

Mental Health Resource Guide



Funded in whole by



MISSION STATEMENT

Davis Mental Health Group works with families and individuals who are affected by Severe Mental Illness.

We provide up to date information provided by other Mental Health professionals to ensure that people are aware of the options they have.

We are an advocate for Mental Illness and assist others with the knowledge, support, and guidance they need.

Our Support Groups are for adults 18 and older.

Meetings are confidential and free of cost to participants.

SIMPLY FREE CHURCH

25460 Locust Rd., Lanark, Illinois

1st and 3rd Tuesday of each month meeting from
6:00 p.m. to 7:30 p.m.

DAVIS MENTAL HEALTH GROUP

813 S. State Ave., Freeport, Illinois

2nd and 4th Wednesday of each month meeting from
6:00 p.m. to 7:30 p.m.

One on One or Family Support Sessions

Call 815-318-2082 or schedule on our website.

Use this guide to get professional care and the support you need.

Mental health disorders refer to a wide range of health conditions or disorders that affect your mood, thinking and behavior.

Many people have mental health concerns from time to time.

A mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

A mental illness can cause problems in your daily life. In most cases, symptoms can be managed with medications and talk therapy.

SYMPTOMS

Examples of signs and symptoms include:

- feeling sad or down
- confused thinking or reduced ability to concentrate.
- excessive fears or worries, or extreme feelings of guilt.
- extreme mood changes of highs and lows
- withdrawal from friends and family
- significant tiredness, low energy and problems sleeping
- detachment from reality, paranoia or hallucinations
- inability to cope with daily problems and people.
- problems with alcohol and drug use
- changes in eating habits
- sex drive changes
- excessive anger, hostility or violence
- suicidal thinking

Sometimes symptoms appear as physical problems such as stomach pain, back pain, headaches or unexplained aches and pains.

Most mental illnesses don't improve on their own, and if left untreated, may get worse over time and cause serious problems.

CAUSES

Inherited traits – mental illness is more common in people whose blood relatives also have a mental illness. Certain genes may increase your risk of developing a mental illness and your life situation may trigger it.

Environmental exposures before birth, exposure to environmental stressors, inflammatory conditions, toxins, alcohol or drugs while in the womb can sometimes be linked to a mental illness.

WHAT TO DO IN A MENTAL HEALTH CRISIS

The behaviors of a person experiencing a crisis can be unpredictable and can change without warning. If your loved one is in or close to a crisis, seek help. Is the person in danger of hurting themselves, others or property?

Do you need emergency assistance? Do you have time to start a phone call for guidance and support?

Please remember your first step is to call 911 or visit your nearest emergency room.

If you feel suicidal or in a crisis and need immediate assistance, people at these Suicide Hotlines in the United States are there to help.

1-800-273-8255 National Suicide Prevention Lifeline

1-800-784-2433 National Hopelink Network

1-800-488-7386 Aimed at gay and questioning youth.

CRISIS TEXT LINE

1. Text “GO” to 741-741 from anywhere in the USA, anytime about any type of crisis.
2. A trained Crisis Counselor receives the text and responds quickly.
3. The volunteer Crisis Counselor will help you.

PSYCHIATRIC CRISIS

A crisis is usually defined by one or more of the following,

- Suicidal, homicidal, and/or other violent thoughts or actions
- Psychosis: Usually, an inability to distinguish what is real from what is not (Hallucinations, Delusions, and/or Paranoia. When you have these symptoms, feeling scared is normal.

Seek treatment immediately from a medical psychiatric provider, local mental health facility, or emergency room.

If the situation is beyond your control, call 911. Please notify the dispatcher that you are having a mental health emergency and officers will be dispatched to assist you.

Like any other crisis, it is important to address a mental health emergency quickly.

With mental health conditions, a crisis can be difficult to predict because often there are no warning signs.

School or Work:

- mounting pressures
- lack of understanding from peers, co-workers, teachers
- real or perceived discrimination
- worrying about upcoming projects
- bullying

Other Triggers:

- stop taking medications.
- starts new medications.
- use of alcohol or drugs
- pending court dates, trauma or violence
- being in crowds, groups of people
- politics
- religion

Warning Signs

- trouble with daily tasks such as bathing, brushing teeth, changing clothes.

