24 hours)

The Harbour (Park Ridge) 847-297-8540

CRISIS HOTLINE: 847-297-8541

OMNI Youth Services

Schaumburg – 847-353-1500 * Arlington Heights – 847-253-6010

Shelter Inc. (Arlington Heights) 847-255-8060 (24 hours)

Spectrum Youth & Family Services (Hoffman Estates) 847-884-6212

Youth Organizations Umbrella (Evanston) 847-866-1200

FAMILY PLANNING/PREGNANCY

Action for Children 773-687-4000

Caris Pregnancy Clinic (South Barrington) 224-512-1760

CEDA Northwest Office (Mount Prospect) 847-392-0325

Child Support Assistance 800-447-4287

Illinois Department of Human Services 800-843-6154

Mount Prospect Child Care 847-253-5877

Preservation in Human Dignity (Palatine) 847-359-4919

Response Center (Skokie) 847-676-0078

Spectrum Youth and Family Services (Hoffman Estates) 847-884-6212

Teen Mother Choices (Wheeling) 224-280-8286

EATING DISORDERS

National Association of Anorexia and Associated Disorders847-831-3438

Alexian Brothers Behavioral Health (Hoffman Estates) 847-755-8058

Anorexia Nervosa & Associated Disorders (Highland Park) 847-440-6815

The Awakening Center (Des Plaines) 773-929-6262

The Bridge Youth and Family (Palatine) 847-359-7490 (24 hours)

OMNI Youth Services

Buffalo Grove – 847-353-1500 * Arlington Heights – 847-253-6010

Spectrum Youth and Family Services (Hoffman Estates) 847-884-6212

EMPLOYMENT

CEDA Northwest Office (Mount Prospect) 847-392-0325

Job Corps 800-733-JOBS (5627)

MaineStay Youth & Family Services (Park Ridge) 847-297-2510

Illinois Worknet Center (Arlington Heights) 847-981-7400

CRIME (EX-OFFENDERS/OFFENDERS)

Expungement Questions (Springfield) 866-787-1776

Evanston Community Defender Office 847-492-1410

MaineStay Youth & Family Services (Park Ridge) 847-297-2510

OMNI Youth Services 847-353-1500/847-253-6010

Who we are

North Cook Young Adult Academy (NCYAA) is a Regional Safe School Program that serves students from grades 6 through 12 who have multiple suspensions or are pending expulsion.

If you are in need of assistance, or have any questions regarding additional support, please contact the appropriate social worker at your student's campus listed below.

Central Office

2340 S. Des Plaines River Road, Suite 414

Des Plaines, IL 60018

Des Plaines Campus: (847-824-8300 ext. 265)

Palatine Campus: (847-359-2823 ext. 210)

Helpful Hotlines

Alcohol and Drug	1-800-622-2255
Child Abuse	1-800-252-2873
Child Help USA	1-800-422-4453
Drug Abuse	1-800-444-9999
Hunger	1-800-359-2163
Illinois Poison Control	1-800-222-1222
Mental Health Crisis Intervention	1-800-248-7475
Suicide Prevention/Crisis Intervention	1-800-248-7475

COUNSELING

Feeling good about yourself is a positive factor for personal growth. However, when you do not feel good, at one time or another, you may need to go to someone for assistance. You cannot feel good all of the time – that is part of being human and part of growing up. Emotions, or the way a person feels, play a very important part in every person's life. When you notice there are more days when you do not feel good about yourself than days when things are better, then talk to someone.

Talking to someone at these times can change the way you feel. Talking it over can make a person more calm or help with a difficult decision or situation. Trained counselors will listen to you, listening to every word said, because you and what you have to say is important.

While your conversation with a counselor is private and confidential, there may be a special situation when the counselor may need to report something you have said in order to protect you and/or others.

WHERE IS COUNSELING DONE?

There are many places offering counseling services. Listed below are a few. When you call, ask about their policy on your people needing permission from parents, how much it costs and how to make an appointment.

Alexian Brothers Medical Center/Mental Health 847-952-7460

Bridge Youth & Family Services 847-359-7490

Children's Advocacy Center (NW Cook County) 847-661-3040 (24 hours)

Children Home & Aid Society 847-866-3800

Metropolitan Family Services (Evanston) 847-328-2404

Family Focus (Evanston) 847-475-7570

Family Service of Niles 847-588-8460

COMMUNITY SERVICE HOURS

The Volunteer Center of Northwest Suburban Chicago

847-228-1320

SUBSTANCE ABUSE

Drug & Alcohol Abuse Helpline & Treatment
1-800-234-0420

Alcoholics Anonymous Help Line

Arlington Heights/Palatine 847-359-3311

Al-Anon Answering Service 847-358-0338

Alexian Brothers (Center for Addiction) 855-383-2224

Children of Alcoholics/Addicts 800-359-2623

FAIR (families & adolescents in recovery) 847-359-5192

Holy Family "Keys to Recovery" (Des Plaines) 847-298-9355

OMNI Youth Services 847-353-1500/ 847-253-6010

Peer Services 847-657-7337/847-492-1778 (Glenview/Evanston)

RESIDENTIAL PROGRAMS (in & outpatient services)

Alexian Brothers (Center for Addiction) 855-383-2224

Gateway 877-505-4673

Rosecrance 888-928-5278

Northwest Community Substance Abuse Treatment 847-618-2700

Streamwood Behavioral Health 800-272-7790

ABUSE/SEXUAL VIOLENCE/ASSAULT

To Officially Report Abuse

1-800-252-2873

The Bridge Youth and Family (Palatine) 847-359-7490 (24 hours)

Catholic Charities

Des Plaines – 847-376-2100 * Rolling Meadows – 847-870-0560

Children's Advocacy Center (NW Cook County) 847-661-3040 (24 hours)

Childhelp National Child Abuse Hotline 800-4-A-CHILD

Lifespan

CRISIS Line (847-824-4454) Office Line (847-824-0382)

Maryville Academy (Des Plaines) 847-294-1999

Northwest CASA (Arlington Heights) 847-806-6526

Northwest Sexual Assault Hotline HOTLINE: 888-802-8890

Rape Crisis Line 888-293-2080

WINGS (Palatine - Housing/Referral Hotline) 847-348-3001

YWCA (Evanston) 847-806-6526

AIDS/SEXUALLY TRANSMITTED DISEASES

Alexian Brothers Medical Center (Elk Grove) 847-437-5500

National Sexually Transmitted Disease Hotline 800-227-8922

AIDS/HIV/STD Hotline 800-243-2437

Jewish Child & Family Services 847-676-0078