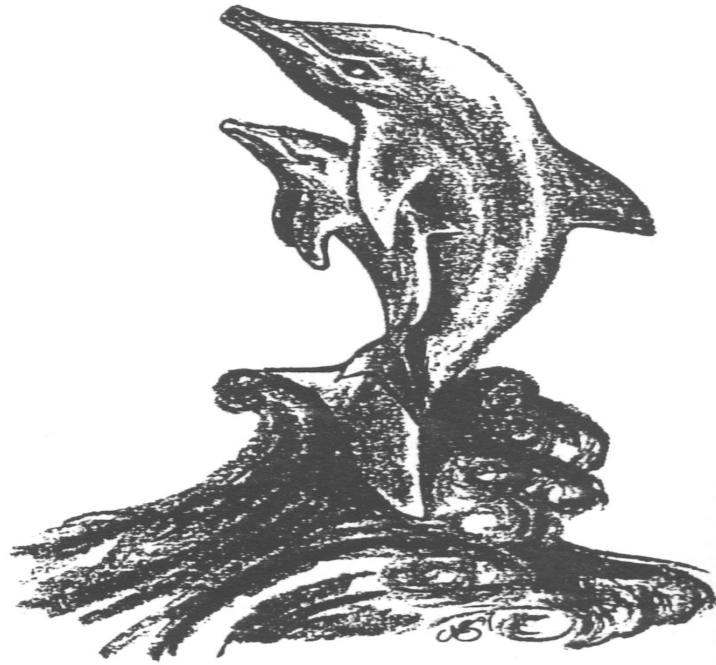


GUIDANCE



DOING IT FOR KIDS

MAINE TOWNSHIP HIGH SCHOOL EAST

Telephone (847) 825-4484

STUDENT PERSONNEL SERVICES' STAFF

2011-2012

Director	Vic DiPrizio	8529
Counselors	Amy Allen	8522
	Angie Edsey	8519
	Mark Hankins	8516
	Elaine Giannopoulos	8515
	Ruth Soil	8525
	John Tyler	8524
	Cris Villalobos	8527
Counselor	Jatasha Johnson	
Interns	Katie Lymperopoulos	8283
Career/College Counselor	Karen Shankman	8514
	Sivling Heng (Intern)	
Psychologist	Dr. Ruth Shook-Orr	8523
Psychologist	Hollie McClintick-Greene	8521
Interns	April D'Aun Turner	8521
Social Workers	Meagan Geurts	8518
	Erin Lawler	8612
	Pete McBride	8517
Nurse	Jan Karl	8317
Nurse (Assistant)	Michelle Sutschek	8318

WHAT IS STUDENT PERSONNEL SERVICES?

A vital link between home and school, the comprehensive guidance program offered at Maine East High School through the Student Personnel Services' Department can help students make the crucial decisions they will face during their high school years. The Guidance program helps students at all levels to make decisions that will serve to shape their future. The Student Personnel Services' staff can help student's gain direction as they make choices that will take them through high school and beyond to college and career.

Student Personnel Services' members are involved with Maine Mentors, Conflict Resolution, Response to Intervention (RTI), Community Outreach Programs, Family Center, Pregnant Teens, Special Education, English Language Learners, athletics, and various clubs. Above all else, Student Personnel members are persons who care about what happens to students, staff members, and students' parents.

The mission of Student Personnel Services is to provide faculty who can be:

- A friend, confidant, listener, reflector.
- An advocate, even for the student who is "acting out" or "acting up" and, yes, even for the teacher.
- An information source, sifting through and seeking appropriate referrals.
- A guide, helping others to draw their own conclusions, make their own decisions.

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**COMMUNITY RESOURCES
FOR ADOLESCENTS AND FAMILIES**

Public and private not-for-profit agencies providing comprehensive services for the many issues adolescents and their families encounter. Fees are based on ability to pay and many offer 24 hour emergency services for established clientele.

