

Healing, Caring, Educating,

Pillars Community Health provides health, social and educational services to improve the health of our communities and empower individuals through compassionate, whole-person care. We envision communities where all people have access to the care they need, when they need it.

Welcome to Pillars Community Health. Thank you for choosing us for your treatment needs.

PLEASE TAKE THIS INFORMATION BOOKLET HOME WITH YOU. Because you will be an active participant in all phases of your treatment here, we have listed some important things for you to know.

Pillars Community Health is an innovative health and social services agency, one of only a few nonprofits in the state of Illinois to integrate primary medical and dental care with mental health and social services. Pillars Community Health is committed to providing the full array of coordinated healthcare and social services for individuals and families, regardless of where or how they first connect with us.

Pillars Community Health offers an array of healthcare and social services:

- Behavioral Health Services: Outpatient and community-integrated therapy, case management, and support services for clients with mental illness and substance use disorders.
- **Crisis Services:** Mobile Crisis Response and crisis intervention services available through the CARES hotline (1-800-345-9049), the Pillars Community Health Crisis Line (708-PILLARS), and the 988 Crisis Lifeline
- Community-Based Services: Buddy's Place childhood bereavement services, school-based mental health services, Pathways to Success care coordination services, and The Loft at Eight Corners, a space for teen mental wellness.
- **Community Health Center Services:** Medical, Dental, and Behavioral Health services for people of all ages through our Federally Qualified Health Center
- Domestic and Sexual Violence: 24-hour domestic and sexual violence hotlines, crisis support, medical and legal advocacy, and a domestic violence shelter
- Prevention/Health Education & Outreach: Presentations and outreach to the community

Pillars Community Health is deeply committed to quality service delivery and positive client outcomes. We regularly evaluate our programs and systems to ensure best practices throughout the organization. Pillars Community Health staff hold a variety of licenses, and work under supervision.

Pillars Community Health programs receive funding and/or are monitored by a variety of federal, state, and local sources, including the Illinois Department of Human Services (IDHS), the Illinois Department of Children and Family Services (IDCFS), local government agencies, various foundations, individual donors, and our own Board of Directors. Pillars Community Health behavioral health services are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). Pillars Community Health Substance Use Disorder services are licensed by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovey.



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Pillars Community Health is a 501(c) (3) nonprofit organization incorporated under the laws of the state of Illinois. It is a health center program grantee under 42USC 245(b) and the health center is a deemed Public Health Service Employee under 42 USC 233(g)-(n).

# **APPOINTMENTS**

All appointments and groups are scheduled with your assigned counselor/therapist and that time is reserved for you. **Any appointment not canceled within 24 hours in advance of the scheduled time can be billed to you for payment. TO CANCEL AN APPOINTMENT, CONTACT YOUR COUNSELOR DIRECTLY OR DIAL (708) 745-5277.** When you arrive for your appointment, please come to the reception area to pay for your session. You will receive a receipt. Your counselor/therapist will meet you in the waiting room. Many people share our waiting rooms. Please treat them with respect and help your children do the same. **SEE PILLARS COMMUNITY HEALTH ATTENDANCE POLICY FOR MENTAL HEALTH PROGRAMS, Pg 12.** 

## **24 HOUR EMERGENCY ACCESS**

In case of a mental health emergency where there is a possibility of danger to yourself or others, or if there is a crisis that cannot wait until the next business day, we offer 24 hour telephone access. Please call Pillars Community Health's main number **708-745-5277**. The emergency worker that answers your call can offer assistance. Additional crisis and support resources include: the National Suicide and Crisis Lifeline (988), Illinois Warm Line (866-359-7953), CARES (1-800-345-9049), the Illinois Helpline for Opioids & Other Substances (1-833-2FINDHELP), The Loft at Eight Corners, Local Living Rooms, and the National Crisis Text Line (text HELLO to 741741).

## SPECIAL NEEDS

If you are hearing impaired, visually impaired or otherwise physically disabled, we will provide assistance for special needs. Please ask. Information about psychiatric advance directives is available upon request.

## **PSYCHIATRIC ADVANCE DIRECTIVES**

Pillars Community Health offers information and support in navigating Psychiatric Advance Directives, including Declaration for Mental Health Treatment and Power of Attorney.