- sudden extreme mood changes
- increased agitation
- abusive behavior to self or others
- isolation
- paranoia
- symptoms of psychosis or difficulty recognizing family or friends
- hearing voices, seeing things that are not there.
- giving away personal possessions
- talking as if saying goodbye.
- taking steps to tie up loose ends, organizing papers or paying off debts.
- making or changing a will
- collecting and saving pills or buying a weapon
- withdrawing from friends, family, and normal activities.

WHAT TO DO

If you notice warning signs or are concerned someone is thinking of suicide, do not be afraid to talk about it.

Start the conversation like:

- Are you thinking of suicide?
- Do you have a plan?
- Do you know how you will do it?

If the answer is “yes”, seek help immediately.

- Do not leave the person alone.

- Call their therapist if the person has one.
- Remove meds or weapons if present.
- Call 911 or visit your nearest emergency room.

SUICIDE HOTLINES IN THE UNITED STATES

1-800-273-8255 National Suicide Prevention Lifeline

1-800-784-2433 National Hopelink Network

1-800-784-7386 Aimed at gay and questioning youth.

Call 988

Text HELLO to 741741

HELP FOR VETERANS

1-800-273-8255 Veterans Crisis Line

1-800-799-4889 Crisis Line for Deaf and Hearing Impaired

CALLING 911 FOR A MENTAL HEALTH SCREENING

Remember to:

- Remain calm.
- Explain that your loved one is having a mental health crisis and is not a criminal.
- Ask for Crisis Intervention Team (CIT) Officers who are trained in Mental Health situations.

THEY WILL ASK:

- Your name
- Individual's name, age, description
- Individual's current location
- Whether the person has a weapon or not

INFORMATION YOU NEED TO COMMUNICATE

- Mental health history
- Medications – current and discontinued.
- Suicide attempts, current threats
- Drug use and/or alcohol abuse
- What has helped in the past?
- Any delusions, hallucinations, loss of touch with reality

TIPS WHILE YOU WAIT FOR HELP TO ARRIVE

- If you do not feel safe at any time, leave immediately.
- Announce your actions in advance.
- Use short sentences.
- Be comfortable with silence.
- Reduce stimulation from TV, radio, loud noise.
- Don't disagree with a person's experience.
- If you feel safe, stay until help arrives.

DE-ESCALATION TECHNIQUES

A person in a mental health crisis cannot always communicate their thoughts, feelings or emotions clearly. It is important to stay calm and try to de-escalate the crisis. If these strategies do not work, seek help.

DE-ESCALATION TECHNIQUES THAT MAY HELP RESOLVE A CRISIS

- Keep calm.
- Listen to the person.
- Do not argue.
- Avoid continuous eye contact.
- Move slowly.
- Ask how you can help.
- Avoid touching – such contact may seem threatening.
- Be patient.
- Give space.
- Offer opinions instead of trying to take control.
- Do not threaten – This may increase fear or prompt an assault.
- Do not stand over the person. If the person is sitting, you sit down.
- Do not stand in front of the person. Stand on the side so you do not seem like a direct threat.

CRISIS PLAN

A crisis plan is a written plan developed by the person with the mental health condition and their support team, typically, family and close friends. It's designed to address symptoms and behaviors and help prepare for a crisis.

Some common elements include:

- Persons general information
- Family information
- Current medications and dosage
- Local Crisis Hotline
- Find out about support systems when things are going well.

Don't wait until there is a crisis:

- Learn to recognize early warning signs of relapse, such as changes in sleeping patterns, increased social withdrawal,
- Pay attention to hygiene and signs of irritability.

Talk to family members, especially when doing well. Let them tell you what helps to reduce symptoms and relieve stress. The person may also need an adjustment to medications.

SAMPLE CRISIS PLAN

Emergency Contact: _____

Health Needs: Dietary or allergies:

Service Providers

Pets:

What are the arrangements if you are away from home?

Children

If children live with you, what are the arrangements if you must be away from home?

Things you need to keep.