BETTER EXISTENCE WITH HIV (BEHIV) (773) 293-4740
Information, referral and counseling services

THE BRIDGE (847) 776-3730
Information, referral and counseling services

CATHOLIC CHARITIES (847) 376-2100
Information, referral and counseling services

THE CENTER of CONCERN (847) 823-0453
A social service agency

**LEGAL ASSISTANCE FOUNDATION
OF METROPOLITAN CHICAGO** (312) 341-1070
Assistance with legal issues

**COOK COUNTY DEPARTMENT OF
PUBLIC HEALTH** (847) 818-2860

GENESIS (847)298-3150
Family practice medical center which focuses on the needs of the Latino/Hispanic community. Counseling services available.

THE HARBOUR (847) 297-8540
Emergency shelter and services for adolescents 12-17 years of age (24 hours)

HEALTH ADVISOR (1-800-3-ADVOCATE)
Pre-recorded health information

JEWISH FAMILY & COMMUNITY SERVICES (847) 568-5200
Information, referral and counseling services

LUTHERAN GENERAL HOSPITAL (847) 723-5885
ADOLESCENT CHILDREN'S HOSPITAL INPATIENT UNIT
Treatment and counseling for adolescents and their families

MAINE CENTER FOR MENTAL HEALTH (708)699-1750
Information, referral and counseling services

MAINE TOWNSHIP GENERAL ASSISTANCE (847) 297-2510
General assistance, emergency shelter, first step in public aid process

MAINESTAY YOUTH AND FAMILY SERVICES (847) 297-2510
Information, referral and counseling services

METROPOLITAN FAMILY SERVICES (847) 435-7400
Provides in-home mental health services for Maine Township students and their families. Counseling available on a sliding scale for low income and no insurance families.

NEW BEGINNINGS (847) 813-3040
A total care approach for pregnant women that includes obstetric care, education, counseling and emotional support

NILES FAMILY SERVICES (847) 692-3396
Information, referral and counseling services

NORTHWEST SUBURBAN DAY CARE AND TODDLER CENTERS (847)299-5103
Day care for children ages 15 months through 5 years (low income families)

PRIDE YOUTH (847) 441-6191
www.linksyouth.org/pride.htm PrideYouthDir@LinksYouth.org
Weekly support group and activities for lesbian, gay, bisexual, transgender, and questioning youth ages 13-18 who live in the north and northwest suburbs.

PFLAG (847) 601-0804
pflagpalatine@pflag.illinois.org
Support and advocacy group for parents, families, and friends of lesbians, gays, bisexuals, and transgender persons.

SALVATION ARMY COUNSELING CENTER (847)392-0265

RUNAWAY YOUTH

Each year more than a million young people run away from home. Most runaways return home within three days. They have usually traveled less than ten miles from home, and have stayed with friends or relatives.

If your adolescent runs away from home:

- Speak with relatives and friends.
- Contact the police. There is a waiting period before a missing persons report can be filed, but they may be aware of accidents or other happenings.
- Talk with your son's or daughter's friends. They are an invaluable resource for you. Do not issue threats; rather express your concern and enlist their assistance in locating your adolescent.
- Keep someone by the phone. If you son/daughter calls, express your concern.
- Call the runaway hotline if the absence is prolonged.
- When your son/daughter returns home, do not immediately discuss the events precipitating the runaway. Discussions are best delayed until strong emotions abate.
- See professional assistance if the situation warrants further intervention.

**RESOURCES FOR RUNAWAY
YOUTH AND PARENTS**

THE NATIONAL RUNAWAY HOTLINE **(800)RUNAWAY**
Relays messages from child to parent 10 15 15 8000

THE NATIONAL RUNAWAY SWITCHBOARD **(800)621-4000**
Free counseling and referral services
(24 hours a day) (Spanish available)

THE BRIDGE

THE HARBOUR, INC.

SHELTER, INC.