#### **REQUESTS FOR RECORDS**

**We need at least two (2) weeks notice if you need a copy of your records.** You will be asked to sign a release of information form that will specify what information you want, your date of birth, why you need the information, and where to send the information. <u>You may be charged a reasonable, cost-based fee for copying your record.</u> Contact you counselor/therapist to initiate this request.

#### FEES AND INCOME VERIFICATION

Your portion of the fee for service may be based on a sliding fee scale which will be assessed at the time of intake and is based on your gross household income and number of dependents. You will be expected to provide verification of income and insurance, including Medicaid and Medicare benefits. Fees are required to be paid to the receptionist prior to your session.

#### **INSURANCE**

All Pillars Community Health clients will be financially assessed to determine insurance status or financial ability to pay. Clients without insurance coverage may be eligible for a sliding fee scale.

1. Many commercial health insurance policies cover a portion of the cost of our services. Details about benefits for outpatient treatment and/or chemical dependency/substance use treatment are usually listed under mental health benefits. If you and your family have insurance, you will be required to use it to subsidize the cost of your treatment. If you chose not to use your insurance, you will be responsible for the full fee for all services. It is your responsibility to keep us informed of any changes to your insurance coverage.

2. Some insurance plans require that all services be authorized *before* you are seen at Pillars Community Health. If you have a referral from your primary care physician or an authorization number from your insurer, please give it to your counselor/therapist.

3. Your insurance may require a co-payment or have a deductible that needs to be paid down before the insurance will start to pay a portion of the service charge. We are contractually obligated to collect all co-payments as set by the insurance plan. If your policy has a deductible, a fee will be set for you using our sliding scale. This fee is to be paid each session until the deductible is paid down, at which time, your fee will be adjusted to cover the portion of the service charge that is not covered by insurance.

4. It is your responsibility to know the amount of the co-payment and to pay at each session. Clients who do not pay their co-payment or sliding scale fee may not be able to participate in telehealth services until all fees have been paid.

# **REGISTRATION WITH DHS/DMH/SUPR**

If you are a recipient of state funded behavioral health services through a sliding scale fee, we are obligated to register you with the State of Illinois by submitting your name and other demographics to the Department of Human Services/Division of Mental Health or the Division of Substance Use Prevention and Recovery. If you have questions about this or other agency policies or procedures, please ask your counselor/therapist.

**PATIENT EDUCATION FOR SUBSTANCE USE DISORDER TREATMENT** (as required by IL Admin. Code 2060.409) Pillars Community Health staff provides education to all individuals who participate in addictions treatment on the following topics: Rules related to client conduct while in treatment; Client Rights/Responsibilities; Confidentiality of Patient Information; and Infectious Disease; HIV/AIDS, STD's, TB, and Hepatitis. Education on infectious diseases includes the etiology and transmission of HIV infection and associated risk behaviors, symptomatology and clinical progression of HIV infection and AIDS and their relationship to substance abuse behavior, prevention of transmission and risk reduction (including information about needle sharing, sexual transmission, transmission to infants, etc.), the availability of counseling and testing services, the confidentiality rights of the patient regarding counseling, testing and HIV status and relapse prevention; education relative to infectious disease control and tuberculosis including transmission and prevention, the importance of diagnosis, the requirement for skin testing and the interpretation of skin test results, the importance of x-rays for positive test results and HIV infected persons, the importance of treatment regimens and the basic symptoms associated with tuberculosis.

# INPUT FROM YOU

Periodically you may be asked to complete a satisfaction survey related to the agency, the effectiveness of the treatment you receive, and the progress you have made toward reaching your goals. Completing the survey is voluntary and kept confidential. The information is used in aggregate to improve agency procedures and policies. Your feedback is very important. You will also have input into the development of your treatment plan and your recovery support plan.

# HEALTH AND SAFETY

Pillars Community Health strives to ensure a safe and pleasant environment by enacting policies to protect the health and safety of clients and agency personnel. Smoking is prohibited in all of the Pillars Community Health buildings. **PILLARS COMMUNITY HEALTH IS A DRUG AND WEAPON FREE ZONE!** No drugs or weapons are permitted on the premises at any time. You may be refused services if you arrive at the agency under the influence of alcohol or other substance. If the staff feels you are unable to drive safely, a cab will be called to transport you home. It is the Pillars Community Health policy not to restrain a client at any time.

