

**Lyons Township High School**  
**Community Mental Health & Wellness Resource Guide**  
**2024-2025 School Year**

**Community Agencies**

<p><b><u>Associates in Behavioral Science Berwyn</u></b>  (708) 627-2710  <a href="http://www.ABSpsych.com">www.ABSpsych.com</a></p>	<p><b><u>The Loft @ Eight Corners</u></b>  Brookfield  708-883-3300  <a href="https://loft8corners.org/">https://loft8corners.org/</a></p>	<p><b><u>Community House</u></b>  Hinsdale  (630) 323-7500  <a href="http://www.communityhouse.org">www.communityhouse.org</a></p>
<p><b><u>Centers for Family Change</u></b>  (some sliding scale may be available)  Oak Brook (630) 586-0900</p>	<p><b><u>Compass</u></b>  In person and Virtual PHP/IOP  877-552-6672  <a href="http://www.compasshealth.net">www.compasshealth.net</a></p>	<p><b><u>Cypress Professional Group</u></b>  Burr Ridge  630.325.4899</p>
<p><b><u>The Family Institute</u></b> (through Northwestern University)  La Grange Park  847-733-4300  <a href="http://www.family-institute.org">www.family-institute.org</a></p>	<p><b><u>Heritage Professional Associates</u></b>  Hinsdale  (630) 325-5300</p>	<p><b><u>Hinsdale Behavioral Health Clinic</u></b>  12 E. Ogden, Suite 236,  Hinsdale  (630) 920-1796</p>
<p><b><u>LifeStance Health</u></b>  4471 Lawn Ave, Western Springs  708) 416-6551</p>	<p><b><u>Life Insight</u></b>  Hinsdale  (630) 563-0044</p>	<p><b><u>Authentic Growth Wellness Group</u></b>  Hinsdale, IL   <a href="tel:630.796.0884">630.796.0884</a>  <a href="mailto:intake@authenticgrowthwellness.com">intake@authenticgrowthwellness.com</a></p>
<p><b><u>Shared Vision Psychological Services</u></b>  OakBrook  630.571.5750</p>	<p><b><u>Life Counseling Institute</u></b>  Willowbrook  (630) 348-9293  lifecounselinginstitute.com</p>	<p><b><u>Pillars Community Health</u></b>  Western Springs  (708) 745-5277</p>
<p><b><u>Oak Brook Behavioral Health</u></b>  Oak Brook  (630) 424-9204</p>	<p><b><u>Institute for Stress Control</u></b>  Sandra Seigel, Phd; Elizabeth Hletko, PhD  Hinsdale  (630) 920-0900</p>	<p><b><u>Stillpath Therapy &amp; Assoc.</u></b>  La Grange  708-394-7910</p>
<p><b><u>Stillpoint Mental Health</u></b>  Hinsdale  630-385-8893</p>	<p><b><u>Elevate Counseling &amp; Wellness</u></b>  Westmont  630-580-8080</p>	<p><b><u>The Gynko Psychology Group</u></b>  Weschester  312-663-8317</p>

<b>CARESLINE</b> 1-800-345-9049	<b>Back to Balance Counseling</b> 930 N York, Suite 150, Hinsdale, IL 60521 <a href="mailto:info@backtobalancecounseling.com">info@backtobalancecounseling.com</a> 773.242.8898	