CRISIS INTERVENTION SERVICES

A FRIEND'S PLACE	(773)274-5232
A SAFE PLACE	(847)249-4450
DIMENSION (Free pregnancy testing)	(847)390-9300
HIV/AIDS TESTING CLINIC	(847)297-1800
ILLINOIS DEPARTMENT OF CHILDREN AND FAMILY SERVICES CHILD ABUSE HOTLINE	(800)252-2873 (800)252-ABUSE
MARYVILLE SCOTT NOLAN CHILD AND FAMILY BEHAVIORAL HEALTH CENTER Information, referral and counseling services.	(847)768-5330
LGH TEEN CLINIC Gynecologic exams, contraceptive care, STD counseling (Public Aid only)	(847)318-5313 (847)486-9300
LINKS (Teen Clinics)	(847)441-6191
NORTHWEST CENTER AGAINST SEXUAL ASSAULT Crisis intervention counseling advocacy services, and individual and group counseling for survivors of sexual abuse.	(847)806-6526
24 Hour Crisis Hotline	(888)802-8890
PADS NORTHWEST SUBURBAN	(847)690-9326
PREGNANT TEENS Maine East High School program for teenage Expectant mothers.	(847)825-4484

HOLY FAMILY HOSPITAL–NEW BEGINNINGS(847)813-3040

Pregnancy tests, labor-delivery-recovery unit;
Hispanic services available; low cost; Public aid
and well child care.

SHELTER, INC

(847)255-8060

Emergency housing for children and adolescents,
birth through 17 years of age who have been abused.
(Transitional Living Programs for 16-17 year old
adolescents.)

WINGS

(847)519-7821

Transitional living program for homeless single
Women and teens (18 years and older).

SELF-HELP GROUPS

ALCOHOLICS ANONYMOUS Support for adolescents and adults with Drinking problems. 24 hour answering service.	(312)346-1475
AL-ANON/ALATEEN Support for teens and adults dealing with alcoholic family members and/or friends	(800)346-9996
COCAINE ANONYMOUS	(800)347-8998
FAMILIES ANONYMOUS Help for families of addicted youth	(773)777-4442
GAMBLERS ANONYMOUS Help for compulsive gamblers and their families	(866)442-8620
NARCOTICS ANONYMOUS – Chicago	(708)848-4884
SEXUALLY TRANSMITTED DISEASES (8:00 a.m. – 10:00 p.m.)	(800)243-2437

GRIEF – LOSS – BEREAVEMENT

Grief is a natural and necessary reaction to a significant change or loss in our lives. Grief is a healthy, human response to situations such as separation, divorce, relocating to a new area, loss of a job, or the death of a family member or a loved one.

The greatest loss we experience is the death of a spouse or a child. The grief period usually takes longer than most people realize. Six months to two years is not an unusual period of grieving. People often pass through five psychological states in the grieving process. The first being **DENIAL**, followed by **ANGER**, **BARGAINING**, **DEPRESSION**, and finally **ACCEPTANCE**.

Not every person goes through every stage, and the order and length of each stage vary. Adolescents' grief reactions often come sporadically. An adolescent can genuinely feel sadness one moment and happiness the next. The period of happiness should not be interpreted at the termination of the grieving process.

Supporting your adolescent during a time of grief:

- Honesty is the key factor in discussing death and dying.
- Acknowledge your own feelings of sadness and loss. This validates the adolescent's own feelings.
- Encourage your adolescent to express his/her emotions.
- Be willing to listen.
- Show interest and support.
- Allow your adolescent to relate the details of a traumatic event or to share memories of a deceased loved one.
- Don't judge your adolescent's grief reasons using adult standards. The grief an adolescent feels over the loss of a love relationship is real.
- Don't be judgmental or discount feelings.

RESOURCES FOR GRIEF COUNSELING AND SERVICES

COMPASSIONATE FRIENDS (630)990-0010
Oak Brook, Illinois

CHILDREN OF DIVORCE (847)723-8054
Lutheran General Hospital Child and Adolescent
Services

GOOD MOURNING RAINBOW HOSPICE (847)692-8885

**LUTHERAN GENERAL HOSPITAL CHILD AND
ADOLESCENT SERVICES** (847)723-8054

ADOLESCENT SUICIDE

Suicide, like all self-destructive behavior, is complex and difficult to understand. Since the 1960's, the number of youth involved in some form of self-destructive behavior has escalated significantly. Suicide ranks as the sixth leading cause of death among young people ages five and fourteen. It is the second leading cause of death among young people ages fifteen to twenty-four. No one can say for sure why a particular young person attempts suicide. A suicide attempt is a "cry for help", a desperate effort to end the pain of problems that have become overwhelming. Typically, a suicidal person continuously feels unhappy, pressured, isolated and lonely. Suicide does not happen "out of the blue". It is important for parents to be alert to the clues that someone may be considering suicide.

