Wednesday, March 18, 2020

Dear Students, Parents and Guardians:

These are truly unprecedented times we are currently facing. The COVID-19 virus has impacted our day to day lives and caused major adjustments to be made. No school for weeks and the use of E-Learning is something we are all navigating for the first time. During these challenging times, we may experience a variety of emotions. Some students may find excitement in staying home, while others are feeling fear and anxiety. There are still many unknowns as we move forward. As school professionals, we are processing these events so that we are better able to serve our students’ needs. As the School Counselors, District Social Worker and District School Psychologist, we are available for your children if they need additional support during these times. Please feel free to contact any of us regarding concerns you may have. Our contact information is as follows:

Mrs. Lia Lamb
Cass Junior High School Counselor
LLamb@CassD63.org

Ms. Helen Park
Concord Elementary School Counselor
HPark@CassD63.org

Ms. Alyse Lucas
District School Psychologist
ALucas@CassD63.org

Mrs. Blair Thompson
District Social Worker
BThompson@CassD63.org

We have also attached a list of resources should you like to seek counseling or support for your child outside of school.

In addition, we know there may be some difficult conversations going on at home to help process your child’s confusion and anxiety. Remember that taking some SEL breaks to find some balance in the midst of everything is encouraged. While this event is deeply concerning and challenging during this time, we are here to help.

