

McHenry County Transition Resource Directory

2008



Transition: Journeys into Work & Lifelong Learning



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PREFACE

The purpose of this guide is to give YOU, *the parent of a student with a disability*, information, practical suggestions and questions to consider as your child leaves the world of a high school student and moves into the world of adulthood. This guide does not attempt to provide all of the information about transition nor will it answer all of the many questions you have. It may apply more appropriately to some parents than others. As you begin to transition from being the parent of a high school student to being the parent of an adult, use what might be helpful to you and your child and continue to ask questions and access the resources available to you. Encourage and expect school personnel, adult service providers, your child, and you to **Communicate, Cooperate, and Commit** to developing a plan that will lead to a meaningful adult life for your son or daughter. Your role in the transition process is as important as you want it to be. Educators see your role as critical and both federal and state laws give you the right and responsibility to be actively involved.

Your involvement at times may be frustrating, stressful, discouraging, and time consuming, but it is always important. You can play a major role on the Transition team. This guide will give you information and tips for you to become, or continue to be, an active and involved member of the IEP Transition team.

*Good luck as you and your teenager take
a journey through a transition of life!*

-The McHenry County Transition Planning Committee

WHAT IS YOUR ROLE AS A PARENT?

Federal and state laws make you a legal member of your child's IEP and Transition team, but, the words "family", "friend", or "advocate" can be substituted in this guide whenever "parent" is implied because you can't always do it all. Call in some of the others who know and care about your child. Extended family members include uncles, aunts, brothers, sisters, grandparents, and in-laws. Family, work, personal commitments, and sometimes exhaustion or burnout are reasons why parents do not have enough time or energy to work with schools and agencies in the area of transition. Using extended family or close friends in supportive or representative roles may be helpful. You need to reach a comfort level with transition activities in which you choose to become involved. Doing what you can or are interested in will make your involvement more satisfying.

No parent should feel obligated to do everything listed in this guide. Many of the things you have done or will do to prepare your child for adulthood began long before the age of fourteen. Being aware of the significance of self-esteem, decision-making, and problem-solving skills in a young person's overall development does not necessarily mean that parents and professionals have all of the answers, but the suggestions on the following page can help.

SUGGESTIONS FOR PARENTS

- Treat your child with a disability as a capable human being by encouraging and supporting his or her efforts to explore, take healthy risks, and try out new situations.
- Provide opportunities for self-awareness by focusing on your child's strengths and the qualities that make him or her special and unique.
- Let your child know that you enjoy spending time together.
- Try to be a good listener.
- Share your family stories, histories, and traditions to help your child understand that he is a member of a family circle with a permanent place in the larger scheme of things.
- Provide opportunities for interaction with others of different ages and backgrounds to help your child develop social confidence.
- Help your child experience success by encouraging growth based on known strengths and abilities.
- Acknowledge your child's efforts toward reaching a goal, not just the final accomplishment.
- Have realistic expectations. Don't expect too much or too little from your child.
- Let your child take responsibility for his or her actions.
- Acknowledge your child's presence and include him or her in conversation.
- Let your child respond to questions independently, according to ability.
- Don't label your child with negatives such as "lazy", "shy", or "clumsy."
- Respect the need for privacy and time alone.
- Promote respect for others and assertive, not aggressive behavior.
- Encourage practice and use of coping statements to help handle difficult situations and difficult emotions.
- Acknowledge your own sense of self-worth. Your healthy self-image will be a good model for you child.

TRANSITION CHECKLIST

The following is a list of transition guidelines that students, their families, and school personnel need to consider when preparing transition plans. All students have individual needs that cannot be categorized by disability or age. Items may not necessarily be limited to the categories in which they are listed. Responsibility for carrying out these plans should be determined as transition goals are discussed in the IEP meeting.

AGE 14

- Explore future independent living and vocational goals
- Explore personal interests
- Obtain Social Security card if not previously done
- Understand transition and what that means for your child
- Review transition planning and IEP meetings
- Explore career options
- Sample various jobs opportunities provided by the school
- Determine recreation and leisure interests, strengths, and needs
- Identify independent living and self care needs of the students

AGE 15

- Begin identifying appropriate adult agencies in the community
- Sign releases for referrals to appropriate agencies at least annually at IEP meetings
- Obtain driver's permit or state ID as appropriate
- Evaluate for vocational and related skills and interests
- Review and update transition plans

AGE 16

- Obtain driver's license, if appropriate
- Sign releases for referrals to appropriate agencies at least annually at IEP meetings
- Explore part-time and summer employment options, if appropriate
- Begin job training at community sites or school vocational programs
- Refer to Vocational Rehabilitation or other appropriate agencies
- Check with an attorney about guardianship, estate planning, or a special needs trust
- Check progress toward credits necessary for graduation and determine appropriate services at age of graduation
- Review and update transition plan

AGE 17

- Take college entrance exams and complete applications, if appropriate
- Sign releases for referrals to appropriate agencies at least annually at IEP meetings
- Apply for SSI in birth month and Medicaid two months prior to 18th birthday, if appropriate
- Make graduation plans or certification of completion and attendance, if appropriate
- Plan for transition vocational training after graduation through the school, if appropriate
- Prevent surprises by knowing when graduation is and what services will be in place at that time
- Check progress toward credits necessary for graduation and determine appropriate services at age of graduation
- Check health insurance needs if leaving school and not entering an 18-21 year old program
- Discuss employment options or additional education training options
- Review and update transition plan

AGE 18

- Sign releases for referrals to appropriate agencies at least annually at IEP meetings
- Gather information, review, and identify necessary services, including transportation
- Arrange to meet with or tour adult service agencies and select appropriate service providers; confirm eligibility and status
- Review and update transition plan

POST HIGH SCHOOL EDUCATION & TRAINING

Making a College Choice

The following considerations should be addressed depending on your child's special needs:

- MAKE SURE IT IS THE STUDENT'S CHOICE TO ATTEND COLLEGE. It will require high motivation and a good understanding of their strengths and weaknesses.
- Students should be able to discuss their disabilities and needed accommodations.
- Consider how their disability may affect their social interactions or judgments with peers or employers
- Make sure psychological testing is up to date (This is a requirement for many support services at the college level.) Obtain all special testing records before high school graduation.
- Try to visit colleges before making a definite choice. Look also at the communities in which they are located.
- Make sure the student has good study habits. Consider special study skill classes at the high school, community college or individual tutoring.
- Consider how much support or special help the student is receiving. The overall amount of support is significantly less at the college level.
- Make contact with the Special Needs Department and become familiar with the types of accommodations that are available. Supports that are mandated at a secondary institution may not be available at the postsecondary level.
- Help the student increase independent living skills. (Manage their own checking account, do their own laundry, some cooking, cleaning, etc.)
- Encourage part-time jobs or volunteer positions to improve socialization skills as well as to give a better understanding of work situations, expectations, and responsibility.
- Contact the Division of Rehabilitation Services (DHS-DRS) before graduation to discuss services that may be available to eligible students, such as counseling & guidance, information & referrals, job placement, and training assistance.
- Apply for financial aid (FAFSA) and discuss scholarship opportunities with the Financial Aid Department.

For students who are physically, visually or hearing impaired, the following should be addressed in addition to the suggestions on the previous page:

- Make sure PT, OT, Audiology, and Visual assessments are current. Only qualified specialists should administer such evaluations.
- Obtain all testing records before graduation.
- Consider a vocational assessment as a way to amplify present and future goals as well as evaluate strengths, weaknesses, abilities and capabilities.
- Students should be aware of accommodations needed and how to request them.
- Students should increase independent living skills; utilize on-campus support services to identify potential sources for personal care attendants, interpreters, mobility instruction, wheelchair repairs, etc.
- Make contact with the Division of Rehabilitation Services-Home Services Program to apply for services.
- Encourage students to be their own advocates.
- Consult with the high school to get a good understanding of how much support or special help the student is receiving. It is important to determine realistically whether minimal support services or an extensive program at the college is necessary.

Understanding exactly what services are available at the college of your choice is a very important aspect regarding your decisions. This involves knowing who the provider is and how that services/support is accessed.

DIFFERENCES BETWEEN HIGH SCHOOL AND COLLEGE	
High School	College
Special Education teacher acts as liaison and buffer between the student and other teachers, administrators, and sometimes parents	Student is responsible for his/her own self-advocacy
Instruction is more experimental	Instruction is more often provided via lecture
Fewer social distractions	More social distractions
Most classes meet every day	Classes meet less often
Tasks are more structured, step-by-step instructions given	College classes are less structured, and students are held responsible for developing a method to complete tasks
Grades can be based on a variety of activities	Grades could be based on fewer tasks and larger projects
Attendance is monitored as well as progress	Attendance and progress may not be monitored. Time management and organizational skills are critical
Instructors more readily prepare students for exams	Exam questions may be more difficult to predict
Exams tend to be objective	Exams tend to require more writing
Help is readily available, students do not need to seek it out	Students must independently seek help using effective communication skills
Lesser work load and slower pace, less stress	Increased work load and faster pace, more stress
Fewer responsibilities	More independent living skills
Career decisions are not expected	Students are expected to know what they want to do with their lives
Evaluations are done by other people and student relies on external motivators	More self-evaluations and motivations must be internalized

COMMUNITY COLLEGES

McHenry County College is our local community college and provides many services for students with special needs.