Evacuation plans are posted in the hallways which outline emergency exits, tornado safe zones and the location of fire suppression equipment. A First Aid Kit is located at the front desk.

# **REQUIRED PAPERWORK**

In order to offer you services and best respond to your needs, we will need to gather an array of information which will become part of your confidential agency record. You will be asked to provide accurate information regarding your medical history, primary care physician, and vital statistics. Research indicates that coordination of care with your primary physician promotes wellness. Those who manage your benefits also strongly encourage communication between your medical and behavioral health providers. Please seriously consider completing the "Notification of Primary Care Physician Conferral" form and the release of information form which will make this coordination of care possible. You can ask your counselor/therapist questions about the release of information form. You will be an active participant in all phases of your treatment. We will discuss your rights and responsibilities with you and ask for your informed consent for treatment. You and your counselor/therapist will be a team working together to set goals and plan your treatment.

Please note: parents/guardians may sign on behalf of minor children under 12 years old and along with those older than 12 years old. Clients over 12 years old are also asked to sign all forms requiring a client signature.

# **EVALUATION AND TREATMENT PLANS**

You have the right to an evaluation to determine appropriate service requirements and the least restrictive environment. This process involves a comprehensive assessment to determine specific needs to be addressed in treatment. In many cases, contact with family members, other allies, or other providers would enhance evaluation of these needs. However, no one will be contacted without your expressed written permission. Because you have the right to refuse any or all services offered you will be involved in formulating a treatment plan to identify goals to work on in treatment. Family members and other allies are welcomed in the process if you wish to include them. Throughout the treatment process, staff will have discussions with you relating either to transition to other services or termination from treatment when you have achieved the desired goals.

#### **ETHICS**

All professional staff shall act in accordance with their respective professional codes or ethical practice and behavior, i.e., National Association of Social Workers, American Academy of Child and Adolescent Psychiatry, American Association of Marriage and Family Therapists, American Psychiatric Association, American Counseling Association, Illinois Alcohol and Other Drug Abuse Professional Certification Association.

## **CULTURE AND LANGUAGE**

Pillars Community Health is a welcoming community. We welcome you regardless of your race, ethnicity, religion, gender, age, sexual orientation, ability/disability, class/socioeconomic status, or culture. We believe each and every person who seeks services at Pillars Community Health has the inherent right to have hopes and dreams as they try to make their lives better. This belief is reflected in a person-centered and family-centered model of care that promotes individual empowerment. Clients served at Pillars Community Health will have an opportunity, regardless of their background or personal challenges, to succeed in their journey to recovery.

Many Pillars Community Health services are available in English and Spanish. If you need an interpreter for your primary language, please ask our staff.

# Pillars Community Health Client Rights

Pillars Community Health provides comprehensive behavioral health services for children, adolescents and adults including: outpatient and intensive outpatient substance abuse treatment, psychological testing, support groups, case management, emergency services, and individual and family therapy. It is the policy of the agency that clients will not be denied services or discriminated against for any reason based on age, sex, religious beliefs, race, color, ethnic origin, sexual orientation, marital status, HIV status, criminal history, disability or special needs such as hearing or visual impairment. You will not be deprived of any rights, benefits, or privileges guaranteed by law, the Constitution of the United States or the Constitution of the State of Illinois solely because you are a recipient of behavioral health services in accordance with the Americans With Disabilities Act of 1990 (42 USC 12101) and Chapter 2 of the Illinois Mental Health and Development Disabilities Code (405 ILCS 5/2-100). No client shall be presumed legally disabled unless declared so by a court.

The following rights are guaranteed for every applicant for behavioral health services and will be presented orally and a copy given to each applicant (or guardian) for services:

