



# Behavioral Health and Support Services

## Reach out for help. You can feel better.

Experiencing anxiety, depression, addiction, or other behavioral health issues? You are not alone. In a given year, approximately one in five adults and up to one in five children experience a diagnosable mental illness. Behavioral health includes a person's emotional, psychological, and social well-being as it relates to their mental health and substance use. Wherever you are in your journey toward emotional wellness, we can help you work toward stability, recovery, and/or independence.

### Our Services

**Addictions Services:** If you or a loved one is experimenting with drugs or alcohol or has a substance use disorder, Pillars Community Health can help. We offer early intervention and outpatient therapy (individual and/or group); DUI evaluations, updates, classes/risk education, and treatment services; and tailored services for more complex issues such as addiction and pregnancy.

**Mobile Crisis Response/SASS:** Pillars Community Health's Crisis Team/Screening, Assessment, and Support Services (SASS) help stabilize personal and family emergencies involving depression, suicidal behavior, and mental illness; family conflict and domestic abuse; acute alcohol and drug issues; and sudden traumas that impact entire communities.

**Outpatient Mental Health:** Through office-, community-, and home-based therapy, children, adults, and families can learn to improve their overall mental health and functioning. We also offer psychological testing for existing clients, to clarify a diagnosis and provide recommendations for treatment.

**Community Support:** These programs help youth and adults who are living with mental illness to practice the goals outlined in their treatment plans, out in the community. Clients may be assigned to an individual support provider or a team of clinicians to help with skill development.

### Fast Facts

- Many services are available in both Spanish and English.
- Pillars Community Health's Behavioral Health Services are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). Pillars Community Health has attained the highest level of accreditation at each survey since 1995.
- Clients may want to access more than one service through Pillars Community Health.

**IPS Employment Services:** Pillars Community Health offers a supported employment program that uses an evidence-based approach to help individuals with a severe mental illness find and maintain regular employment.

**Bereavement Support:** Our Buddy's Place childhood bereavement program offers family-based support groups to children and teens ages 4-18 and their families who are grieving the death of someone significant in their lives.

**Integrated Care Services:** Pillars Community Health operates a Federally Qualified Health Center, offering medical and dental services to low-income individuals. Community Health Center patients have access to pediatric development and behavioral screenings; screenings for depression, anxiety, peri- and post-partum depression; substance abuse and domestic violence screenings; brief interventions; referral to outpatient mental health; and psychiatry services.

**The Living Room:** The Living Room—a collaboration with NAMI Metro Suburban and Community Memorial Foundation—offers a FREE alternative to the emergency room for adults ages 18 and older who are seeking help in a mental health crisis. Trained Recovery Support Specialists use their personal experiences to help others find ongoing support, develop wellness action plans, and maintain recovery.



**Pillars Community Health**

Healing. Caring. Educating.

[www.PillarsCommunityHealth.org](http://www.PillarsCommunityHealth.org) | 708-PILLARS (708-745-5277)

Pillars Community Health provides health, social and educational services to build strong, healthy communities. We envision communities where all people have equal access to the care they need, when they need it.