McHenry County College
Special Needs Department
8900 US Highway 14
Crystal Lake, IL 60012
Attention: Bev Albright
Special Needs Coordinator
(815) 455-8676

www.mchenry.edu/SpecialNeeds

Other community colleges in the area are:

Harper College
1200 W. Algonquin Rd.
700 Spartan Dr.
Palatine, IL 60067
(847) 825-6707
(847) 925-6011 (TTY)
www.harpercollege.edu

Elgin Community College
1700 Spartan Drive
Elgin, IL 60123
(847) 925-6266
(847) 697-1000 ext. 7220
(847) 925-1515 (TTY)
www.elgin.edu

College of Lake County
19351 West Washington Street
Grayslake, IL 60030
(847) 223-6601 ext. 2474
www.clcillinois.edu

College of DuPage
425 Fawell Boulevard
Glen Ellyn, IL 60137
(630) 942-2800
www.cod.edu

Oakton Community College
1600 E. Golf Road
Des Plaines, IL 60016
(847) 635-1759
www.oakton.edu

Triton College
2000 Fifth Ave.
River Grove, IL 60171
(708) 456-0300 ext. 3854
www.triton.edu

Colleges with programs for physically challenged students are:

University of Illinois
Rehabilitation Education Center
1207 S. Oak St., Room 136
Champaign, IL 61820
(217) 333-4600
www.disability.uiuc.edu

Illinois State University
Office of Disability Concerns
350 Fell Hall
Normal, IL 61790
(309) 438-5853
www.disabilityconcerns.ilstu.edu

Southern Illinois University
Disabled Student Services
321 Pulliam
Carbondale, IL 62901
(618) 453-5738
www.SIU.edu

Wright State University
Office of Disability Services
3640 Colonel Glenn Hwy.
Dayton, OH 45435
(937) 775-5680
www.wright.edu

University of Wisconsin
Center for Students with Disabilities
Anderson Library Room 2002
800 West Main Street
Whitewater, WI 53190
(262) 472-4711
www.uww.edu

Arizona State University
Disabled Student Resources
University Drive and Mill Avenue
Tempe, AZ 85287
(480) 965-1234
www.asu.edu/tempe

Colleges with programs for the hearing impaired are:

Gallaudet University
800 Florida Avenue
Washington, DC 20002
(202) 651-5300 (voice/TTY)
www.gallaudet.edu

Northern Illinois University
P. O. Box 3001
DeKalb, IL 60115-2857
(815) 753-1000 (voice)
(800) 892-3050
www.niu.edu

Rochester Institute of Technology (NTID)
National Technology Institute for the Deaf
52 Lomb Memorial Dr.
Rochester, NY 14623
(585) 475-6700 (voice/TTY)
www.ntid.rit.edu

Life Skills Academy:

Elmhurst Life Skills Academy (ELSA)
Elmhurst College
190 Prospect Avenue
Elmhurst, IL 60126-3296
(630)617-3500
Nancy A. Cheeseman, M.A., NCC, LPC
Program Coordinator
(630) 617-3752
e-mail: nancych@elmhurst.edu

VOCATIONAL TRAINING

Training for specific occupations is available through a variety of sources: community colleges, private vocational schools, apprenticeship, publicly supported training programs, and on-the-job training. The following pages provide a general introduction to the opportunities that may be accessed by high school graduates.

Community College Academic Programs

The Community College System in the State of Illinois is an excellent place for the student with special needs to begin post-secondary education. There are three basic options available for the individual to utilize:

- The Transfer Program provides the first two years of the traditional bachelor's degree with an associate's degree being achieved when requirements are completed.
- Two-year vocationally oriented associate's degree programs are offered in a wide variety of career fields. These occupational areas have been selected based on employment surveys and local business and industry. Many of these programs may be extended or capped with a related bachelor's degree.
- Vocational proficiency certificate programs offer the opportunity to acquire specific career training. The student only takes those courses related to the specific vocation. The student can later use these course credits as the foundation for additional two or four year degrees.

Technical/Trade Schools and Private Vocational Schools

Many private vocational schools offer a wide variety of career training programs. Because these schools advertise extensively in the media, some schools have achieved a high level of "name recognition." Programs vary a great deal in quality, thus parents and students should practice good consumer skills when investigating and contracting for vocational education. This is particularly true for those in need of special support services since the additional trained personnel required providing these incurred costs, which are prohibitive to a private school. Each of the area high schools maintains information on vocational schools. A comprehensive listing is also available through the following guides:

Peterson's Vocational and Technical Schools, 4th ed.
Thomson Learning, Inc.
www.petersons.com

Chronicle Vocational School Manual
Chronicle Guidance Publications, Inc.
www.chronicleguidance.com

Factors to consider:

- What are the programs offered by the school? How will the school provide specific support services that are needed?
- Are you certain of the vocational area you are choosing? How will your special needs affect your performance in this career?
- What kinds of jobs do people obtain when they complete the program?
- Does the school provide placement services? What is their placement rate?
- Is there a current demand for people in this field in your home area?
- Talk to people who have attended or who are currently enrolled. Seek out those who received special services.
- Visit the school. Check with the Illinois State Board of Education-Vocational School Certification Division and with the Better Business Bureau.
- Ask for the names of employers of former students and check with these employers to see how they regard the school.
- Be certain to read all papers carefully, especially those involving cost. Some schools use contracts that obligate you to pay for the whole course even if you don't complete it. Schools with that type of contract may not have much to offer in their program.
- Do not sign any contract or agreement without having thoroughly investigated the school and its credentials or without comparing the program with that of the community college as well as other vocational schools.

Military Career Training Opportunities

(See your local phone directory for listings)

The Military Services offers career-training opportunities for high school graduates. High schools are visited regularly by representatives from various branches of services. They can provide complete information about the benefits and requirements involved in military enlistment.

Special education students need to know that entrance into armed forces is based on rigid standards based on aptitude test scores as well as physical examinations. The Armed Services Vocational Aptitude Battery (ASVAB) is the test which determines admission and eligibility. It is offered in most high schools or may be taken through arrangements with a local military recruiter. **No special testing provisions are available.**

In addition to full-time military service, opportunities exist in reserve units, university reserve office training corps (ROTC) programs and military academics. A variety of educational benefit programs can help finance college education for members of the military. While the training, educational, and other benefits provided by the military services are excellent, individuals need to be aware that in time of crises, they may be called to serve on active duty.

AmeriCorps of McHenry County

AmeriCorps of McHenry County is a project of the McHenry County Mental Health Board and Family CARE

Elizabeth Bean

AmeriCorps Coordinator

333 Commerce Drive, Suite 800

Crystal Lake, IL 60014

Phone: 815-788-4360

e-mail: ebean@mc708.org

AmeriCorps is a network of national service programs that address areas of need in education, public safety, health, and the environment. This began in 1993 with the creation of the Corporation for National and Community Service. In 2005, 66,830 people served in AmeriCorps State and National programs, to complete a total of 49.2 million hours of volunteers service.

Job Corps

(800) 733-JOBS

<http://jobcorps.doleta.gov>

Job Corps is the nation's oldest and most successful federally funded training program for economically disadvantaged youth between the ages of 16 and 24. The Job Corps program is designed to give your son or daughter the training and education to become socially and economically productive adults. The following services are available to eligible individuals:

- Basic educational and GED training.
- Vocational training programs include bricklaying, business and computer skills, carpentry, electronic assembly, health occupations, hotel/customer service, manufacturing technology, painting, and welding.
- Extra-curricular activities including arts and crafts, community services, cultural awareness programs, driver education, intramural sports and student government.

Other Resources:

The PACE Program
National-Louis University
5202 Old Orchard Rd.
Skokie, IL 60077
(224)233-2670
paceprogram@nl.edu
www.nl.edu/pace

Evaluation and Development Center
Southern Illinois University
500C Lewis Lane. Mail code 6704
Carbondale, IL 62901-6704
(618) 453-2331
www.siu.edu/~rehabedc/support/edc_index.html

Illinois Department of Apprenticeship Information

What is an apprentice? An apprentice is a paid worker who enrolled in a special training program administered by an employer together with a labor organization or trade association. Most apprentices work in trades related to construction.

Apprenticeship is a formal method of training in a skilled occupation, craft, or trade. During the apprenticeship period, the apprentice receives 2,000 hours or more of structured on-the-job training with at least 144 hours of related classroom instruction. Apprenticeship requires a written agreement between the program sponsor (employer) and the apprentice.