- Based on the Illinois Mental Health Confidentiality Act (740 ILCS 110/1) (from Ch. 9 1/2, par. 801), the HIPAA Privacy Act of 1996, the HITECH Act, the Illinois Domestic Violence Act, the Rape Counselors Act, the Illinois Division of Substance Use Prevention and Recovery (SUPR) Part 2060, Department of Health and Human Services Confidentiality of Substance Use Disorder Patient Records 42 CFR Part 2, and the Illinois Probate Act, all records and communication regarding you and services provided will be kept confidential. You or your legal guardian has the right to inspect and/or receive copies of your clinical record.
  - You may consent in writing to release of your records to others, for any purpose you choose. This could include your attorney, employer, or others who you wish to have knowledge of your care. You may revoke this consent at any time, but only to the extent no action has been taken in reliance on your prior authorization. Except as described in this notice or as required by Illinois or Federal law, we cannot release your protected health information without your written consent.
  - You may ask us not to use or disclose part of the clinical information. This request must be in writing. Pillars Community Health is not required to agree to your request if we believe it is in your best interest to permit use and disclosure of the information. We may charge you a reasonable fee for copying and mailing your record.
  - You may request that we send information to another address or by alternative means. We will honor such request as long as it is reasonable and we are assured it is correct. We have a right to verify that the payment information you are providing is correct.
  - If you believe that something in your record is incorrect or incomplete, you may request we amend it. To do this contact the Privacy Officer and ask for the *Request to Amend Health Information* form. In certain cases, we may deny your request. If we deny your request for an amendment you have a right to file a statement you disagree with us. We will then file our response and your statement and our response will be added to your record.
  - You may request an accounting of any disclosures we have made related to your confidential information, except for information we used for treatment, payment, or health care operations purposes or that we shared with you or your family, or information that you gave us specific consent to release. It also excludes information we were required to release. To receive information regarding disclosure made for a specific time period no longer than six years, please submit your request in writing to our Privacy Officer. We will notify you of the cost involved in preparing this list.
  - You have the right to be notified if there is a breach of your unsecured protected health information (PHI). This would include information that could lead to identity theft. You will be notified if there is a breach or a violation of the HIPAA Privacy Rule and there is an assessment that your PHI may be compromised.
  - If you have any questions or complaints related to your privacy rights you may contact our Privacy Officer in writing. You may complain to the Secretary of U. S. Department of Health and Human Services if you believe Pillars Community Health has violated your privacy rights. We will not retaliate against you for filing a complaint.
  - Pillars Community Health reserves the right to change its Privacy Policy based on the needs of the agency and changes in state and federal law.

Under Illinois and federal law, information about you may be disclosed without your consent in the following situations:

- If, in the reasonable judgment of our professional staff, a client is dangerous to him/herself or to others, staff may initiate involuntary hospitalization. This action is taken only as a last resort and to prevent harm to someone.
- We may be contacting you to remind you of future appointments. We will leave appointment information on your voicemail unless you tell us not to.
- When there is reason to suspect abuse or neglect of children, adults with disabilities ages 18-59, older adults ages 60+ or institutional abuse. As federally mandated reporters, all service providers are required by law to report such suspicions to DCFS or the appropriate adult protective agent immediately.
- When staff are required to release information by a court of law or are mandated to provide public health information, such as communicable diseases. When a subpoena/court order is received Pillars Community Health will take all proper legal actions to prevent release of information when such release is contrary to the client's wishes.
- When there is an investigation related to your death. We are required to disclose information about the circumstances of your death to a coroner who is investigating it.
- When Pillars Community Health is being reviewed for purposes of funding, accreditation, licensure, reimbursement or audit by a state or federal agency or accrediting bodies. We may disclose information to a health oversight agency for activities authorized by law, such as audits, investigations, inspections and licensure. We are also required to share information such as your full name, social security number, race, gender, birth date, city, county of residence, household income and size, employment status and services you are receiving, if requested, with the US Department of Health and Human Services to determine our compliance with federal laws related to health care and to Illinois state agencies that fund our services <u>or for coordination of your care</u>. The Division of Substance Use Prevention and Recovery may review your file in order to determine the agency's qualifications for licensure as an outpatient addictions program. Only absolutely necessary personal information will be provided to reviewers and your confidentiality will be maintained to the extent possible.
- In the event of criminal activity or danger to others. If a crime is committed on our premises or against our personnel we may share information with law enforcement to apprehend the criminal. Pillars Community Health also has the right to involve law enforcement when we believe an immediate danger may occur to someone.
- When you receive psychiatric services. All psychiatric services are provided by physicians who are independent contractors for Pillars Community Health. As such, the psychiatrists have agreed, as permitted by law, to share your information with clinical staff of Pillars Community Health for purposes of your treatment, payment, or health care operations.

