

PROVIDING QUALITY MENTAL HEALTH-RELATED SERVICES

We provide services to clients at least 18 years of age or older, who have been diagnosed with a mental illness and/or emotional disorder that has resulted in significant impairment in the client's level of functioning in one or more major life areas. Substance use disorders (SUD) commonly occur in the mental health population. Dual diagnosis (also referred to as co-occurring disorders) is a term for when someone experiences a mental illness and a substance use disorder simultaneously. People experiencing a mental health condition may turn to alcohol or other drugs as a form of self-medication to improve the mental health symptoms they experience. However, research shows that alcohol and other drugs worsen the symptoms of mental illnesses. The best treatment for dual diagnosis is integrated intervention, when a person receives care for both their diagnosed mental illness and substance abuse. The idea that "I cannot treat your depression because you are also drinking" is outdated—current thinking requires both issues be addressed.

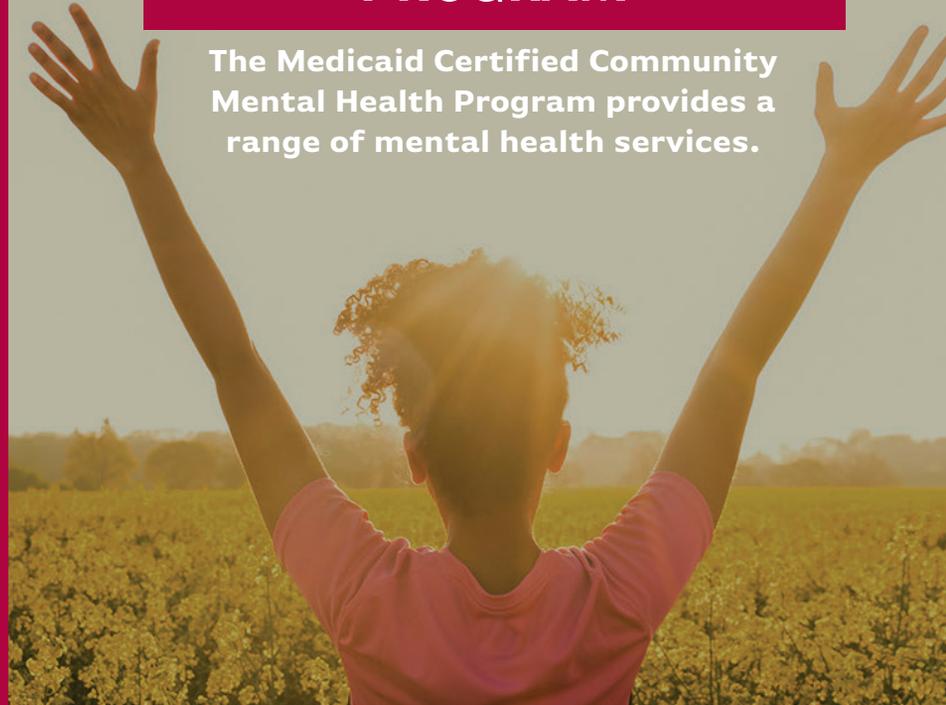
HERE IS HOW WE HELP:

- Provide group and individual counseling services to promote emotional, cognitive, behavioral and psychological changes as identified in the individual's treatment plan.
- Train client and/or family to administer the individual's medication.
- Monitor medication compliance.
- Help client to improve ability to effectively communicate thoughts/feelings to others.
- Help client to develop ability to apply essential skills to achieve and maintain higher level of functioning.

CALL (708) 647-3333

CERTIFIED COMMUNITY MENTAL HEALTH PROGRAM

The Medicaid Certified Community Mental Health Program provides a range of mental health services.



THE SOUTH SUBURBAN COUNCIL

ON ALCOHOLISM AND SUBSTANCE ABUSE

1909 Cheker Square
East Hazel Crest, IL 60429
www.sscouncil.org

CALL (708) 647-3333

TYPES OF MENTAL HEALTH ISSUES & TREATMENTS

Mental illness treatment can take place in a variety of settings and typically involves a multidisciplinary team of providers such as counselors, psychologists, psychiatrists, nurses, mental health aides, and peer support professionals. There is no one-size-fits-all approach to mental health treatment.

PSYCHOTHERAPY

Psychotherapy is the therapeutic treatment of mental illness provided by a trained mental health professional. Psychotherapy explores thoughts, feelings, and behaviors, and seeks to improve an individual's well-being. Psychotherapy paired with medication is the most effective way to promote recovery. People with mental health conditions often find psychotherapy, or "talk therapy," very helpful. The type and length of your therapy will depend on your personal situation and insurance, and your therapy may be part of an overall treatment plan that includes medication or other treatment options.

HERE ARE CONDITIONS THAT CAN BE TREATED THROUGH A COMBINATION OF PSYCHOTHERAPY AND OTHER TREATMENTS AND MEDICATIONS →

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CLINICAL DEPRESSION: The mainstay of treatment is usually medication, talk therapy, or a combination of the two. Increasingly, research suggests these treatments may normalize brain changes associated with depression.

ANXIETY DISORDER: Treatment includes counseling or medications, including antidepressants.

BIPOLAR DISORDER: Treatment is usually lifelong and often involves a combination of medications and psychotherapy.

ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADHD): Treatments include medication and talk therapy.

SCHIZOPHRENIA: Treatment is usually lifelong and often involves a combination of medications, psychotherapy, and coordinated specialty care services.

OBSESSIVE-COMPULSIVE DISORDER: Treatment includes talk therapy, medications, or both.

POST TRAUMATIC STRESS DISORDER (PTSD): Treatment includes different types of trauma-focused psychotherapy as well as medications to manage symptoms.

PERSONALITY DISORDER: A personality disorder is a way of thinking, feeling and behaving that deviates from the expectations of the culture, causes distress or problems functioning, and lasts over time.