Equal Employment Opportunity. Apprenticeships provide equal employment opportunity. Women and minorities are encouraged to apply. However, admission is highly competitive. To be selected, you must meet the qualifications of the particular trade and program for which you are applying.

Apprenticeship qualifications vary from one trade to the next, but most require:

- A high school diploma or GED
- Physical fitness
- Ability to work with your hands
- Your own transportation
- Above average math skills
- Courses such as drafting, industrial arts, applied English
- Ability to work at elevated heights

Trades offering apprenticeships:

Boilermaker	Electrician	Ornamental Ironworker	Precision Metalworker
Bricklayer	Floor Covered	Operating Engineer	Roofer
Cabinetmaker	Glazier	Painter/Decorator	Sheet Metal Worker
Carpenter	Insulator	Pipefitter	Structural Ironworker
Cement Mason	Line Erector	Plasterer	Terrazzo/Tile Layer
Drywall Finisher	Millwright	Plumber	Tuck pointer

The Illinois Department of Employment Security (IDES) can help you get started. Some offices serve as Apprenticeship Information Centers where you can obtain detailed information about apprenticeships. Staff will help you decide which trade would best suit you and can tell you about entrance requirements and when apprenticeship programs are accepting applications.

The Illinois Employment and Training Center (IETC)

Web Address: <http://www.commerce.state.il.us>
Local Center: Illinois Employment and Training Center
(McHenry County Workforce Center)
500 Russel Ct.
Woodstock, IL 60098
(815) 338-7100

Hours: Monday through Friday, 8:30 AM to 5:00 PM

The Illinois Employment & Training Center (IETC) Network is an innovative, customer-driven system designed to provide employment and training services to job seekers and employers, in cooperation with local educational institutions. It is a one-stop source where the public can easily access a broad array of employment, training, educational, and related services.

This "One Stop" Career Center is designed for individuals who are:

- Unemployed or employed seeking a new job or career change
- Students seeking a career direction
- Employers seeking the right person for a job

The IETC offers a variety of services, of which most are free of cost. They include:

Personal assessments and job referral assistance	Job listings
Education and training program enrollment	Research library
Job-specific training/job re-training	Resume services
Computer training	Fax/Copy machine use
Multi-media resource centers	Computer/Internet access
Unemployment insurance	

IETC-Illinois Department of Employment Security (IDES)

500 Russel Ct.
Woodstock, IL 60098
(815) 338-7100
www.ides.state.il.us

Three main services are coordinated through the IDES. These include:

- Unemployment Insurance: Information and application for benefits
- Illinois Employment Services
- Apprenticeship Information Center

Unemployment Insurance: This is state-operated program under which individuals are entitled to benefit payments while unemployed. Benefits are financed by an employers' payroll taxes-not by any deductions from employee wages. Claims for unemployment insurance benefits may be registered with the local IDES office on the first working day after unemployment begins. Registration with Illinois Employment Services is required.

Illinois Employment Services: Candidates for unemployment, as well as any individual seeking employment, are provided with a variety of resources to find a job through the Illinois Employment Services. Job listings, counseling, and job referrals are available.

Apprenticeship Information Center: Detailed information about apprenticeship is available at the IDES center. Staff can assist interested individuals with deciding which trades would best be suitable, and will identify when those trade unions will be accepting applications. Up to three apprenticeship applications may be made right at the IDES center.

EMPLOYMENT

Becoming a Valuable Employee

A major focus of education today is to assist students in making a successful transition from school to work. Students need varying degrees of vocational support and guidance both during and after their high school experience. Assistance might be provided during high school in a pre-vocational setting, a student job-training program, or a competitive community job. The educational system can provide extensive support to maximize student potential. However, parental support and involvement are essential in fostering independent skills which can transfer to the work setting.

Here are some ways to help your student become a valuable employee:

1. Help develop a positive work attitude

- Teach your student to feel good about work
- Show pride in your own job
- Make your student a productive part of the household-by assigning chores
- Don't accept sloppy work-work with your student to correct mistakes
- Emphasize his/her actions and behavior, rather than just the results
- Demonstrate your awareness that all levels of work are meaningful

2. Provide encouragement in personal development

- Help your student interpret social situations and getting along with others
- Teach awareness of time
- Help your student develop a strong, but realistic self-image
- Help your student go as far as possible in school
- Encourage careful career explorations, being aware of limitations

3. Support growth through work experience

- At the right time, encourage your student to actively look for work
- Make sure your student has good grooming/hygiene habits
- Help with transportation, if necessary
- Help your student learn to balance work and school
- Use your family/business contacts to help your student find work
- Be aware of community resources
- Help your student identify strengths and encourage his/her abilities
- Be supportive through encouragement and listening

VOCATIONAL SUPPORT SERVICES

State of Illinois Department of Human Services-Division of Rehabilitation Services

The Department of Human Services-Division of Rehabilitation Services (DHS-DRS) is the state's vocational rehabilitation (VR) program. It can be thought of as a "gatekeeper" to a wide range of vocational services for individuals with disabilities. The Secondary Transitional Experience Program (STEP) provides community work experiences in collaboration with the school and local service providers. STEP links students to DRS. Transition services are planned based on a student's educational, vocational, and independent living goals.

Students who are referred to DRS are perceived to need vocational support during and after high school. Parents, faculty or students themselves can also initiate a referral to DRS as well. Documentation of the student's disability is required to determine eligibility.

Once an individual is determined eligible for services, an Individualized Plan for Employment (IPE) which identifies the individual's desired employment outcome is developed. It also identifies the services necessary to achieve the individuals' goal. DRS can only provide the services identified on the IPE. The DRS counselor provides some services directly and arranges for other services from providers in the community. Family or student income must be within DRS financial guidelines for certain services.

The following services are available to all eligible individuals, regardless of their financial situation:

- Assessments to determine eligibility for VR services
- Vocational counseling and guidance, and referral services
- Job search and placement services
- Reasonable accommodations

Other VR services that an individual may need in order to achieve his/her employment outcome include, but are not limited to:

- Supported employment services
- Job placement and job coaching
- Assistive technology
- Training services
- Physical and mental restoration

The Client Assistance Program (CAP) is available to assist individuals in their relationship with DRS. If a customer of VR services is not satisfied with the services received or the decision made by the VR counselor, CAP may be able to help resolve the dispute. CAP can be reached by calling 1-800-641-3929 (Voice/TTY) or by writing the CAP, 100 North 1st St., Springfield, IL 62702

The DHS-DRS office serving McHenry County is located at:

452 N. McLean Blvd., 2nd Floor
Elgin, IL 60123
(847) 931-2360
(847) 931-2379 (fax)
www.dhs.state.il.us

There are various levels of vocational supports available for individuals with disabilities. The following lists the types of employment and the level of support given.

Competitive Employment: This is community-based employment with a minimal level of support needed to obtain and maintain.

Supported Employment: Supported employment is community employment which is obtained and maintained with supports from job coaches and employment specialists. This service is usually funded by DRS and is designed to help an individual maintain successful employment and provide follow-up for an extended period of time. A job coach would work intensively in the initial job start-up by providing supervision, feedback, and job accommodations for the new employee. It is the expectation that the individual will be able to successfully maintain employment with minimum job coach support after 18 months.

Sheltered Workshop: This is a program within a facility that offers vocational services for moderate to severely disabled individuals who are not ready or able to sustain competitive employment. These facilities usually have sub-contracted work with area businesses to do basic work tasks that are routine in nature. Individuals are paid an hourly wage on a piece rate basis.

Most workshops offer habilitation or developmental training with a focus on increasing independence in daily living skills or community involvement (such activities include self-care, budgeting, volunteer work, crafts, etc.)

Workshops receive funding from the Office of Developmental Disabilities. The fees vary depending on the availability of state funded slots. Transportation may also be available. DRS does not pay for participation in a sheltered workshop.

Other vocational resources:

McHenry County Job Training

IETC-500 Russel Ct., Woodstock, IL 60098

Phone: (815) 338-7100 Fax: (815) 338-7125

TTY: (815) 338-2374

Services:

- Job information/placement services
- Vocational training/skill enhancement (for eligible persons)
- Advocacy support services
- Vocational/career counseling
- Assistance with resumes
- Resource room with computers, fax machine, phone, and internet access for job search activities
- Job club and networking group
- Information & Referral
- Weekly information session about services and to determine eligibility

Population: General population, economically disadvantaged, dislocated workers and eligible youth, 14-21 years old.

Eligibility: General population for job search and Resource Room usage; must meet WIA eligibility for advanced training services.

Days: Monday-Friday: 8:30 AM-5:00 PM

Fees: None

Equip for Equality, Inc.

