



HOPE RESILIENCE RECOVERY

Thrive partners with first responders to de-escalate crises and keep everyone safe

Crisis team responds to approximately 600 calls each year

Safety is the first priority when someone in the community experiences a mental health or family emergency.

Thrive Counseling Center partners with Oak Park and River Forest police departments to de-escalate crises, evaluate risk of harm, and recommend appropriate care. Thrive's Crisis Team, consisting of Masters-level clinicians, assists when someone is at risk or experiences other psychiatric or behavioral health emergency. Calls come in through Thrive's Crisis line or 911 dispatch.



"Thrive Counseling Center provides the Department with 24/7 access to professional counselors that can be utilized to assist in mental health crisis situations," said Oak Park Police Chief LaDon Reynolds. "Thrive can also be called upon to help mediate domestic disputes and a variety of other family-related matters."

Pandemic precautions mean that Thrive therapists now most often communicate with police on the scene and the individual in crisis by phone or video, but Covid-19 has not changed the relationship, Reynolds said.

When a loved one is in a mental health crisis, the hardest call to make is often the one that summons help. Typically, a family member calls because they fear the person in crisis or someone else could be hurt.

Crisis clinicians are trained to evaluate a person experiencing an emergency and determine the most appropriate care, ranging from therapy to intensive outpatient treatment or hospitalization, said Thrive Crisis Team Manager Elaine Phillips. The team assists individuals struggling with a wide variety of mental health issues. These include feelings of hopelessness and isolation, severe anxiety or psychosis, suicidal ideation, substance abuse concerns, and family disputes. At times, Thrive counselors are called upon to help individuals who are physically aggressive or trespassing.

"The partnership keeps everyone safe," Phillips said. "Our job is to connect with the person who is going through a difficult time," Phillips said. "We let people know that we just want to help. That goes for the family and the person going through crisis. Usually, they just want to be heard."

Community members can obtain crisis services by calling Thrive at 708-383-7500, or by dialing

***At Home with Thrive* offers wine-tasting, recipes, games and advice for a festive Thanksgiving**



Thanksgiving celebrations can be delicious and fun, even at a distance. Thrive offers ideas to foster meaningful connections while keeping everyone safe from Covid-19 in a special event from 7-8 p.m. on Nov. 14.

At Home with Thrive: Thanksgiving During a Pandemic, is a video event hosted by Executive Director John Meister with recipes and food preparation demonstrations, wine

tastings and trivia games--everything you need to enliven your online gathering. Thrive clinicians will share perspectives from their clients and the field, as well as offer some advice for reframing the holidays this year.

The event is free, but registration is required. Email Elizabeth Long at elong@thrivecc.org to register and to enter a raffle for a free case of wine (must be 21 or older to win).

Thrive Board President Rosa Castellano will demonstrate how to make fennel salad, a favorite dish on her Thanksgiving table. Board member James Mizgala will present holiday wine choices, including some undervalued gems. Recipe ingredient lists and wine selections will be emailed in advance to all who register for the event. In addition, the audience will be polled to select favorite wines.

Thrive Chief Financial Officer Bill Wallace and his son, Mark Wallace, trivia enthusiasts of great renown, will offer holiday trivia questions to keep your virtual guests guessing.

Join Thrive in this virtual event which is sure to provide a cornucopia of creative ideas for your celebration.

I am SO Right Thrive Talk available online, anytime



An October Thrive Talk by Oak Park family therapist Steve Parker gathered a virtual crowd of nearly 200 community members with the shared aim of building relationships and reducing polarization.

The video presentation, titled "I am SO right and you are So wrong," addressed the human need for respect, which leads to acceptance and belonging. Respect requires setting aside differences in order to have a conversation that includes both listening and talking. Parker, LMFT, likened the habitual dance of conflict to, "children

fighting on a playground."

Polarization is often rooted in inflexibility, he said. Reactivity becomes the go-to response, and without creativity and respect, there can be no solutions.

"When you are stuck in opposing positions, the issue becomes secondary and we see the other person as the enemy," according to Parker, LMFT. "It fosters a win-lose value, which is lose-lose for a family. All relationships improve when respect becomes the pattern." Steve serves on the Thrive Board of Directors.

Thrive Talks, featuring experts on a variety of issues related to healthy relationships, parenting, and well-being, are free and open to everyone via Zoom links. To view this Thrive talk or other past talks, click on this [link](#).

News you can use

Cultivating a sense of awe can boost feelings of gladness and improve health according to a study by researchers at University of California, San Francisco. People who took a fresh look at the objects, moments and views around them in weekly walks were more hopeful and upbeat. [Read more](#)

Meditation can ease stress and improve health. Learn with renowned meditation teacher Tara Brach, who offers free links to a body scan and other meditations. [Read more](#)

How to help kids open up about just about anything. Tips to foster connection and greater emotional intelligence. [Read more](#)

Thrive's Free Check-In Line offers the support of an experienced counselor to individuals struggling with disruption, stress, and anxiety. Community members can call **708-383-7500, ext. 8**, to talk to a therapist or to leave a message that will be returned within the next business day. Calls with a Thrive counselor typically last between 30 and 40 minutes and are free to all. Funds for Thrive Counseling Center were received from the Oak Park-River Forest Community Foundation.

Thrive is THE Oak Park and River Forest Community Mental Health Center

Your gift to Thrive helps ensure that the support of a mental health professional is within reach of all members of our community.

[*Please make a gift today*](#)

Thrive Counseling Center offers crisis intervention, psychiatric treatment, individual and group therapy, and an array of wellness programs. Thrive is located at 120 S. Marion St., Oak Park IL, 60302

Contact Thrive at 708-383-7500 or visit www.thrivecc.org