With warmest regards,

Lia Lamb, Alyse Lucas, Helen Park and Blair Thompson

Lia Lamb, Alyse Lucas, Helen Park, Blair Thompson
## Referral List

### Counseling Agencies (sliding fee scale/may take insurance)

<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Fax Numbers</th>
<th>Hours</th>
<th>Notes</th>
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<tbody>
<tr>
<td><strong>Lutheran Social Services of Illinois</strong></td>
<td>544 South Cornell, Villa Park, IL 60181</td>
<td>Phone: 630-993-0100, Fax: 630-993-1402</td>
<td>Hours: 10 am to 10 pm</td>
<td>*Provides individual, couple, family, and group counseling</td>
<td>*Additional locations include Epiphany Lutheran Church (Elmhurst), Gloria Dei Lutheran Church (Downers Grove), St. Paul Lutheran Church (Wheaton)</td>
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<td>*Based on income (maximum pricing @ $100/hour)</td>
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<td><strong>Metropolitan Family Services of DuPage</strong></td>
<td>222 East Willow Avenue, Wheaton, Illinois 60187</td>
<td>Phone: 630-784-4800, Fax: 630-682-5276</td>
<td>Hours: M, W, TH 8:30 am to 9:00 pm</td>
<td>*Provides counseling for individual, special needs, behavioral/situational problems, and mental illness</td>
<td>*Children, families, adult and senior services, psychiatric services available at certain centers</td>
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<td>T 8:30am to 7pm and F 8:30 am to 5pm</td>
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<td>*Additional locations in Naperville, Woodridge, Elmhurst City Hall, Treasure House Resale Shop</td>
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<tr>
<td><strong>Catholic Charities</strong></td>
<td>26 W. St. Charles Road, Lombard, IL 60148</td>
<td>Phone: 630-495-8008, 800-240-7011, Joliet: 815-730-4891 ext. 301, 800-240-7011 ext. 301</td>
<td>Fax: 630-495-9854</td>
<td>Hours: M – F 8:30 am to 4:30 pm</td>
<td>*Provides individual, family, couples, and group counseling</td>
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<td>*Sliding Scale determined by income and Department of Health Services</td>
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<tr>
<td><strong>DuPage County Health Department</strong></td>
<td>111 N. County Farm Road, Wheaton, IL 60187</td>
<td>Phone: 630-682-7400 (Intake Line)</td>
<td>Fax: 630-682-7400</td>
<td>Hours: M – F 8:30 a.m. - 5:00 p.m.</td>
<td>*Provides group, individual, and family counseling</td>
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<td>*Additional locations include Addison, Lombard, Westmont and Wheaton</td>
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<tr>
<td><strong>Associates in Family Care</strong></td>
<td>650 E. Diehl Road, Ste. 121, Naperville, IL 60563</td>
<td>Phone: 630-983-0600 ext. 10</td>
<td>Fax: 630-983-0600</td>
<td>Hours: M-TH 8 – 8, F 8 - 6, Sat./Sun. 8 – 5</td>
<td>*Locations include Naperville, Downers Grove, and Aurora</td>
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<td>*Takes most insurance BCBS, Medicare, and PPO</td>
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<td>*Sliding scale available</td>
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<td><strong>Community House</strong></td>
<td>415 W. Eighth Street, Hinsdale, IL 60521</td>
<td>Phone: 630-323-7500 Ext. 239</td>
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<td>*Provides individual, couple, and family counseling</td>
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<td>*Many individuals and families are eligible to pay a reduced fee.</td>
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<td>*Intake Counselor will give an estimate of fee</td>
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| **Cathy Ruffalo Ext. 250 Dir. Of clinical services**  
Ask for Kari (Intake person) | *Sliding scale available; may have a long waiting list* |
|---|---|
| **The Center for Hope & Healing**  
241 S. Frontage Rd., Suite 35  
Burr Ridge, IL 60527  
thecenterforhopeandhealing.com  
Phone: 630-468-2341  
Jessica K. Paganis, LCSW + PLAY Project  
Home Consultant  
jkpaganis13@comcast.net | *Counseling and therapy center in the community  
*SPECIALIZES in supporting children and families affected by Autism Spectrum Disorders, Sensory Processing Disorder, Attention Deficit Hyperactivity Disorder, and Global Developmental Delays  
*Family oriented clinic offering a full range of comprehensive services that meet the needs of not only the child but the family as a whole. |
| **Private Counseling Agencies (may take insurance)** | |
| **Swati Varma, PsyD & Associates**  
1010 Jorie Blvd  
Suite 246  
Oakbrook, Illinois 60523  
Phone 312-380-9532  
https://drswativarma.com/  
Email: Drswati.psyd@gmail.com | *Family Therapy, Child, Adult, Adolescent,  
*Insurance Accepted: Aetna, Blue Choice, Blue Cross Blue Shield (BCBS), Cigna, Optum/United Health Care, Out of Network Provider  
*Free Initial Consultation  
*Evening Availability |
| **Gina L. Spielman, LCSW & Associates**  
Centennial Place  
445 W. Jackson Ave. , Suite 105  
Naperville, IL 60540  
Phone 630-212-7048, Fax 630-385-8570  
www.ginaspielman.com | *Individual, Couples, Family & Group Counseling  
*They use supportive, expressive, insight-oriented & cognitive therapies, child behavioral therapy  
*Accept insurance, may have sliding scales  
*Daytime, evening & weekend office hours |
| **Rita Yadava, M.D.  
Gaurav Yadava, M.D.**  
1200 S York Rd  
Elmhurst Center For Health, Suite 4150  
Elmhurst, Illinois 60126  
Phone 630-530-5577, Fax 630-530-4477  
Closed Wednesdays | *Additional location: Dreyer Medical Clinic - Fox Valley Villages, Tel: 630-530-5577 Fax: 630-530-4477  
*Pediatric Neurology; developmental & behavioral disabilities, ADHD, learning disabilities, & Autism  
*Hospital Affiliations: Elmhurst Memorial, Hinsdale, Good Samaritan |
| **Dr. Aimee Koerner-Frank**  
Vine Counseling Center  
600 S. Washington Suite #302 Naperville  
(773)345-7087 | *Cost per Session: $90 - $225  
*Sliding Scale: Yes  
*Pay By: Cash, Check, Discover, Health Savings Account, MasterCard, Visa  
*Accepted Insurance Plans: BlueCross and BlueShield, Private Pay, Sliding fee scale, Out of Network |
| **Alex E. McKibbin, MS, LCPC**  
Licensed Clinical Professional Counselor/Therapist  
24402 W Lockport Street, Suite 224  
Plainfield, IL 60544” | *Insurances accepted: Aetna, APS, BCBS, CAREBRIDGE, EAP,CERIDIAN, LIFE WORKS, EAP  
CHARLES NECHTAM & ASSOCIATES, Cigna, Compsych  
CURA-LINC HEALTHCARE EAP, DIAKON EAP |
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<thead>
<tr>
<th>Contact Information</th>
<th>EMPLOYEE RESOURCE SYSTEMS (ERS), Humana/Lifesynch, MAGELLAN, MAGELLAN EAP, MHNET TRICARE, MILITARY ONE SOURCE, MINES &amp; ASSOCIATES, PHCS, PSYCHARE, PSYCHEALTH, TRICARE, UBH, UNICARE, VALUEOPTIONS</th>
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<tr>
<td><strong>Phone:</strong> 630-456-2519</td>
<td>*provides counseling services to people of all age groups: adults, adolescents, children, seniors, couples and families.</td>
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<td><strong>Fax:</strong> 815-230-3652</td>
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<tr>
<td><strong>Email:</strong> <a href="mailto:alex@alexemckibbin.com">alex@alexemckibbin.com</a></td>
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<th><strong>The 83rd Professional Group</strong></th>
<th><strong>West Suburban Multi-Specialty</strong></th>
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<tr>
<td><strong>Psychiatric &amp; Counseling</strong></td>
<td><strong>386 N. York Road, Suite 100</strong></td>
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<tr>
<td><strong>Annette Ochs, LCSW</strong></td>
<td><strong>Elmhurst, IL 60126</strong></td>
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<tr>
<td>6723 Kingery Highway</td>
<td>Phone 630-834-1557</td>
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<tr>
<td>Willowbrook, IL</td>
<td><em>Contact Timothy M Cullinane, MD and/or Eugene Kwon, MD</em></td>
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<tr>
<td>Phone 630-850-0600</td>
<td><em>In association with Elmhurst Memorial Healthcare</em></td>
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| **Talat Ghaus, MD Psychiatry, diagnostic evaluation, and pharmacotherapy** |  |
| **Annette Ochs, LCSW Defiant behavior and ADHD** |  |