- Current diagnostic assessment
- Copy of current crisis plan
- Notes from phone calls and appointments
- List of medications and dosage
- Hospitalization history

- Names and phone numbers of mental health professionals working with your loved one.

Following a Crisis

Reflect on what has happened. How can you prevent or minimize future events?

- What situations or triggers led to the crisis?
- What worked to reduce tension or avoid conflict?
- What steps did we or could we have taken to keep everyone safe and calm?

Write down results and include them in future crisis plans.

Types of Mental Health Conditions

Many different conditions are recognized as mental illnesses. The most common types include:

Anxiety Disorders

People with anxiety disorders respond to certain objects or situations with fear or dread, as well as with physical signs of anxiety or panic, such as rapid heartbeat and sweating. Anxiety disorders include generalized anxiety

disorders, panic disorder, social anxiety disorders, and specific phobias.

Mood Disorders

These disorders are also called affective disorders, involving persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness. The most common are depression, bipolar disorder and cyclothymic disorder.

Psychotic Disorders

Psychotic Disorders involve distorted awareness and thinking. Two of the most common symptoms are hallucinations - the experience of images or sounds that are not real, such as hearing voices.

Eating Disorders

Eating disorders involve extreme emotions, attitudes, and behaviors involving weight and food. Anorexia nervosa, bulimia nervosa and binge eating disorders are the most common eating disorders.

Impulse Control and Addiction Disorders

People are unable to resist urges or impulses to perform acts that could be harmful to themselves or others. Pyromania (starting fires), kleptomania. (stealing) and compulsive gambling are examples of impulse control

disorders. Often, people with these disorders begin to ignore responsibilities and relationships.

Personality Disorders

People have extreme and inflexible personality traits that are distressing to the person and/or cause problems in work, school, or social relationships. A person's pattern of thinking and behavior significantly differ from the expectations of society and are so rigid they interfere with normal functioning. Examples include antisocial personality disorder, obsessive compulsive personality disorder, and paranoid personality disorder.

Obsessive Compulsive Disorder (OCD)

People are plagued by constant thought or fears that cause them to perform certain routines. An example is a person with an unreasonable fear of germs who constantly cleans their hands.

What are Anti-Depressants

Antidepressants are meds used to treat depression. They are also used for conditions such as anxiety, pain and insomnia. The most popular types of antidepressants are called selective serotonin reuptake. (SSRIS)

They include:

- Fluoxetine
- Citalopram
- Sertraline

- Paroxetine
- Escitalopram

Potential side effects of SSRI's and SNRI's include:

- Nausea
- Nervousness, agitation or restlessness
- Dizziness
- Insomnia
- Weight gain or loss
- Headache
- Dry mouth
- Vomiting
- Diarrhea
- Reduced sexual drive.

Anti-Anxiety Meds

Certain meds work to reduce emotional and physical symptoms of anxiety. Benzodiazepines such as Alprazolam (Xanax) can treat social phobia, generalized anxiety disorder and panic disorder. These work quickly and are effective in the short term. People prone to substance abuse may become dependent on them.

Symptoms

Examples of signs and symptoms include:

- feeling sad or down
- confused thinking or reduced ability to concentrate.
- excessive fears or worries, or extreme feelings of guilt.
- extreme mood changes of highs and lows
- withdrawal from friends and activities
- significant tiredness, low energy and problems sleeping.
- detachment from reality, paranoia or hallucinations
- inability to cope with daily problems and people.
- problems with alcohol and drug use
- changes in eating habit
- sex drive changes
- excessive anger, hostility or violence
- suicidal thinking

One in four persons experience a mental illness in their lifetime, but most never seek professional help. The reasons for not seeking help are lack of money, time, fear of stigma, and limited access to mental health care.

Mental Illness qualifies as a disability and may be eligible for income assistance and health care coverage. There are two federal disability programs. SSI (Supplemental Security Income) and SSDI (Social Security Disability Income).

Apply at your local Social Security office. You will need a Social Security Number, birth certificate or other proof of age and citizenship, information about where you live, work history, sources of financial support, dates of any military service, names, addresses and phone numbers of doctors, hospitals, clinics and institutions where treatment has been received.

