WALK THE WALK
THE COUNSELING CENTER INFORMATION

REGISTER by 4/15 for a commemorative Shirt and Early Bird pricing! thecommunityhouse.org

Resources That Make a Difference

For over 40 years, The Community House has been dedicated to helping individuals and families navigate through some of life's greatest challenges by providing professional mental health services. Our staff of licensed clinicians assists families with a variety of concerns including Autism, anxiety, grief and loss, depression, communication, parenting, relationship conflict, and trauma. Our work could not be done without the support of the community and our generous supporters of the Walk the Walk event.

What Makes This Year So Pivotal?

- In 2018, The Community House was honored to fully integrate the services of Charlie's Gift Autism Center into The Counseling Center, and officially resolved to no longer utilize the name "Charlie's Gift" in describing the services we provide to our clients on the Autism spectrum.

- Our 2019 Walk the Walk will reflect the significance of this change. While we will continue to walk for Autism, we will also incorporate our Behavioral Health services as well as Creative Solutions - in short our ABC's of Mental Health.

What Are The ABC's of Mental Health?

- **AUTISM**: The Counseling Center continues to provide services to individuals and families who face the challenges of autism and related disorders. Autism Spectrum Disorder is characterized in varying degrees, by difficulties in social interaction, verbal and non-verbal communication, and processing sensory information. Through counseling, individuals and families can learn strategies to cope with the complexities that those with ASD see in the world around them.

- **BEHAVIORAL HEALTH**: By focusing on behavioral therapies, individuals experiencing life stresses can learn new coping strategies, adaptive skills, and changes in their thinking. Our Therapists partner with individuals in creating a plan to alleviate the immediate stresses as well developing lasting long term changes.

- **CREATIVE SOLUTIONS**: In 2018, in collaboration with our Ly Hotchkin Arts Program, we launched the Creative Connections Art Therapy Program to help children express their emotions, improve their social skills, and create lasting change. It is our vision to expand our art therapy program to include art forms such as music and dance and work with other populations including adults, seniors, and veterans. Creative Solutions is the overarching goal of all of our programing. Through working collaboratively we can help create solutions that positively impact the lives of others.

Who Does The Counseling Center Serve?

- Though we are in Hinsdale, our services are available to anyone in need of services, regardless of ability to pay. It is through the generosity of the community that we can offer services on a sliding scale to those without insurance.
- In 2018 30% of the families we worked with had health insurance while 66% paid fees on a sliding scale.
- 56% had an annual income of at or below 80% of the median income for DuPage County.
- Our service area includes: Addison, Berwyn, Bolingbrook, Brookfield, Burr Ridge, Clarendon Hills, Countryside, Darien, Downers Grove, Elmhurst, Glen Ellyn, Hinsdale, La Grange, La Grange Park, Lemont, Naperville, Palos Heights, Riverside, Villa Park, Western Springs, Westmont, Willowbrook & Woodridge.

Who Pays for Services?

- Private insurance or fees paid by families cover less than 60% of the cost of providing services leaving families or caregivers seeking options to cover unpaid costs.
- Fees only cover the cost of the therapist's time for a specific one-on-one or group session.
- Other essential services not covered by insurance payments include pre-session and post-session planning, meetings and programs for parents & siblings, new program development, training and educational materials, referral resources, therapeutic supplies and equipment, and community outreach and advocacy efforts.
- As a not-for-profit organization, The Community House raises funds to cover additional costs provided by The Counseling Center.

How Are Funds Raised Through the Walk Used?

- Since fees generally cover only 60% of the costs of the entire therapy process, the remaining 40% must be covered by fundraising efforts. Each year, the Walk raises critical funds to help cover these additional costs. **Each step you take supports the comprehensive and family-centered services provided to children, families and our local community.**

For more information about the programs and services provided by The Counseling Center please visit our website at **thecommunityhouse.org** or contact Robert Agnoli, Director of Mental Health Services at 630-323-7500 ext. 239 or by email at **ragnoli@thecommunityhouse.org.**