Northeastern Region

20 N. Michigan Ave., Suite 300, Chicago, IL 60602

Phone: (800) 537-2632 Fax: (312) 341-0295

TTY (800) 610-2779

Se habla espanol (312) 341-0022

www.equipforequality.org E-mail: contactus@equipforequality.org

Services:

- Self-advocacy assistance
- Legal services
- Training Institute on Disability Rights
- Abuse Investigation Unit
- Ticket to Work

Population: Persons with disabilities who reside in Illinois

Days: Weekdays, 8:30 AM-5:00 PM

Fees: None

Pioneer Center for Human Services
4001 Dayton Street
McHenry, IL. 60050
Phone: 815-344-1230 • Fax: 815-344-3815
www.pioneercenter.org

DESCRIPTION:

Provides transitional vocational services and employment services to students preparing to exit high school. Referral and linkage to support services promoting independence, including residential programs, community integration services, and case management.

SERVICES:

- Vocational testing and employment planning
- Job readiness training (Employee Development Services)
- Skills training
- Assistive Technology assessments and training
- Transitional work experiences (volunteer, janitorial crew, customer services)
- Job placement and employment support services
- Mental Health services (Psychosocial Rehabilitation Services)
- Life skills/activities of daily living (Developmental Training Services)
- Traumatic Brain Injury case management and employment services
- Respite Care
- Case Management Services
- Support groups for families
- Residential programs and services

CONTACT:

Intake Coordinator at (815) 759-7204

PERSONS SERVED/ELIGIBILITY:

McHenry County Area residents

COMMUNITY SUPPORTS

MENTAL HEALTH SERVICES

Alexian Brothers Behavioral Health Center

1650 Moonlake Blvd., Hoffman Estates, IL 60194

Phone: (847) 882-1600 Fax: (847) 755-8060

1-800-432-5005 24-hour assessment

www.ABBHH.org

Services;

- Inpatient/partial hospitalization program
- Intensive outpatient program
- Adult/Adolescent Chemical dependency
- Family options program-early intervention
- Self injury program (SIRS) 8:30-2:30 PM (PHP)

Population: Child, adolescent, adult, and older adult

Fees: Private insurance, Charity Care, Medicare, and Medicaid/Green Card (for children and adolescents)

Allendale Association

P.O. Box 1088, Lake Villa, IL 60046

(888) 255-3631

www.allendale4kids.org

Services:

- Counseling (individual, family, marital/couple, vocational/career, group)
- Residential treatment for children & adolescents
- Foster family care and emergency foster care
- Independent living (adolescents/young adults); group home care
- Day education and treatment for children
- Aftercare/transition services
- Psychological testing; Psychiatric evaluation
- Family life education; Parent training
- Job training
- Volunteer recruitment
- Physical education/athletics; open recreation

Population: Male and females, 6 to 18 years old with emotionally disturbed/behavioral disorder problems (residential); general population in need of mental health services.

Days: Mon.-Fri.: 8:30 AM-5:00 PM; residential staff and therapists 24 hours/day
Counseling Center: Mon.-Thurs.: 8:30 AM-9:00 PM, Fri.: 8:30 AM - 5:00 PM;
Saturday hours vary

Fees: Private insurance; school district; DHS; DCFS; MediPlan/KidCare Medical card

Ecker Center for Mental Health

1845 Grandstone Place, Elgin, IL 60123

Phone: (847) 695-0484 and (847) 888-2211 (24 hr. emergency)

TTY- (800) 526-0857 (Illinois Relay Center)

www.eckercenter.org

Services:

- Counseling (individual, family, marital/couple, group)
- Psychiatric evaluation
- Supported residential programs
- Scattered site housing
- Advocacy/case management
- Information & Referral
- 24 hour emergency services
- Psychosocial rehabilitation
- Medication management

Population: General population, mentally ill, Bi-lingual: Spanish/Polish

Eligibility: Adults with mental health issues in Northern Kane County and Hanover or Barrington Townships

Days: Mon through Friday 9:00 AM -5:00 PM;

Fees: Private insurance and MediPlan/Kidcare medical accepted; discounted fees

Elgin Mental Health Center

750 S. State St., Elgin, IL 60123

Phone: (847) 742-1040 TDD: (847) 742-1043

Services:

- 24 hour admission services; inpatient psychiatric facility
- Eating disorders program
- Mental health services for the hearing impaired

Eligibility: Severely mentally ill needing state operated inpatient psychiatric services when less restrictive services are not available

Population: Children, adolescents, adults, and older adults

Fees: Medicare, MediPlan card accepted for ages 18-21, sliding fee scale

Family Service & Community Mental Health Center for McHenry County

4100 Veterans Pkwy. McHenry, IL 60050

Phone: (815) 385-6400 Fax: (815) 669-2570

www.familyserviceonline.org

Services:

- Comprehensive mental health/substance abuse services
- Parent /training education
- Outpatient counseling & psychiatric services for children, adolescents & adults
- Individual, family, group, and couples therapy
- Psychological testing/neuropsychological evaluations
- Emergency services
- Intensive outpatient services
- Psychiatric evaluation services and medication therapy
- Case management and counseling for families affected by traumatic brain injury
- Dialectical behavior therapy
- Alcohol/drug education prevention
- Adult psychiatric day treatment
- Partial hospital programs
- Mental Health services for hearing impaired
- Dual Diagnosis Program (mental health/substance abuse)
- Outpatient treatment services for individuals experiencing problems with alcohol and other substance-State Licensed program-adults and adolescents
- Case management services
- DUI program-Level I, II, III, State Licensed-program/Hispanic DUI services
- Employee Assistance Program-consultation to business & industry
- Student Assistance Program
- Consultation to schools
- Community education/prevention/Speakers bureau
- SASS Case management and counseling

Eligibility: Individuals who live or work in McHenry County (except emergencies) in need of behavioral, mental health, alcohol/substance abuse services; no restrictions on income or employment status.

Days: Monday-Thursday: 8:30 AM-9:00 PM; Friday: 8:30 AM-3:00 PM; Saturday by appt.

Fees: Private insurance; Medicare; MediPlan/KidCare medical; HMO/PPO/Managed Care provider; Medicaid Certified Clinic. Fees can be subsidized based on income, family size and eligibility.

Gateway Foundation

25480 Cedarcrest Ln., P.O. Box 1087, Lake Villa, IL 60046
(847) 356-8205

www.gatewayfoundation.org

Services:

- Adolescent and adult residential treatment for substance abuse
- Counseling (individual, group, women's, alcohol/drug)
- Alcohol/drug education
- Open recreation/social development groups
- GED/ABE classes; parenting classes
- Support groups
- Dual diagnosis considered

Population: Adolescents, adults, seniors, Hispanics, unemployed, indigent; age 13 and up

Days: 24 hour service

Fees: Sliding fee scale; donations requested; private insurance accepted;
MediPlan/KidCare medical cards

The Larkin Center

1212 Larkin Ave., Elgin, IL 60123
(847) 695-5656

www.larkincenter.org

Services:

- Group home care for youths 6 to 18
- Residential treatment for sexually aggressive boys aged 7 to 13
- Outpatient therapy for children/teens
- Transitional living for adult and teen girls
- Fully accredited day treatment school for behavior disordered youth; grades 1 to 12

Population: Children, adolescents, mentally ill adults

Eligibility: Ages 5-21, emotionally disturbed/behavioral disorder problems; age 14 and older for transitional living

Days: Monday-Friday: 8:30 AM-5:00 PM; 24 hour service

Fees: Established by DCFS and Illinois State Board of Education

McHenry County Crisis Program

24-hours daily: 1-800-892-8900

www.mchenry-crisis.org

Services:

- 24-Hour Crisis Line and 24-Hour Onsite Response Team
- Problem solving/support
- Information and referral to available resources
- Linkages to ongoing services
- Face to face assessment
- Screening admission to local and state operated mental health facilities
- Grief support
- Critical Incident Stress Debriefing Services (CISD)
- Speakers Bureau
- Clearinghouse for mental health professionals for county disasters
- Consulting/Training/First Response Program

McHenry County Mental Health Board

620 Dakota St., Crystal Lake, IL 60014

Phone: (815) 455-2828 Fax: (815) 455-2925

www.mc708.org

Services:

- Planning, coordination and agency funding for mental health services
- Information and referral for all mental health services
- Monitoring and quality assurance of mental health services
- Consultation and education services regarding mental health issues
- Advocacy and support for consumers
- Wraparound coordination for Severely Emotionally Disturbed (SED) children and adolescents
- Project Success, assessment, referral, and linkage
- Kidcare application agent
- Intake and Screening for:
 - ✓ SASS; Screening Assessment Support Services for severely emotionally disturbed children and adolescents
 - ✓ Case Management for youth who have a traumatic brain injury
 - ✓ Coordination of Individual Care Grants (ICG) for severely emotionally disturbed youth

Population: Serving: all McHenry County residents, including those who have a mental illness, chemical dependence, a developmental disability, and/or a traumatic brain injury.

