

**Our Services**

1. Case Management

Case Managers work with each individual to facilitate appropriate access to epilepsy and brain injury services. Case Managers coordinate with the medical team and other social service providers. Case Managers participate as needed in the development of the Individual treatment Plans (ITP). They assist the client with follow through that is outlined in their individual plans and they provide advocacy in such areas as Individual Education Plans (IEPs), employment, and civil rights under the Americans with Disabilities Act (ADA). Case Managers also connect clients with community resources, transportation, and provide linkages to ancillary services. They provide training for schools including education for staff, nurses, and other providers.

2. Medical Team

Our medical team is composed of an Epileptologist, a Mental Health APN, an Epilepsy/Brain Injury NP, and a Nurse clinician, all RUSH Medical Center employees.

- a) *Dr Marvin Rossi, MD, PhD* –Dr Rossi serves as Medical Director of EFNCIL McHenry County Office. He provides personalized treatment that focuses on touching all aspects of the individual’s life including psychosocial, physical, and emotional health. He evaluates, monitors, and manages epilepsy clients in inpatient and outpatient settings, performs evaluations, interprets diagnostic testing, ambulatory and continuous video-EEG monitoring. Services are provided through clinic visits and telemedicine visits in our offices.
- b) *Nadine Wengroff, APN* –Nadine provides individual assessment, diagnosis and treatment to meet the mental health needs of our clients. This includes prescribing and monitoring medications as well as provision of individual therapy services. Mental health services are coordinated with other medical services and promote adherence to the individual care plan.
- c) *Laurie Sabol, NP* –Laurie provides general and preventative care, conducts check-ups, treats illnesses, orders diagnostic tests and prescribes medication for our clients. Laurie provides individual treatment that focuses on physical and psychological well-being.
- d) *Kellie Kelley, RN* –Kellie serves as the contact point, advocate and information resource for our clients and their caregivers. Kellie is a liaison between the client and the pharmacies, insurance companies and other providers.

3. Advocacy and Education

We help individuals learn about their legal rights and/or educational rights as a person with disabilities. We provide education to the community, to other providers, employers, schools, families, and individuals on a wide range of epilepsy and brain injury topics. Case Managers can attend IEP meetings and are available to provide expertise on school accommodations, seizure plans, and general information about epilepsy and brain injury to school personnel, students, families, employers, and providers.

#### 4. Support Groups

*Epilepsy/Brain Injury Support Group*—The epilepsy support group focuses on epilepsy and brain injury education and peer support. A variety of topics are discussed and group members have an opportunity to share information with peers. Socialization and communication skills are emphasized in this group and attendees have the opportunity to meet others who may be struggling with similar difficulties or share similar interests. This group meets on the third Tuesday of the month at 6:00pm at the McHenry County Mental Health Board.

*Skill building groups*—These groups meet weekly, each for one hour with focus on providing peer support, socialization opportunities, focus on healthy living and education on a variety of topics to keep your brain sharp. Regular group topics are listed on the following pages.

*Targeted skills groups*—These groups meet on an intermittent basis and provide targeted skills training on specific topics of interest. Recent targeted skills topics have included cooking classes, art classes, technology skills, and community gardening.

#### 5. Representative payee services

In coordination with the Social Security Administration, EFNCIL is available to act as a representative payee to assist individuals in managing their SSDI and/or SSI benefits. This service requires application through the Social Security Administration and the main duties of a representative payee are to pay monthly expenses for basic needs such as food, shelter, and clothing. A payee must also keep records of expenses and provide an accounting as requested by SSA regarding use of these benefits. Rep-payee accounts do not earn interest.

#### 6. Skills Groups

*Cognitive Skills* –This class addresses various cognitive topics in multi-week sessions. Curricula focus on improving thinking skills for such activities as reading, following instructions, improved memory, organizational skills, managing time and problem solving. Cognitive skills classes provide an excellent opportunity to nourish and exercise your brain. Peer support is utilized to learn and share strategies with others.

*Readers' Choice Book Club* –This is a book club which meets weekly to discuss articles, books, poetry, and other forms of creative expression. Topics and books are chosen by group members who have an opportunity to improve reading and comprehension skills, expressive communication skills, and utilize memory strategies as well as have a chance to process, discuss, and socialize with others. Audio books are frequently utilized.

*Yoga/Meditation* –This class provides a combination of chair yoga movements and meditation exercises. Studies have shown that a combination of yoga and meditation is effective for easing memory problems, pain, and depression for people with neurologic conditions. Physical improvements may also include increased flexibility and range of motion, improve balance, increased strength and decrease fatigue.

*Information & Technology* –This group will educate participants in the use of technology including smart phones, tablets, and computers. Managing passwords, accessing the internet, avoiding viruses, using apps, and other related topics will be covered in this hands on class. Emphasis on technology strategies to compensate for memory loss, promote improved organization, cognitive skills and planning will also be included (*minimum of 4 participants required*).

*Peer Support* –This group meets weekly before a cognitive skills class to share information with each other and to develop a social support system. Group members share similar concerns and interests and are able to provide resources and strategies with each other. The group arranges occasional community based activities.

#### 7. Linkage and Referrals

We provide linkage and resources for benefits, transportation, housing, behavioral health, employment, legal, and other topics.

### **Criteria requirements**

1. Diagnosis of Epilepsy or be at risk of seizures.
2. Diagnosis of an acquired Brain Injury.
3. Must be a McHenry County Resident.
4. Must be 4 years old or older.

### **General Agency Information**

Agency hours—We are open Mondays through Thursdays, 8:30am to 5:00pm and Fridays, 8:30am to 12:00pm. Evening support groups are scheduled monthly as listed on our program descriptions.

Building accessibility— While we make every effort to meet your accessibility needs, there may be times when you require assistance with doors and entry. Staff will provide assistance in mobility within reasonable accommodation.

Holiday and weather closures—Generally our holiday schedule follows the McHenry County Government Center holiday schedule. We will inform you of additional closures. Inclement weather poses another reason for closures. Should we close or cancel appointments requiring travel, we will notify you by phone.

No smoking policy—Our building is designated as a non-smoking facility. You may smoke in designated areas outside the building.

No firearms policy—Firearms are not permitted on the premises.

No alcohol/illegal drugs policy—The use of alcohol and/or illegal drugs are not permitted in our offices.

Transportation—We will provide you with information about public transportation arrangements. Additionally, some program participants rely on Medicaid for transportation. Occasionally we receive calls from these service providers verifying your appointments in our offices. We will provide this

information with proper release of information permissions. Please consult staff about other transportation resources.

Program fees—Our programs and services are free of charge. They are funded by the McHenry County Mental Health Board to McHenry County residents.

Appointment cancellations—Should you need to cancel an appointment, we request that you notify us 24 hours in advance. You may call us at the general office phone number and be connected to the person with whom you have an appointment. Excessive cancellations and/or more than 3 no shows will result in restrictions from access to services.

**Epilepsy Foundation North/Central IL –McHenry County Office**

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