2. You have the right to not be denied services based on your physical or mental impairment in accordance with the Americans With Disabilities Act of 1990, section 504 of the Rehabilitation Act and the Human Rights Act (775ILCS 5).

3. You have the right to have your status and records, including HIV/AIDS status and testing and anonymous testing remain confidential as provided for under Illinois law.

4. You have the right to an evaluation to determine appropriate service options in the least restrictive setting available for your needs pursuant to an individualized treatment plan. You have the right to give an informed consent to treatment. Your signature on the treatment plan will indicate your involvement in its creation, as well as your willingness to participate in the services specified therein. You have the right to input as to the manner of service delivery and the composition of your service delivery team. You may terminate treatment at any time. You also have a right to refuse treatment and be told the consequences of such refusal. This could include Pillars Community Health being unable to provide services to you.

5. You have the right to access legal assistance or self-help and advocacy groups at any time. Staff may assist you in securing this help. Pillars Community Health adheres to research guidelines and specific codes of ethics which can be made available to you upon request.

6. Records are reviewed by the Utilization Management Team to assure that services are appropriate to the level of need, are well coordinated, and support progress towards identified goals. The review team may suggest changes which would be incorporated in the service plan unless you or your service provider objects to the recommendations. You may request a copy of the Utilization Review policy which provides directions for objecting to such changes.

7. You have the right to a safe treatment environment, free from abuse, neglect, humiliation or any form of exploitation or discrimination. You are also allowed to contact any public payer or its designee regarding your services at Pillars Community Health and to be informed of the public payer's process for reviewing grievances. You have the right to contact the Department of Healthcare and Family Services (HFS) or its designee and be informed by HFS or its designee of your healthcare benefit and the process for reviewing grievances. To report any incidents, you have the right to ask for help from Pillars Community Health staff if you believe your rights have been violated. These facilities can also provide you with referrals to legal representation if needed.

Dept of Human Servs (MH) 160 N. LaSalle St – 10 <sup>th</sup> Fl Chicago, IL 60601 312-814-3784	401 S. Spring Street 1 Springfield, IL 62701 Chi		100 V Chicago	Dept of Children & Family Servs 100 W. Randolph St – Suite 6-10 Chicago, IL 60601 312-814-6800		r Equality, Inc . Aichigan – Suite 300 60602 022
Equip for Equality, Inc. 235 S. 5 <sup>th</sup> St Springfield, IL 62701 217-544-0464	Dept of Human Services (SUPR) 100 W. Randolph St – Suite 5-600 Chicago, IL 60601 312-814-3840		US Department of Justice – Civil Rights Division 950 Pennsylvania Avenue, N. W. Disability Rights Section -NYAV Washington, DC 20530 1-800-514-0301 1-800-514-0383 (TTY)			
				Office of the Inspector General 2200 Churchill Road, A-1 Springfield, IL 62702 217-524-6119		
Department of Healthcare and Family Services 2200 Churchill Road, A-1 Springfield, IL 62702 800-226-0768		Department of Healthcare and Family Services 401 S. Clinton Chicago, IL 60607 800-843-6154				

8. If you have a complaint about the services provided you have the right to express any grievance and to appeal adverse decisions of Pillars Community Health in writing to your primary staff person, his/her supervisor, or if no satisfactory resolution is reached, the President and CEO of Pillars Community Health. You will receive a copy of any grievance issues and all reasonable efforts will be made to resolve the complaint. There will be an investigation of any alleged infringement of rights. The President and CEO's decision on the grievance shall constitute a final administrative decision (except when the decisions are reviewable to the agency's governing board, in which case the governing board's decision is the final authority at the agency level). If a complaint is not resolved to your satisfaction, you may request a referral to another source of service. You will not be denied, suspended, or terminated from services, or have services reduced for exercising any of your rights.

## YOUR RESPONSIBILITIES

1. You have the responsibility to treat others with respect regardless of their age, gender, marital status, religion, race, ethnicity, national origin, sexual orientation, HIV status, criminal history or disability/special needs such as hearing or visual impairment and to insure a safe treatment environment for everyone free from physical, verbal or emotional abuse. You are expected to respect the persons and property of Pillars Community Health, its staff and other persons served. Failure to do so may result in termination of treatment/services.