Eligibility: McHenry County residents

Days: Monday-Friday: 8:30 AM-4:30 PM

NAMI McHenry County
Support, Education, and Advocacy
For families and individuals with mental illnesses
333 Commerce Dr. Suite 900A
Crystal Lake, IL 60014
(815) 444-9991
www.namimchenrycounty.org

Group Goals:

NAMI is a grassroots organization of individuals with mental illnesses and their family members whose mission is to eradicate mental illness and improve the quality of life of persons of all ages who are affected by them. NAMI members and friends work to fulfill our mission by providing support, education, and advocacy.

Peer Education and Support: NAMI offers an array of peer education and training programs and services for consumers, family members, and the general public. NAMI's education and support programs provide relevant information, valuable insight, and the opportunity to engage in support networks. These programs draw on the lived experience of mental health consumers and family members who have learned to live well with their illnesses and have been extensively trained to help others.

Support Groups offer invaluable connections with peers who understand the challenges and joys of living with mental illness. The following support groups are available;

NAMI CARE:

A support group run by persons who live with mental illness for other persons with any diagnosis who also live with mental illness. Meets the second Monday, 7:00 PM at 333 Commerce Dr., Suite 900A, Crystal Lake, and on the Third Thursday, 7:00 PM at the Mental Health Board, 620 Dakota St., Crystal Lake, IL 60012.

NAMI Support & Education:

Monthly support and education programs for families and people with mental illness. Facilitated by trained NAMI family members. The third Thursday of each month, 7:00 PM at the McHenry County Mental Health Board, 620 Dakota St., Crystal Lake, IL 60012.

NAMI's signature courses provide critical education to help consumers and family members gain knowledge and skills for living successfully with mental illness. Please call for class schedules.

- Family-to Family Education Program: A free 12-week course for family caregivers of individuals with severe mental illnesses that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.
- Visions for Tomorrow: A 12 week education course for families of children and youth.

- NAMI Basics: The fundamentals of caring for you, your family and your child with mental illness. Basics is new education program for parents and other caregivers of children and adolescents living with mental illnesses.
- Peer to Peer: a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.
- Parents and Teachers as Allies: an in-service mental health education program for school professionals. This two-hour in-service program focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services. It also covers the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns. Will be available in 23009.

NAMI Membership Fees:

\$35 Family, \$5 limited income, \$50 Associate

Thresholds

Thresholds McHenry Center for Recovery
109 S. Jefferson St., Woodstock, IL 60050
(815) 338-8324

Community Support Services:

- Case management and counseling
- Medication management
- Communication skills and other topic specific groups

Residential Services (Three Group Homes and Supported Apartments):

- Three group homes with evening and overnight emergency staff
- Residential programs for people who have been homeless

Population: People with mental illness

Eligibility: Diagnosed with mental illness, over the age of 18 and a McHenry County resident

Days: Center for Recovery – Monday through Thursday 8:30 to 3:00
Residential Program - 365 days, 24 hours

Fees: Medicaid accepted, Sliding fees

Turning Point

11023 Hwy 14, Woodstock, IL 60098

P. O. Box 723

Phone: (815) 338-8081 Fax: (815) 338-8110

www.mchenrycountyturningpoint.org

E-mail: tpointed@mc.net

Services:

- Individual counseling
- Emergency shelter for domestic violence victims
- Support groups for battered women
- Legal advocacy; information & referral
- Alternative program for adults and adolescents
- Child care available with support groups
- Children's services (counseling, group, support to parents)
- Junior and senior high girls teen group
- SASS (Screening Assessment and Support Services case manager)
- Trauma based mental health programming for adults and children
- Community education programs
- Sexual assault victim services-on-site housing (90 day max.)

Population: McHenry County victims of domestic violence and abusers, children of victims, sexual assault survivors and incest survivors

Days: Mon.-Thurs.: 9:00 AM-7:00 PM, Fri.: 9:00 AM-1:00 PM; after hours:
call 800-892-8900 (crisis line)

Fees: No fees for services to victims of domestic violence. Sliding fee scale for mental health services and alternative program

Youth Services Bureau

101 S. Jefferson St., Woodstock, IL 60098

Phone: (815) 338-7360 Fax: (815) 337-5510

www.ysb4kids.org E-mail: skrause@ysb4kids.org

Services:

- Community-based counseling and psychiatric services for children, adolescents, and their family members.
- School and community-based primary prevention programs.
- Therapeutic mentor program.
- Substance abuse treatment for children, adolescents and their families.
- RAP – Responsibility, Accountability, Positive Thinking Corrective Thinking program for pre-delinquent and delinquent youth.
- Crisis Intervention and family reunification counseling for Runaway and Homeless Youth.
- DRC – Day Reporting Center – After school program for court ordered youth.
- SPECIAL PROGRAMS - which serve chemically dependent youth, child victims of sexual abuse, child victims of physical abuse/neglect, runaway and acting out behavior, delinquent youth, children of divorce, and parenting education.
- SASS – Case Managers for SED youth.
- TAMI – Teen age Mother’s Initiative Group for pregnant and parenting teen mothers and fathers.
- Early Childhood Mental Health consultation for childcare providers and families.

Population: Youth ages 3-18 and family members

Days: 24 hour services; Monday-Thursday: 8:00 AM-8:00 PM;
Friday: 8:00AM-3:00 PM; Saturday and Sunday by appointment

Fees: Sliding fee scale \$10-\$75; private insurance and Medicaid/Green Card accepted

DEVELOPMENTAL DISABILITY RESOURCES

Adult & Child Rehab Center for McHenry County

708 Washington St., Woodstock, IL 60098

Phone: (815) 338-1707 Fax: (815) 338-1786

E-mail; rehabcenter@ameritech.net

Services:

- Home health care
- Outpatient therapy clinic: speech/occupational/physical therapy
- Child development program for developmentally delayed population
- Sensory Integration room
- Pediatric/orthopedic clinic
- Birth to 2 program
- Children's summer program

Eligibility: County residents who are physically or developmentally disabled

Days: Monday-Friday: 8:00 AM-5:00 PM

Fees: Private insurance; Medicare, Medicaid and sliding fee scale

The Association for Individual Development (AID)

AID – Elgin Area Services

Elgin Training Center

1135 Bowes Road

Elgin, IL 60123

Phone: (847) 931-6200 Fax: (847) 888-6079

www.the-association.org

Services:

- Counseling (individual, group)
- Behavioral health services
- Vocational rehabilitation/training
- Job information/placement

Population: Adults, mentally ill, physically handicapped, developmentally disabled

Days: Monday-Friday: 8:00 AM-4:00 PM

Fees: Fees vary according to programs

FITE Center for Independent Living
730 West Chicago Street, Elgin, IL 60123
Phone: (847) 695-5818 • Fax: (847)695-5892
TTYM (847)695-5868
www.fitecil.org

Services:

- Information and referral
- Personal assistance services
- Independent living skills training
- Deaf services
- HIV-AIDS rental assistance
- Peer counseling
- Advocacy/Reintegration
- Elgin Home Modification Program

Population: Disabled that reside in McHenry and Kendall Counties; families and communities

Days: Monday-Friday: 8:30 AM-4:30 PM

Fees: None

Family Ideas Network for Down Syndrome (F.I.N.D.S.)

P.O. Box 1441, Crystal Lake, IL 60039-1441
(815) 444-8672

Services:

- Offers support and information to parents, professionals and interested persons

Population: Parents of children with Downs Syndrome

Fees: None

Learning Disabilities Association of Illinois

LDA of Illinois
10101 South. Roberts Road, Palos Hills, IL 60465-1556
Phone (708) 430-7532, Fax (708) 430-7592
LDAofIL@ameritech.net

Services:

- A non-profit organization to advance the education and general welfare of children and youth of normal or potentially normal intelligence who have learning disabilities of perceptual, conceptual, or "coordinative" nature; provide information to schools and teachers; group is supportive in structure; monthly newsletter; lending library

Population: McHenry and Kane County learning disabled population

Meetings: 4th Monday of each month, 7:00 PM-9:00 PM in Elgin; call for location

Fees: \$30/yr. membership; donation requested but not required; guests welcome

Main Stay Therapeutic Riding Program, Inc

6919 Keystone Rd., Richmond, IL 60071

815-653-9374

www.mstrp.org E-mail: info@mstrp.org

Services:

- Equine assisted therapeutic riding for children and adults with physical, development, and emotional disabilities. Fully accredited Premier NARHA Center

Population: Physically and developmentally challenged adults and children

Eligibility: Physician's prescription and NARHA compliance

Days: Seasonal, April-November: Mon.-Fri.: 4:00-8:00 PM

Fees: \$20/hour and negotiable; full scholarships available

Sheltered Village

600 Borden St., Woodstock, IL 60098

Phone: (815) 338-6440 Fax: (815) 338-0124

www.shelteredvillage.com

E-mail: svim2003@sbcglobal.net

Services:

- Intermediate care facility for developmentally disabled (ICF-DD)
- Occupational therapy; speech therapy
- Social development group
- Open recreation
- Rehabilitation programs; physical therapy