Supplemental Security Income (SSI)

To be eligible for SSI based on disability, a person must have a physical or mental impairment which prevents one from performing normal activities of daily living, or which prevents an adult from doing any substantial work and is expected to last at least a year or result in death.

Have little or no income or resources to be eligible for SSDI a person must:

- have worked and paid SS Taxes (FICA) long enough to be covered under Social Security,
- or be an unmarried son or daughter who became disabled before age 22, who has a parent eligible for retirement/disability/death benefits.
- have a physical or mental impairment that prevents the person from doing any substantial gainful work and has lasted or is expected to last for at least one year.

If benefits are denied, the ruling may be appealed by requesting:

1. reconsideration
2. a hearing before an administrative law judge
3. review of decision by the appeals council, or
4. civil action in federal court.

You have 60 days to appeal between each of these steps.

Guardianship

Guardianship is the designation of the court of a person to make personal decisions on behalf of another person who is judged to be unable to make informed decisions about his or her care. The guardian makes decisions regarding personal care but is not financially responsible for the person's care.

Conservatorship

If the person needs attention in handling money but is not willing to let someone else handle their finances, or if substantial income or property is involved, a family member may have to seek conservatorship through the Probate Court, to protect the persons finances.

Wills and Estate Planning

If your relative with mental illness qualifies for SSI benefits, it is important for the family to plan so that SSI

payments and Medicaid will not be lost through inadequate estate planning. A lawyer can assist in setting up a special needs trust on behalf of the mentally ill person. The trust fund must be restricted so that it cannot be used for basic living costs. If you do not feel you are currently wealthy enough to leave money for your disabled family member, consider life insurance made payable to the special needs trust.

Support and Advocacy Groups for Family Members

Davis Mental Health Group offers free support groups for families and individuals affected by Mental Illness.

Davis Mental Health Group

813 S. State Ave., Freeport, IL

2nd and 4th Wednesday of each month

Meeting from 6:00 p.m. to 7:30 p.m.

Simply Free Church

25460 Locust rd., Lanark, IL

1st and 3rd Tues of each month meeting

from 6:00 p.m. to 7:30 p.m.

NAMI Northern Illinois

located in Rockford Illinois offers the following programs:

- Peer to Peer is for adults with mental health conditions looking to better understand themselves and their recovery.
- Nami Basics on Demand is for parents or guardians who provide care for youth.
- Nami Homefront is a class for caregivers and friends of military service members and veterans.
- Group Hope is a lifeline for people to understand mental illness...and to be understood.
- Nami Connection is a support group for people with mental health conditions.
- Nami Family Support Group is a support group for family members, significant others and friends of people with mental health conditions.
- Parent and Caregiver Support Group is a peer led support group for any adult with a child (under 18) who has experienced symptoms of a mental health condition.

Rosecrance - Freeport

- Behavioral health services
- Substance use
- Co-occurring disorders for children, teens, adults, and families
- Screenings and assessments
- Individual, group, and family therapy

- Intensive outpatient program (IOP) treatment
- Works closely with community providers that include school, criminal justice, and court programs

Sinnissippi Freeport 800-242-7642

- Assessments
- Counseling
- Crisis Stabilization
- Life Skills Development
- Substance Use Treatment
- Psychiatric Services and Medication Assessment
- *and many more services.*

Medication

- **St. Vincent de Paul** offers free meds to underserved populations. You may be eligible if you have no insurance, a prescription from a physician, and can prove financial need.
- **Needy Meds** helps people of all ages with and without insurance, locates patient assistance programs, free or low-cost clinics, state programs and offers a free needy Meds Drug Discount Care helpline. 1-800-503-6897

- **NAMI** maintains a list of prescription Drug Patient Assistance programs which can help offset the cost of medications.

You can call NAMI helpline at
1-800-950-NAMI 1-800-950-6264
Monday through Friday 10AM – 6PM ET

If you have Medicare Part D and need financial assistance, you may qualify for a federal benefit program called Extra Help. 1-800-333-4114

Community Mental Health Programs

Because serious mental illnesses are likely to require treatment over a long period of time or an entire lifetime, most persons will sooner or later use the services of their community mental health programs and centers. Community Mental Health programs may be involved in the initial assessment and will certainly be involved if treatment is involuntary.