2. You have the responsibility to attend treatment completely free of alcohol, illegal substances or other mood altering substances (unless prescribed by your physician). If you come to an appointment under the influence of alcohol or any illegal substance, that session will be terminated and another appointment made when you are sober. If staff feels you are unable to drive safely, a cab will be called to take you home.

3. You are expected to attend and participate in your treatment. You have the responsibility to notify the counselor/primary staff person of the cancellation of an appointment 24 hours in advance, otherwise, you will be charged for that session.

4. You have the responsibility to pay your fee, co-payment, or any outstanding balance that you may incur. If you are receiving services in our Mental Health program and you are paying less than the full fee (on the sliding fee scale), the cost of services is subsidized by a funding source that restricts funds to residents of Pillars Community Health catchment area. If you move out of the catchment area, it is your responsibility to inform us of the change. You will have three (3) months to terminate your Mental Health services with Pillars Community Health. You will be offered a referral to another service provider if you so desire.

5. You are responsible for keeping us informed of any changes to your insurance coverage.

6. Pillars Community Health does not discriminate against individuals with AIDS, Hepatitis B or Hepatitis C. Therefore, these individuals may be admitted for treatment. However, please understand that Pillars Community Health has instituted procedures to avoid possible risks of disease transmission. You need to adhere to all facility policies for which you are responsible.

7. Pillars Community Health has the right to limit services based on the funding we receive. This may require us to prioritize services based on the severity of service needs. Services not covered by governmental grants are charged based on the cost of providing those services.

I acknowledge having been given the agency's "Notice of Privacy Practices" and this "Client's Rights and Responsibilities". My rights including the right to see and copy my record, to limit disclosure of my health information, and to request an amendment to my record, are explained in these documents. My right to make a complaint and file a grievance under Illinois laws has also been explained. I understand that I may revoke in writing my consent for release of my health care information except to the extent that Pillars Community Health has already made disclosures with my prior consent.

## ATTENDANCE POLICY (MENTAL HEALTH TREATMENT)

Regular attendance at scheduled appointments is crucial for the success of your treatment. Missed appointments complicate access to Pillars Community Health for others and place our ability to continue to provide services in jeopardy. In addition to the no-show and cancellation fees, Pillars Community Health's policy is that any no-show may result in discharge of services. We understand that occasionally unforeseen events prevent people from attending their appointments, so we encourage you to communicate with your counselor/therapist regarding missed appointments. We will make every effort to work with you to schedule appointment times/days that are easiest for you to attend and may contact you with appointment reminders. In case of a life threatening psychiatric emergency, crisis services may be utilized, even if your case has been closed. To access these services, please contact 708-745-5277 and ask to speak to the on-call crisis worker.

## FIREARM OWNERS IDENTIFICATION (FOID) REPORTING

In 2013 new requirements were added to Illinois legislation originally enacted in 1967 to promote and protect the health, safety, and welfare of the public by providing a system of identifying persons who are not qualified to acquire or possess firearms and firearm ammunition within the State of Illinois - this legislation is known as the Firearm Owner's Identification (FOID) Act.

Pillars Community Health behavioral health facilities and some Pillars Community Health staff working in other programs (physicians, clinical psychologists, clinical social workers, clinical professional counselors) are required to report information to the State of Illinois Department of Human Services for persons who have been determined to be a clear and present danger to themselves or others as indicated by the following:

- Communicates a serious threat of physical violence against a reasonably identifiable victim or poses a clear and imminent risk of serious physical injury to himself, herself or another per as determined by a physical, clinical psychologist or qualified examiner; or
- Demonstrates threatening physical or verbal behavior, such as violent, suicidal or assaultive threats, actions or other behavior as determined by a physician, clinical psychologist, qualified examiner, school administrator or law enforcement official. (FOID Act)

The Department of Human Services (DHS) has a web based system into which Pillars Community Health staff have to report the required information. Pillars Community Health is not involved in making any determinations regarding whether someone may possess a firearm, we are simply required to report information regarding clear and present danger. DHS will be responsible for comparing information that has been reported against the State Police FOID files to identify possible matches. The Illinois State Police (ISP) will be responsible for investigating the information when there is a match and making any determinations. ISP would notify the person if a FOID card has been revoked.

If you have any questions about this information, you may talk to your counselor/therapist or any administrator.