Population: Developmentally disabled adults

Days: 24 hour service; 7 days a week

Fees: Private insurance, Medicare, Medicaid/Green Card, VA or RR accepted

SEDOM
Special Education District of McHenry County
1200 Claussen Dr., Woodstock, IL 60098
(815) 338-3622
www.sedom.org

Services:

- Pre-school and special education programs for children ages 3-21
- Psychological testing
- Vocational/Training
- Diagnostic clinic
- Audiological Services
- Autism Consultation
- Orientation and Mobility services
- Occupational therapy
- Speech Therapy
- Physical Therapy
- Physical education/athletics
- Itinerant services
- Social work services

Population: Children and students with disabilities, ages 3-21; residents of McHenry County

Days: Monday-Friday: 7:30 AM-4:30 PM (school year)

Monday-Thursday: 7:30 AM-4:30 PM (summer)

VOLUNTEER RESOURCES

Big Brothers Big Sisters of McHenry County

3430 W. Elm St., McHenry, IL 60050

Phone: (815) 385-3855 Fax: (815) 385-3852

www.bbbsmchenry.org

Services:

- One-on-one youth mentoring with screened volunteers
- Volunteer recruitment and training
- Creates friendships of trust, consistency, and guidance between volunteers and children in need of extra companionship

Population: Children, ages 6-14 who reside in McHenry County accepted on application/interview basis; volunteers must be county resident and pass a comprehensive screening process

Days: Monday-Friday: 9:00 AM-4:00 PM; evenings by appointment

Fees: None

McHenry County Defenders

132 Cass St., Woodstock, IL 60098

(815) 338-0393

www.mcdef.org

Services:

- Working to provide a healthy environment in McHenry County
- Volunteers work in prairie preservation, wildflower propagation, recycling, reuse centers, land use planning, waste reduction, natural resource preservation, drinking water protection and education programs

Days: Monday-Friday 9:00 AM-5:00 PM (office hours)

Fees: Membership fees apply

Misc: Recycling Center: 1146 McConnell Rd., Woodstock, IL 60098
(815) 338-0527

McHenry County Volunteer Program

3519 N. Richmond Rd., McHenry, IL 60050

(815) 344-3555

www.volunteermchenrycounty.org E-mail: vcmc@yahoo.com

Services:

- Recruit and refer individuals and groups of all ages who wish to volunteer in area non-profit agencies
- Host Volunteer Coordinator network meeting for area volunteer coordinators
- Sponsor McHenry County Youth Board
- Volunteer management consultation

HEALTH RESOURCES

Catholic Charities

5141 West Bull Valley Rd., McHenry, IL 60050
(815) 344-6956

Services:

- Adoption program and support
- Foster family care, relative care services, parent training
- Family, marriage and individual counseling
- Maternity services
- Unplanned pregnancy services (objective counseling, medical linkage, substitute home placements)
- Advocacy; support services
- Expanded home/school counseling
- Hispanic outreach services (linkages, translation, transportation)
- Pharmaceutical Assistance Program

Population: General population, children, adolescents, adults

Days: Monday, Tuesday & Friday: 8:30 AM-5:00 PM
Wednesday & Thursday: 8:30 AM-9:00 PM

Fees: Sliding scale \$5-480

Family Health Partnership Clinic

13707 W. Jackson, Woodstock, IL 60098
Phone: (815) 334-8987 Fax: (815) 337-9641
www.hpclinic.org

Services:

- Primary care outpatient health services
- Physical exams & health counseling
- Family practice, internal medicine, pediatrics
- Information and referral for social service
- Screening and referral for other health problems

Population: Migrant and seasonal farm workers and their families

Days: Mon. & Tues.: 9:00 AM-4:30 PM; Thurs.: 11:0 AM-7:00 PM; Fri.: 9:00 AM-12:30 PM; closed Wednesday

Fees: Based on services received and income

RECREATION RESOURCES

Crystal Lake Park District

One East Crystal Lake Ave., Crystal Lake, IL 60014

(815) 459-0680

www.crystallake.org

Services:

- Recreational/fitness programs
- Teen center and programs
- Senior programs
- Special events
- Community band/choir
- Before and after school and pre-school programs
- Special interest classes
- Golf driving range
- Banquet program

McHenry Area Youth Commission

3703 N. Richmond Rd., McHenry, IL 60050

Phone: (815) 344-0001 Fax: (815) 385-5671

www.mayc.net

Services:

- Substance abuse and violence prevention and awareness programs
- Recreational alternatives. Educational programs, community awareness

Population Youth

Eligibility: Residents of McHenry Township. City of McHenry, Village of Johnsburg, school districts 12, 15, and 156

Days: Monday-Thursday: 9:00 AM-5:30 PM

NISRA

(Northern Illinois Special Recreation Association)
820 E. Terra Cotta, Suite 125, Crystal Lake, IL 60014
(815) 459-0737 (voice and TTY)
www.nisra.org

Services:

- Weekly recreation programs, day camps, leisure education, Special Olympics, special events, weeklong trips and camps, school day-off activities
- Exercise programs
- Warm water swim (program for physically limited adults)
- In-home recreation program (1 on 1 recreation in the participant's home) if physically unable to participate in community programs

Population: Mentally handicapped and ill, hearing impaired, visually impaired, learning disabled, behavior disordered, physically handicapped, developmentally disabled, youth at-risk

Days: Office hours: Monday-Friday: 8:30 AM-5:00 PM
Programs: Monday-Saturday: various hours

Fees: Fixed rate; depends on program; scholarships available

Woodstock Recreation Department

820 Lake St., Woodstock, IL 60098
(815) 338-4363
(24-hour RE-LINE after business hours-tape recorded)

Services:

- Community recreation programs for all ages
- Outdoor community swimming pool
- Fitness Center

Population: Woodstock and surrounding area

Days: Monday-Friday: 8:30 AM -5:00 PM

Fees: Varies, non-resident fees are generally 50% higher than resident fees; program scholarships available to city residents

YMCA of McHenry County
701 Manor St., Crystal Lake, IL 60014
Phone: (815) 459-4455 Fax: (815) 459-5101
www.ymcaofmchenrycounty.org

Services:

- Summer day camp
- Pre-school program
- Secondary cardiac rehabilitation exercise program
- Open recreation and exercise programs
- Volunteer recruitment

Eligibility: Must be a member; financial assistance available

Days: Monday-Friday; 5:30 AM-10:00 PM (9:00 PM in winter)
Saturday: 6:00 AM-5:00 PM; Sunday: 1:00 PM-5:00 PM

Fees: Varies based on membership and program; 10%-90% scholarships available

HOME HEALTH CARE

**Department of Human Services
Division of Rehabilitation Services**

Home Services Program
452 N. McLean Blvd., 2nd Floor
Elgin, IL 60123
(847) 931-2360

Caregivers Home Health

1037 Lake Avenue
Woodstock, IL 60098
(815) 338-8940

FITE Center for Independent Living

730 West Chicago St.
Elgin, IL 60123
Phone: (847) 695-5818
www.fitecil.com

**Division of Specialized Care for
Children (DSCC)**

4302 North Main St., Room 106
Rockford, IL 61103
(815) 987-7571
(800) 651-9319

TRANSPORTATION

PACE/Dial-A-Ride

(800) 671-6717
www.pacebus.com

COMMUNITY LIVING

Residential services are provided by a variety of state and non-profit agencies. The goal of residential services is to provide homes for individuals. Some people choose to live in a group home and others may choose to live independently, with only the assistance of an attendant. Still others want to live with one other person of their choice. It is important to understand that while individuals may be served under a variety of residential models, funding and eligibility criteria will vary and be the ultimate determinant of the appropriate option. Be prepared to advocate for the services for your special needs child.

As a parent, you must recognize that due to the shortage of residential facilities in the State of Illinois, there may be an extensive waiting period between the time you initiate contact and the time of actual placement. It is crucial that you investigate opportunities early and place your name on waiting lists you consider appropriate to your situation.

Questions to Ask When Selecting a Facility:

1. How many people live there?
2. What kinds of skills/jobs do other people who live there have?
3. What is the maximum length of stay?
4. Is there a waiting list? How long is the waiting list?
5. What are the requirements to be considered?
6. What is the monthly cost for services?
7. Do they accept Medicare or Medicaid payments?
8. What is the staff/resident ratio per shift?
9. What specific living arrangements are provided?
10. What are each individual's responsibilities in the upkeep of the home?
11. What support and other services are provided other than room and board?
12. What community based leisure activities are available?
13. What in-house leisure activities are available? How often are these available?
14. What community resources are available in the immediate neighborhood?
15. What assurances are there to guarantee individuals' rights?
16. What is the policy of home visits?
17. How can parents/guardians give input on facility or family/friend rights to your program?
18. Is transportation provided for personal and social needs, to and from a job, etc?
19. Can an individual who lives here actively search for or maintain employment?
20. Can an individual who lives here have full responsibility for his/her financial affairs?

