

## Mission Statement

To provide quality comprehensive 24-hour crisis information, referral, and intervention services to individuals and families in acute emotional crisis, to reduce distress, and facilitate stabilization.

The primary goals of McHenry County Crisis Services are to provide prompt, compassionate and effective mental health help during a personal, family, or community emergency.

## Crisis Services

- 24-hour crisis intervention
- Referral to available resources and services
- Face-to-face assessments & crisis intervention
- Screening admissions to state-operated mental health facilities
- Grief support
- Critical incident stress debriefing services
- Speakers Bureau
- Clearinghouse for mental health professionals for county disasters
- Consulting/Training

Crisis Services provides emergency mental health services, upon request, to communities within McHenry County.

## Crisis Line Services

The Crisis Line is a crucial part of the emergency services program. It serves as the first point of contact for county residents in need

of services. Crisis Line workers are available to help people with severe personal, family and/or marital problems. These might include depression, major life changes, anxiety, mental illness, or thoughts of suicide. Calling the Crisis Line provides an opportunity for a person to talk about their problems and explore options. Often, just talking through a problem helps the caller. If the caller needs more than the services of the Crisis Line, the caller can be referred for a face-to-face assessment through our On-site Crisis Program.

## On-Site Crisis Services

The McHenry County On-site Crisis Services provide face-to-face assessments on a 24-hour basis when more immediate and emergency services are needed. Face-to-face assessments are performed in hospital emergency rooms, schools, police stations and/or scheduled in a confidential location under special conditions, within an individual's home.

The primary goals of the On-site Crisis team are to assist the individual in crisis so he or she can get past the immediate crisis and can function safely in the community. Each person evaluated on-site is assessed as to the level of service needed. Services include but are not limited to:

- Emotional support
- Linkage to behavioral health resources and support services
- Referrals to outpatient treatment
- Partial hospitalization
- Inpatient hospitalization

## CISD Services

Critical Incident Stress Debriefing (CISD) and Grief Support is offered by our On-site Crisis Team to individuals, families, and other groups such as schools, emergency rooms, fire and rescue, and police departments. CISD is useful to anyone who has been faced with a critical incident, such as a traumatic death, accident, or experience. The two main goals of CISD are to:

- Lessen the impact of distressing critical incidents on the individuals exposed and affected by them.
- Accelerate recovery from those events before harmful stress reactions have a chance to damage the performance, careers, health, and families of those affected.

## Who are the Crisis Professionals?

McHenry County Crisis Program Crisis Line and On-site Crisis workers are multi-disciplined professionals who have completed intensive training programs provided by the Crisis Program and Centegra Health System. Crisis Line staff members are bachelors and masters degreed Mental Health Professionals (MHP); On-site workers are masters degreed Qualified Mental Health Professionals (QMHP). Our crisis professionals attend additional training with such organizations as the Northern Illinois Critical Incident Stress Debriefing Team, the National Organization for Victim Assistance (NOVA) and various mental health and medical institutions. Crisis Services and its staff meet all regulatory requirements of the State of Illinois.

## What is A Crisis?

Any life event can take on crisis proportions if it is sudden, intense, unexpected, or emotionally charged. A crisis can feel overwhelming, leaving us without the means to cope or to adjust. Somehow, we cannot make sense of what is happening or why it is happening. We are unable to predict when, or if, this awful situation is going to end. Without answers to these important questions, we are left feeling emotional and helpless. We simply do not know what to do to control the situation. Thus, any event can be a crisis if it wipes out our ability to make sense of what is happening. A crisis immobilizes us. The McHenry County Crisis Program can help put the pieces together.

For additional information about our program and available services, contact:

McHenry County Crisis Program  
P.O. Box 1990  
Woodstock, IL 60098  
**1-800-892-8900**  
[www.mchenry-crisis.org](http://www.mchenry-crisis.org)

The McHenry County Crisis Program makes referrals to numerous agencies within McHenry County.

The Crisis Program is a member of the McHenry County Behavioral Health Network (Joint Commission Accredited) whose members include the following agencies:

Adult & Child Rehab Center  
Alexian Brother's Behavioral Health  
Allendale Association  
Alliance for the Mentally Ill/Thresholds  
Centegra Health System  
Centegra Behavioral Health  
Cornerstone Counseling  
Epilepsy Foundation  
Family Alliance  
Family Health Partnership Clinic  
Family Services and  
Community Mental Health Center  
Horizons Behavioral Health  
McHenry County Health Department  
Northern Illinois Special Recreation Assn.  
Options & Advocacy  
Pioneer Center  
Professional Consultations  
The Advantage Group  
Youth Service Bureau

Accredited by the American  
Association of Suicidology

## McHenry County Crisis Services

24 Hour Crisis Information,  
Referral and On-site  
Assessment Service



**1-800-892-8900**