Once a person is determined to be eligible for services, a case manager or case worker is assigned to assist with such services as crisis intervention, medical diagnosis and treatment, income support, rehabilitation services, and sometimes counseling and outreach services.

Community mental health programs may also offer residential and vocational services to eligible

individuals. There may be a family education program to provide support and information to family members.

Hospitals

Hospitals may be sought for emergencies. You have the choice between private hospitals and the state operated mental health centers, depending on the availability of beds. In making the choice that meets your needs or your loved ones needs, there are several things to consider:

- Private insurance may cover a short stay
- Much of the cost is covered; most policies have very limited coverage for psychiatric problems, although recent legislation regarding parity for these services is in the works in many areas. Check with your insurance company about continuing your loved one's coverage after the age when coverage generally stops, usually at 26. It may be possible to continue coverage past that age on a parent's policy.
- Medicaid and or Medicare may cover hospitalization. The community mental health case manager may assist you with applying for Medicaid.

Resources in and near Stephenson County

Randy Manus

Represents claimants in social security and SSI disability cases:

50 W Douglas Ave
Suite 810
Freeport, IL 61032 815-235-7470

The Salvation Army

106 W. Exchange
Freeport IL 61032 815-235-7639

Freeport Area Church Cooperative

514 S. Chicago Ave.
Freeport IL 61032 815-233-0435

Prairie State Legal Services

303 N. Main St
Rockford, IL 61101 815-965-2902

Sinnissippi Centers, Inc.

524 W. Stephenson St.
Freeport IL 61032 815-516-8898

Rosecrance

1631 S. Galena Ave.
Freeport IL 61032 866-330-8729

SSM Health

1301 S Kiwanis Dr
Freeport, IL 61032 815-235-1406

Davis Mental Health Group

813 S State Ave
Freeport, IL 61032 815-318-2082

Stepping Stones of Rockford

706 N Main St
Rockford, IL 61103 815-963-0683

Voices of Stephenson County

565 N Turner Ave
Freeport, IL 61032
Administration 815-235-9421
24 Hour Domestic Violence Crisis Line
815-235-1641
24 Hour Sexual Assault Services and Crisis Line
815-232-7200

New Horizons Counseling Center

34 N Whistler Ave

Freeport, IL 61032 815-235-6171

Ramp Center for Independent Living

2155 W. Galena Ave.

Freeport, IL 61032 815-233-1128

NAMI Of Northern Illinois

PO Box 6971

Rockford IL 61125 815-963-2470

New Directions

773 W Lincoln – Suite 105

Freeport, IL 61032 815-232-9050

Sinnissippi Centers Inc.

1122 Healthcare Dr

Mount Carroll IL 61053 815-244-1376

Swedish American Hospital

1401 E State St

Rockford, IL 61032

24 Hour Assessment 779-696-4123

Substance Abuse and Mental Health services

Administration (SAMHA) 1-800-662-4357

Mental Health Crisis Line/Suicidal Hotlines

Suicide Prevention Lifeline 1-800-273-Talk

Crisis Text Line-Text HOME to 741741

IMALIVE – Online Crisis Chat – ***IMALIVE*** is a live network that uses instant messaging to respond to people in crisis and in intense emotional pain.

Call 800-784-2433 (Suicide) or chat online to get help.

Teen-line – 1-800-855-4673

Or Text TEEN to 839863 (Teens Helping Teens)

National Runaway Safe 1-800-Runaway

(Chat available on Website)

National Alliance on Mental Illness (NAMI)

www.nami.org

1-800-950-6264

NAMI Illinois

<http://www.namiillinois.org>

Mental Health America

1-800-969-6642 www.mentalhealthamerica.net

The Trevor Project

National 24-hour, toll-free confidential Suicide hotline provides intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people. If you are thinking of Suicide and in need of immediate support, call 866-488-7385, Text START to 678-678, or chat online.

Trans Lifeline – is a peer support service run by trans people, For trans and questioning callers. Call 877-565-8860.