Term Descriptions:

All residential facilities identify which population they are designed to serve. Below is a description of the abbreviations, which will be used often:

- PH - Physically Handicapped
- DD - Developmentally Disabled (may include any of the following)
- MR - Mild Mental Impairment (IQ less than 70)
Autistic/Asperger Syndrome
- CP - Cerebral Palsy
- MI - Mentally Ill (Schools refer to as BD/ED)
- VI - Visually Impaired
- HI - Hearing Impaired
- LD - Learning Disabled
- PA - Public Aid
- SSI - Social Security Income
- PI - Private Insurance
- DMH - Department of Mental Health

Agencies to contact regarding residential services:

Options & Advocacy for McHenry County

365 Millennium Drive, Suite A
Crystal Lake, IL 60012
Phone: 815/477-4720
Fax: 815/477-4700
Website: www.optionsandadvocacy.org

Pioneer Center for Human Services

4001 Dayton Street
McHenry, IL. 60050
(815) 344-1230
www.pioneercenter.org

McHenry County Mental Health Board

620 Dakota St., Crystal Lake, IL 60012
Phone: (815) 455-2828
Fax: (815) 455-2925
www.mc708.org

Thresholds

109 S. Jefferson St., Woodstock, IL 60050
(815) 338-8324
www.thresholds.org

Other resources:

McHenry County Housing Authority
P.O. Box 1109; 1108 N. Seminary Ave., Woodstock, IL 60098
Phone: (815) 338-7752 Fax: (815) 338-1217
E-mail: mchenrycha@ameritech.net

Services:

- Emergency shelter, food, and rental assistance
- Fuel bill assistance
- Payment assistance for income eligible clients
- Information & Referral
- Senior citizen housing
- Energy conservation information
- Home repairs
- Scholarships

Population: Low income

GUARDIANSHIP

What is guardianship?

- The purpose of guardianship is to replace the disabled person's authority to make personal decisions when the individual does not have the adequate natural capacity to make decisions for himself/herself.
- Since guardianship denies an individual the right to freely exercise certain personal liberties, every effort should be made through the use of social counseling services to prevent the need for appointment of guardian.
- In Illinois, parents are the natural guardians of their children until they reach the age of 18. Even if your child is developmentally disabled, the law assumes that he/she is mentally competent when he/she reaches 18; and legally, a parent would then have no authority to make decisions on their child's behalf. Parents, however, usually establish a cooperative agreement with their children and the agencies providing services. Hopefully, this relationship allows parents to remain involved in decisions affecting their children.

Types of guardianship:

Guardianship: A guardian is a person who is legally charged with the responsibility of caring for or obtaining care for an individual, and manage the property and rights of that person.

Conservatorship: A conservator is appointed through the court to manage a citizen's financial affairs. A conservator is not allowed to make decisions about the person's personal life.

Power of Attorney: A power of attorney is a written document giving one person the power to act as an "agent" for another person.

ADVOCACY AND GUARDIAHSIP RESOURCES

Options & Advocacy
365 Millennium Dr., Suite A
Crystal Lake, IL 60012
(815) 477-4720

Guardianship & Advocacy Commission
4302 N. Main St., Suite 108
Rockford, IL 61103
(815) 987-7657

FITE Center for Independent Living
730 West Chicago Street
Elgin, IL 60123
(847) 695-5818

Prairie State Legal Services
415 W, Washington St., Suite 002
Waukegan, IL 60085
(800) 942-3940

Illinois Protection and Advocacy, Inc.
11 E. Adams, Suite 1200
Chicago, IL 60604
(312) 341-0022

Illinois Department of Human Rights
100 W. Randolph St., Suite #10-100, Chicago, IL 60601
Phone (312) 814-6200 Fax (312) 814-1436 TTY (312) 263-1579
www.state.il.us/dhr

Services: Assistance in handling charges for employment, financial credit, public accommodations, housing discrimination, and sexual harassment of students in higher education

Population: State of Illinois residents

Days: Monday-Friday 8:30-5:00 PM

Fees: None

Misc: The Illinois Human Rights Act forbids discrimination in the sale or rental of real estate property. A charge must be filed with the Department of Human Rights within 180 days of the date the discrimination occurred. An attorney is not needed in order to file a charge.

Illinois Guardianship & Advocacy Commission
4302 N. Main St., Suite 108, Rockford, IL 61103
(815) 987-7657
www.gac.state.il.us

Services:

- Legal Advocacy Service: offers legal consultation and representation of disabled persons in such cases as commitment, transfer and discharge proceedings and other cases relating to mental health and other disability laws
- Human Rights Authority is composed of volunteers statewide, who attempt to ensure the rights of the disabled in public and private facilities through fact-finding investigations of complaints, which may be made by anyone
- Office of State Guardian serves as guardian of disabled adults, when appointed by the court and there is no one else willing or able to serve

Population: Mentally ill, physically handicapped, developmentally disabled, age disabled

Days: Monday-Friday: 8:30 AM-5:00 PM

Fees: Sliding scale depends on income

Options & Advocacy for McHenry County

365 Millennium Drive, Suite A

Crystal Lake, IL 60012

Phone: 815/477-4720

Fax: 815/477-4700

Website: www.optionsandadvocacy.org

It is the mission of Options & Advocacy to enhance the quality of life of children and adults with disabilities through advocacy, the coordination of services and community education.

Options & Advocacy is the designated service coordination agency (Pre-Admission Screening Agency) for McHenry County. We are the doorway to services for individuals of all ages who have a developmental disability as defined by the State of Illinois.

Services:

- Service coordination/pre-admission screening
- Screening, assessment, crisis intervention
- Advocacy including special education advocacy
- Access to in-home and out of home support services
- Transition planning for young adults and their families
- Development of natural community supports
- Referral to publicly and privately funded services
- Community education

Other programs and services offered by Options & Advocacy include the Child & Family Connections program for children under the age of three who are experiencing delay(s) in their development and Wraparound services for children and adolescents with significant mental health challenges.

All services provided by Options & Advocacy are offered to individuals and their families at no cost.

AMERICANS WITH DISABILITIES ACT

The purpose of the American with Disabilities Act of 1990 (ADA) is to bring those who have disabilities in to mainstream American life. Disability is defined as a “physical or mental impairment that substantially limits one or more major life activities of such individual.” Major life activities are things that the average person can perform with little or no difficulty such as walking, seeing, hearing, leaning, or working, etc. The ADA is broken down into four major areas or titles as follows:

Title I: Employment

Employers with 15 or more employees may not discriminate against qualified individuals with disabilities. Employers must reasonably accommodate the disabilities of qualified applicants or employees, including modifying their work station and equipment, unless undue hardship would result.

The person must have a record of substantial limiting impairment to be considered disabled under the ADA. He or she must also be able to perform the essential functions of the job with or without accommodations. Complaints may be filed with the Equal Opportunity Commission.

Title II: Public Services

State and local governments may not discriminate against qualified individuals with disabilities. Newly constructed state and local government buildings, including transit facilities must be accessible. Alterations to existing state and local buildings must be done in an accessible manner. Restrooms, drinking fountains, and telephones must be accessible as well.

Title III: Public Accommodations

Privately operated businesses and not for profit facilities open to the public cannot discriminate against a customer on the basis of disability. This includes restaurants, hotels, malls, museums, and other similar places. Physical barriers in existing public accommodations must be removed. If not, alternative methods of providing services must be offered.

Title IV: Telecommunications

Telephone companies must provide telecommunications relay services 24 hours a day for individuals who are deaf, hard of hearing and speech impaired.

Great Lakes ADA & Accessible IT Center
University of Illinois at Chicago
Institute on Disability & Human Development
1640 W. Roosevelt Rd., Room 405
Chicago, IL 60608
(312) 413-1407 (Voice/TTY) or
(800) 949-4232 (Voice/TTY)
www.adagreatlakes.org

Illinois Assistive Technology
1 W. Old State Capitol Plaza
Suite 100
Springfield, IL 62701
(217) 522-7985

SOCIAL SECURITY ADMINISTRATION

800-772-1213

2450 Lake Shore Dr., Woodstock, IL 60098

(815) 338-3751

(815) 338-3810 (TTY)

www.ssa.gov

The Social Security Administration (SSA) manages two major programs that provide cash benefits based on disability or blindness.

SSDI- Social Security Disability Insurance (SSDI) provides benefits to disabled or blind individuals who are “insured” by workers’ contributions to the Social Security trust fund. These contributions are the Federal Insurance Contributions Act (FICA) social security tax paid on their earnings of those of their spouse or parents. Title II of the Social Security Act authorizes SSDI benefits.

The worker must have worked and paid Social Security taxes for enough years to be covered under SSDI; some of the taxes must have been paid in recent years.

