



May is Mental Health Month has been officially declared in our community. Since 1949, Mental Health Month has opened dialogue about the importance of mental health and the needs of individuals with mental illnesses.

The Ben Gordon Center is calling on the community to help the one in four American adults who live with a diagnosable, treatable mental health condition and to boost awareness of how important mental health is to overall health.

Some people find it difficult to say what they want and don't want from their treatment. But over the years, more and more people with mental health conditions realize it's their right to speak up. In fact, some people call themselves mental health "consumers" to show that they can choose what services to purchase and where.

"We know that mental illnesses are as real, common, and treatable as most physical illnesses," said Michael Flora, President and CEO of the Ben Gordon Center with offices throughout DeKalb County. "Yet many of our citizens don't have access to needed mental health services and treatment."

One in four Americans may experience a mental illness and one in four families are impacted by such disorders. However, few receive treatment because of stigma, misunderstanding, and lack of access to appropriate and affordable healthcare.

"Mental health matters to our entire community and the impact of untreated mental illness can be significant. Businesses experience loss of productivity, absenteeism, and other workplace costs. The personal cost is even higher for individuals and families, who may experience school failure, financial difficulties, substance abuse problems, and even suicide," Flora added.

Behavioral Healthcare is essential to healthy communities. Each year more and more Americans are in need of Mental Health and Substance Abuse Services. For over 40 years the Ben Gordon Center has been offering a full continuum of quality Behavioral Healthcare for adults and families in Illinois.

"It is our belief that community members seeking care should have access to services. We want to ensure that there is no wrong door for care. We have seen a trend over the past several fiscal years of increased demand in outpatient Mental Health and Substance abuse services at the Ben Gordon Center," he added.

The Ben Gordon Center's programs have grown to meet the needs of our community's adults, children and families seeking services at the center through our various outpatient programs and services which include: Individual Counseling, Employment and Vocational Services, Family Counseling, Psycho-Social Rehabilitation, Couple and Marital Counseling, Intensive outpatient programs/day programs, Divorce Mediation, Group Counseling, Employee Assistance Programs, Diagnostic and Assessment, Prevention and Education Programs, Psychological Testing and Evaluation, Psychiatric Evaluation and Treatment and 24 hour Emergency Services.

The Ben Gordon Center offers a full continuum of outpatient mental health and substance abuse services. Part of that continuum of care includes emergency mental health services. These services range from a crisis response line, a 24 hour, seven day a week hotline that provides individuals an opportunity to talk to a counselor anytime, to walk in crisis services and pre-hospitalization screening for those most in need.

The agency has also placed a priority in expanding its outpatient psychiatric services. BGC has board certified psychiatrists and Advanced Practice Nurses on staff to provide psychiatric evaluations and treatment for adults, children and teens.

To help with the demand, over the years BGC has increased the number of professional staff to serve the community.

"Over the last year the Ben Gordon Center has made progress in the lives of those we serve through integration of clinical best practices delivered with the philosophy of recovery," said Flora.

"The Ben Gordon Center exists for the purpose of building a healthy community by addressing the outpatient behavioral health needs of our community. Every day, we are continually committed to our mission as we see an increase in the number of individuals served and the number of clinical services provided," said Flora.

The Board of Directors of the Ben Gordon Center would like to thank our community and the caring professionals of the Ben Gordon Center for their support and dedication to our organization over the years. We are committed to serving the residents of the community through a dedication to a recovery philosophy, that people with mental illness and substance abuse disorders enrich our lives. We continue to achieve high marks in consumer satisfaction and improved clinical outcomes in building a healthy community through the innovative expansion of new programs and improvement of existing programs and services.

Where to Go for Help

Where you go for help will depend on who has the problem and the nature of the problem and/or symptoms. Make your first call the right call. For over 40 years the Ben Gordon Center has been providing quality, confidential and caring mental health and substance abuse services.

Which Mental Health Professional Is Right For Me?

The Ben Gordon Center has a team of caring professional experts to assist you or someone you love. Go to the [Meet the Experts page](#) (insert link) to learn more about our specialists in behavioral healthcare.

Psychiatrist is a medical doctor with special training in the diagnosis and treatment of mental and emotional illnesses. Like other doctors, Psychiatrists are qualified to prescribe medication. A Child/Adolescent Psychiatrist has specialized training in the diagnosis and treatment of emotional and behavioral problems in children.

Psychologist has a doctoral degree in psychology, two years of supervised professional experience, including a year long internship from an approved internship, and is trained to make diagnoses and provide individual and group therapy.

Clinical Social Worker is a counselor with a master's degree in social work trained to make diagnoses and provide individual and group counseling.

Licensed Professional Counselor is a counselor with a master's degree in psychology, counseling or a related field trained to diagnose and provide individual and group counseling.

Mental Health Counselor is a counselor with a master's degree and several years of supervised clinical work experience trained to diagnose and provide individual and group counseling.

Certified Alcohol and Drug Abuse Counselor is a counselor with specific clinical training in alcohol and drug abuse trained to diagnose and provide individual and group counseling.

Marital and Family Therapist is a counselor with a master's degree, with specialized education in marital and family therapy trained to diagnose and provide individual and group counseling.