### Hospitals / Intensive Outpatient Programs

<b>Alexian Brothers Hospital</b> (has school refusal/avoidance program) 1650 Moonlake Blvd., Hoffman Estates (847) 432-5005	<b>AMITA Health OPTIONS</b> Outpatient Adolescent Program 760 Pasquinelli Dr. Ste. 334, Westmont Phone: 630-856-7717	<b>Compass Health Center</b> Oakbrook (877) 552-6672
<b>Eating Recovery Center</b> 1010 Jorie Boulevard OakBrook 312.540.90955	<b>Hinsdale Hospital</b> 120 N. Oak St., Hinsdale (630) 856-6531	<b>Linden Oaks Hospital</b> (free assessments) 850 West Street, Naperville (630) 305-5500
<b>Linden Oaks Medical Group</b> -outpatient, PHP 8 Salt Creek Lane, Hinsdale (630) 305-5118	<b>Insight Behavioral Health</b> (free assessments) (312) 540-9955	<b>Rogers Behavioral Health</b> 907 N. Elm St. Suite 300 Hinsdale, IL 60521 (630) 686-4544 844) 615-3222
<b>Pathlight Mood and Anxiety Center</b> Oakbrook 866) 541-5682	<b>SunCloud Health Outpatient Treatment Center</b> Naperville 630)407-1896	

### School Avoidance Resources

Compass Health Center in Oak Brook 750 Oakmont Lane Oak Brook	Alexian Brothers Hospital 1650 Moonlake Blvd. Hoffman Estates 847.432.5005	Linden Oaks Hospital 852 West Street Naperville 630.305.5500
---	---	---

877.552.6672		
Insight Behavioral Health 1010 Jorie Boulevard, #200 Oak Brook, IL 708.665.5814	Hinsdale Hospital—Options Program 740 Pasquinelli Drive #104 Westmont, IL 630.856.7701	Rogers Memorial Hospital 907 Elm Street, Suite 300 Hinsdale, IL 630.686.4544
Laura Foster, MA 10414 S. Roberts Road Palos Hills 773.576.7032	Alefiyah Lindo, LCSW La Grange, IL 630.479.3002	Harvey Martin, PhD 10217 Lincoln Highway Frankfort 708.960.0804
Donna Ulanowski, PhD 3612 W. Lincoln Highway Olympia Fields 708.503.9400	Larry Wieczorek, LCSW 901 Burlington Western Springs 630.969.2810	

### **Therapists and Programs Specializing in Eating Disorders**

Alexian Brothers Behavioral Hospital  Hoffman Estates  800-432-5005	Lin Bresnahan, LCSW  Western Springs  (708) 246-2650	Julie Barkauskas, LCSW  Yorkville  (630) 373-4927
Diane Dean, LCSW  La Grange  708.354.4251	Maria Rago and Associates  Naperville  630.637.9300	Back to Balance Counseling 930 N York, Suite 150, Hinsdale, IL 60521 <a href="mailto:info@backtobalancecounseling.com">info@backtobalancecounseling.com</a> 773.242.8898

### **Psychiatrists**

Dr. Ralph Cusick Hinsdale (630) 325-8893	Dr. Osama ElShafie Oakbrook 630-424-9204	Dr. Abdullah Sllaj Oakbrook (630) 629-6550
Dr. Stacyann York Westmont (630) 850-2120	Dr. Talat Ghaus Oakbrook (630) 850-0600	Dr. Tahir Sheikh Downers Grove (630) 719-5454

Dr. Rajitha Avva Burr Ridge (630) 325-4899	Dr. Astrid Herard Westmont 630.850.2120	
--	---	--

**Therapists**

Alefiyah Lindo, LCSW LaGrange (630) 479-3002	Thomas Cahill, PhD. La Grange 708.245.8940	Myriah Vargo, PsyD. Hinsdale 630.659.4580
Sarah Rogers, PsyD. Hinsdale 630.325.5300	Jamie Kuzniar, LCPC Hinsdale 630.492.1422	Kim Habel, PsyD. OakBrooke 630.571.5716
Asma Halim, LCSW. Hinsdale 630.920.1795	Greg Eaton, LCPC Hinsdale 630.986.4260	Guy Oberwise Hinsdale 630.789.7800
Brian Drelicharz, LCSW La Grange (708) 505-5480	Diane Leamy, Ph.D., LCSW (708) 341-1627	Kristen Hall, LCPC <a href="http://khprofessionalcounseling.com">khprofessionalcounseling.com</a> 312-576-0444