SSI- Most high school students have not worked enough work quarters to be eligible for SSDI. The Supplemental Security Income Program (SSI) makes such cash assistance payments to aged, blind, and disabled people (including children under 18) who have limited income and resources.

For children under 18 years old, the parent income and assets are included. If your child is over 18 years, then only his or her income and assets are included.

Definition of Disability:

Disability under Social Security is based on your inability to work. You are considered disabled if you cannot do the work that you did before and it is decided that you cannot adjust to other work because of your medical condition(s). Your disability must also last or be expected to last for at least one year or to result in death.

Application:

A person can apply for Social Security benefits by calling the SSA at 1-800-772-1213. A representative will schedule an appointment for an application to be taken over the phone or at any local SSA office. Whichever way a person applies, he or she should keep copies of all documents and forms submitted. People who are deaf or hard of hearing can call SSA’s TTY number, 1-800-325-0778.

SSA usually takes 60-90 days to process applications for disability benefits. The local office collects information from the claimant. The file is sent to the Bureau of Disability Determination (BDDS) Services in Springfield, Illinois where an adjudicator is assigned to the case to collect medical evidence and reports from the claimant and others who may have information about the claimant’s condition. Doctors and nurses who contract with BDDS review the medical records and decide whether the claimant’s impairments fall within the SSI definition of disability. The SSA local office sends a written decision to the claimant. Often many initial

applications are denied. An appeal must be filed within 60 days. For more information, contact the local office.

Other resources:

DHS/DMH
Benefit Planning Project
Dr. Mary Smith
160 N. LaSalle St., 10th Floor
Chicago, IL 60601
(312) 814-4948

Prairie State Legal Services

325 W. Washington St., Suite 100, Waukegan, IL 60085
Phone: (847) 662-6925 TTY: (847) 662-4441
800-942-3940
www.pslegal.org

Services:

- Provide free legal assistance or advice in certain civil legal matters including government/public benefits, landlord/tenant, utility problems, elder abuse, limited family law matters
- Available to train social service staff in certain legal areas
- Nursing home residents' rights or other elder law issues
- Limited consumer law

Population: Lake and McHenry County Residents are 60 or older or below 125% of the federal poverty level; persons HIV positive may have income up to 200% of federal poverty level

Eligibility: Must be U.S. citizen or legal alien and meet income guideline or be senior citizen (60 plus), undocumented aliens may be represented if they are a domestic violence victim, and if the case is related to that abuse. Generally clients may have incomes up to 125% of the federal poverty level, but applicants with incomes up to 187.5% may be accepted, depending on their circumstances

Days: Monday-Friday: 8:30 AM-5:00 PM, new applicants seen by appointment; call 9:05 AM-11:45 AM and 1:05 PM-4:00 PM to set appointment or receive advice by phone

Fees: None for attorney time but client may have to pay out-of-pocket costs or court fees

POST HIGH SCHOOL INSURANCE CONCERNS

Insurance coverage after a student graduates from high school is an important issue for all families to address. For the student with special needs this can be critical if not planned for and dealt with in the proper manner. The State of Illinois Insurance Code (215 ILCS 5/3 566), provides legal guidance for obtaining possible extended coverage of health insurance. This statute allows parents to explore continued coverage for their young adult's benefits under their family policy beyond the customary age limit's. To qualify under this act, the parent must notify their insurance carrier prior to their dependent's reaching the standard age of termination. Eligibility will be determined based on your insurance provider: definition of disability and level of dependency.

You may contact the Department of Insurance by calling or writing at:

Illinois Department of Insurance
320 W. Washington St
Springfield, IL 62767-0001
Phone (217) 782-4515
Fax (217) 782-5020
TDD (217) 524-4872
Web: www.ins.state.il.us/ins/mmcchart.htm

Illinois Department of Insurance
100 W. Randolph
Suite 9-300
Chicago, IL 60601
Phone (312) 814-2420
Fax (312) 814-3145
TDD (312) 814-2603

SAMPLE LETTER

The format in the sample letter below may be used to contact the family's insurer to establish eligibility under this statute:

Date:

Name of Insurance Company

Address

City, State, Zip

To Whom It May Concern:

This letter is being written to advise you that according to the Illinois Insurance Code (215 ILCS 5/356b), our son/daughter is legally qualified to receive extended coverage for medical benefits. This statute allows (son's/daughter's name) to maintain his/her benefits under our family policy beyond the standard age limits.

This letter serves as our written notice to you regarding our intent to be included under the provisions of Section 356b. Enclosed please refer to a copy of this statute and documentation of (son's/daughter's name) qualifying handicapping condition.

Yours truly,

(insured's signature)

(insured's printed name)

Policy # _____

Attn: Legal Dept.

Some families may also need to inform their insurance company regarding the covered student's continuation of his/her education at a college or other appropriate educational setting. Insurance policies may have a provision that requires the individual pursuing post high school education to be a full-time student. This usually involves carrying a minimum of twelve semester hours of credit each term in order to qualify for coverage under the family health policy. Some colleges and universities may consider a student as full-time even with less than twelve semester hours are carried, if that student can show a lesser class hour load is a reasonable accommodation under the Americans with Disabilities Act (ADA).

MEDICAID

There are several reasons why it is important to know about Medicaid. Once a student exits high school after 18 years old or is not attending college on a full-time basis, parents insurance may terminate. (Please see Post High School Insurance Concerns.) If parent's health insurance is not going to provide on-going coverage, parents should explore Medicaid. This is a significant issue for students with medical needs to consider.

Operated by the Department of Human Services (DHS)-Division of Human Capital Development, Medicaid is a form of medical insurance for the disabled, blind and aged. Eligibility includes:

- • U.S. citizen or meet certain non-citizen requirements
- • Live in Illinois

In addition, applicants must meet the following criteria:

- All earned and unearned income as well as assets reviewed when you apply for Medicaid because it is a needs based program. If you are over the limit but meet all other requirements, you may be placed in the Medicaid spend down program. Once a person is over 18 years old his/her income is considered.
- Proof of disability, blindness or age. If you are receiving SSI, this will be accepted as proof that you are blind, disabled, or aged. If you do not receive SSI then your level of incapacity will be evaluated by DHS.

The following are some examples of what Medicaid pays for:

- Hospital care
- Doctors' services
- Prescription drugs
- Psychiatric care
- Renal dialysis
- Care at clinic

In addition, parents of significantly disabled students need to consider Medicaid to access:

- **Supported Living Services.** The developmentally disabled individual must have Medicaid prior to applying for S.L.S.
- **Psychosocial Rehabilitation/Day Treatment.** Community mental health agencies have day programs for the psychiatric disabled who are not ready for work.
- **Residential Programs.** Both developmentally disabled and psychiatric applicants for residential programs are required to have Medicaid.

These are just some examples of why Medicaid is important for access to some types of programs for the significantly disabled.

Local Office: DHS-DHCD, 2215 Lake Shore Dr., Woodstock, IL 60098; (815) 338-0234

HEALTH BENEFITS FOR WORKERS WITH DISABILITIES (HBWD)

Illinois has joined the national movement to help people with disabilities return to work. The new program called Health Benefits for Workers with Disabilities (HBWD) started providing medical benefits in January 2002.

The goal of the program is to help people with disabilities return to work with full Medicaid health care benefits. HBWD not only encourages enrollees to work, but to increase the number of hours they are currently working.

If you are an individual with a disability, between the ages of 16 and 64 and working, you may qualify for HBWD. Workers with countable income up to \$1,595 per month for a single person and \$2,138 per month for a couple may qualify for the program. Unlike other Medicaid programs, HBWD allows enrollees to have up to \$10,000 in assets. Depending on their income, enrollees pay a monthly premium that ranges from \$0 to \$100 to receive the full range of Medicaid services.

You may download an application or request an application to be e-mailed. For more information, please call 1-800-226-0768 (TTY 1-866-675-8440) Web: www.hbwduillinois.com

ILLINOIS STATE I.D. CARD

Secretary of State
Office Driver's License Facility
428 S. Eastwood Dr., Woodstock, IL 60098
(815) 338-2750

Hours: Monday – Closed
Tuesday – 9:00 - 7:00
Wednesday, Thursday & Friday – 8:00 - 5:30
Saturday – 8:00 - 12:00

Fees: None for disabled people

Services: Provides State of Illinois picture identification cards

Requires: 3 forms of identification & Social Security Number

SELECTIVE SERVICE REGISTRATION

All male students regardless of capability to serve in the military are required to register with the federal Selective Service System within 30 days after their 18th birthday. Young men may visit any U.S. Post Office to obtain a registration form. It is a simple form asking for name, address, telephone number, social security number and date of birth. After its completion and signature just mail it in. You will receive your Selective Service Registration Number by mail within the following three months after its submission. Information and the registration form may also be obtained at the High School where the student is attending. **Failure to register is a violation of federal law** and could result in the loss of federal benefits the applicant may receive or be entitled to in the future. This includes obtaining financial assistance for college.