Illinois warmline – 1-866-359-7953 or TTY 866-880-4459 (available to Illinois callers). A non-crisis peer support line for people living with mental illness. Volunteers assist callers with their thoughts and feelings by providing support and encouragement. Hours – Mon-Fri 8:00 a.m. –5:00 p.m.

Anxiety/Panic

1-800-64-PANIC -Panic Disorder Information Hotline

Suicide Hotline in Spanish.

National Suicide Prevention Lifeline provides free and confidential emotional support for people in suicidal crisis or emotional distress.

Call 800-273-TALK (8255), Press 2

Suicide Org

Suicide Hotlines by state.

Suicide.Org is a non-profit organization that aims to prevent suicides, support suicide survivors, and educate the public about suicide. Find suicide awareness and support at suicide hotlines listed by state.

S.A.F.E. 1-800-366-8288

Provides information including treatment referrals to individuals suffering from self-injury such as cutting.

www.selfinjury.com

Bipolar and Depression

Depression and Bipolar Support Alliance

www.dballiance.org

Self Harm/Self Abuse

SAFE (Self Abuse Finally End)

1-800-355-8288 www.selfinjury.com

211

Provides free and confidential information and referral for mental health services, help with food, housing, employment, counseling and more.

JED Foundation

Helps protect the Mental Health of College students across the United States.

Each state has a Mental Health Agency that provides information on the mental health laws in each state, as well as resources available to them. To help someone 18 or older, it is important to know that these individuals cannot be forced to receive treatment. The laws are different in each state.

State Agency Locator Tool:

<http://findtreatment.samhsa.gov/MHTreatment/faces/abuseAgencies.jspx>

Recommended Mental Health Websites, Organizations, and Support Groups

1. Mental Health America
2. NAMI
3. Anxiety BC
4. Dr. Lloyd Sederer's TEDx Talk
5. Bipolar Caregivers Website
6. My Blog Post
7. To Write Love on your Arms
8. International Bipolar Foundation
9. 7 Cups of Tea
10. The Trevor Project
11. BD Wellness Center
12. Mental Health First Aide
13. Not Myself Today
14. Mind
15. bpHope

VOLUNTEERS

There is always a need for volunteers. If you are interested in a board position, facilitator position, public spokesperson, or other involvement, please contact us at 815-318-2082 or support@davismentalhealthgroup.org

DIY TOOLS

Tools available on our website at www.dmhg.org

- Emergency 911 Tip Sheet for Northwest Illinois
- Behavioral incident reporting form
- Crisis plan worksheet.
- Mental Health Screening
- FAQ – When an adult I love won't seek help.

Know the facts. Educate yourself about mental illness and substance use disorders.

- Be aware of your attitude and behavior.
- Choose your words carefully.
- Educate others.
- Focus on the positive
- Support people

Donations for Davis Mental Health Group

You can donate online at www.dmhg.org

Or you can send a check to:

Davis Mental Health Group
813 S. State Ave.
Freeport, IL 61032

Amazon Smile

When you place an order on Amazon, you can purchase the same item on smile.amazon.com and Amazon will donate .5% of the sale to a not for profit organization. Simply select Davis Mental Health Group.

Facebook offers Birthday donations for a not for profit. If you want to create a fundraiser, simply set up your fundraiser with facebook and select the amount for a goal. Send it out to all your friends and relatives. When the event is over, by a date you select, Facebook will send a check to the not for profit of your choice.

You can scan the QR code below and simply make a donation to Davis Mental Health Group.



988 vs 911

If someone is having a mental health and/or addiction emergency, CALL 911.

What to expect when you call 911:

- A dispatcher will answer your call and ask about your emergency.
- Local law enforcement or paramedics will be sent to your location.
- In some cases, a crisis intervention team will accompany law enforcement.
- You will get help dispatched immediately.
- You may be transferred to 988, if appropriate.

If someone is having a mental health and/or addiction crisis, CALL 988.

What to expect when you call 988:

- A trained professional will answer your call.
- The professional will ask you to describe your crisis.
- In many cases, the professional will assist you over the phone and link you to additional care as necessary.
- In some cases, a mobile team will be sent to your location.
- If necessary, the person experiencing a crisis will be taken to a stabilization facility.
- You may be transferred to 911, if needed.