

Community mental health center now open at Clearbrook West



Cathy, one of Clearbrook West's clients, enjoys some coloring at Naturally Gifted located in the Crystal Lake Plaza.
(*Courtesy of Clearbrook West*)

Submitted by Jessica Jablonski

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Clearbrook West is an expansion of Clearbrook, which is based in Arlington Heights, and empowers over 200-plus individuals with intellectual and development disabilities in McHenry County and the surrounding area. You can find Clearbrook West enriching lives in over 39 communities and six locations.

The Community Mental Health Center is the organization's newest service. The center serves adult residents of McHenry County who are diagnosed with an intellectual or developmental disability and have a mental illness. The center does not require the individual to be a part of Clearbrook prior to the service. It is designed to support the community while providing additional support to the current individuals Clearbrook West serves. A second location is coming soon near Cook County.

How does it work?

The first appointment is usually scheduled by the office's licensed clinical professional counselor. The counselor would contact the individual or guardian depending on the type of referral. Referrals can be made through an individual or guardian. The priority of the first appointment is to assess the risk and therapeutic needs of the client using the IMCANS, the Illinois Medicaid Comprehensive Assessment of Needs. A personalized treatment plan is developed with the individual.

What methods are used?

Various therapy methods are utilized, based upon the needs of the individual. Clients and/or guardians are involved in the decision making of which methods are used in therapy. There are three systems for sessions: individual-based, group-based, or family-based. The skillset of the clinic is person-centered and allows for solution-focused, cognitive-behavioral, and dialectical-behavioral therapy. Let Clearbrook West be your guide towards a strong mental health system. To contact us for a

referral or learn more about the service, you can visit www.clearbrook.org/west/ (<http://www.clearbrook.org/west/>).

About Clearbrook West

Annually, Clearbrook West supports over 200 individuals as well as their families in the McHenry County area, in over 39 communities, seven counties, and six locations. It serves people over a range of ages and disabilities, from children diagnosed with developmental delays at birth, to the unique needs of seniors with disabilities and all ages in between.

Clearbrook West is an expansion of Clearbrook from Arlington Heights. Programs and services such as home-based services, community day services, residential, vocational, and respite are offered in the surrounding area of McHenry County. The goal of these programs is to enrich the lives of individuals with intellectual and developmental disabilities and be as independent as possible in their home and community.

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