WARNING SIGNS OF SUICIDE INTENT:

- Prolong period of depression
- Withdrawal from friends and activities
- Talk of suicide attempt
- A previous suicide attempt
- Verbal threats
- Giving away of possessions
- Themes of death in writings
- Substance abuse (Alcohol and drug use is significantly correlated with suicide attempts.)

HOW TO HELP:

- Take a threat or hint of suicide seriously.
- Be aware of stressful situations in your adolescent's life.
- Listen to your adolescent if he/she talks about suicide
- Be direct...acknowledging suicidal thoughts provides the adolescent with a sense of relief.
- Never agree to keep suicidal intentions a secret.
- Reassure your adolescent that you care.
- Reassure him/her that the feelings of helplessness and hopelessness will diminish
- Seek professional assistance.
- Trust your instincts – if it is a crisis situation, seek help immediately.

**Telephone numbers for crisis intervention services are listed
on pages six and seven.**

EATING DISORDERS

Eating disorders affect as many as 15-20 percent of young women and a growing number of men in America. Incidents of eating disorders among adolescents are increasing at an alarming rate. Although adolescents of all races and socio-economic levels are affected by the illness, adolescent females from upper socio-economic levels, who are high achievers, seem to be a high risk. Eating disorders involve extreme habits and rituals. It is an addictive process that will worsen if left unchecked. The most widespread eating disorder is **anorexia nervosa**. Anorexics lose weight by starving themselves. An estimated 10-15 percent of anorexics die of malnutrition or disease brought on by refusing to eat.

Bulimia is a second major type of eating disorder. Bulimics consume enormous quantities of food and then purge. These classifications are somewhat artificial since symptoms of both anorexia and bulimia may occur simultaneously. Denial is the biggest obstacle to overcoming an eating disorder, and power struggles often develop within the family. Professional assistance is necessary, and early intervention is correlated with treatment success.

SYMPTOMS OF EATING DISORDERS

ANOREXIA NERVOSA:

- Preoccupation with weight loss
- Refusal to eat...extreme dieting
- Massive weight loss – loss of 25% of body weight
- Menstrual irregularities
- Excessive exercise routine
- Dry skin and hair
- Digestive problems
- Preoccupation with food
- Depression and withdrawal

BULIMIA:

- Fear of weight gain
- Eating binges
- Vomiting or heavy use of laxatives or diuretics
- Extreme dieting
- Excessive exercise
- Secretive behavior regarding eating habits
- Obsession with food – preparing and arranging, etc.
- Menstrual irregularities
- Dental problems

**RESOURCES FOR EATING DISORDERED
ADOLESCENTS**

ANAD

(National Association of Anorexia
Nervosa and Associated Disorders)

(847)831-3438

CENTER FOR EATING DISORDERS

Highland Park Hospital
(Inpatient and Outpatient)

(847)432-8000

ADOLESCENT DRUG USE

The problem of drug use/abuse among adolescents in our society is well documented. Our society is essentially drug-oriented. It is never too early to begin drug education you're your child. Adolescents are exposed to situations in which they have to make a decision about drug and alcohol use at an early age. Community and parental influences do affect attitudes towards use and abuse of alcohol and other drugs. It is essential for parents to convey their feelings about drug and alcohol use to their adolescent and educate themselves on the symptoms of chemical dependency.

SYMPTOMS OF CHEMICAL DEPENDENCY:

- Decline in grades and school attendance
- Change in peer group
- Dramatic personality changes
- Change in appearance
- Withdrawal/Depression
- Frequent lying
- Dwindling drug/alcohol supply at home
- Explosive behavior

Each of these symptoms taken in isolation may be seen in adolescents, however, in combination, they may indicate a problem.

SUGGESTIONS FOR PARENTS:

- Monitor your adolescent's activities
- Establish standards and be consistent
- Ensure that parties your adolescent attends are chaperoned
- Contact the parents of your son's/daughter's friend to verify activities
- Establish a curfew and be awake when your teen arrives home.

If you suspect your adolescent may be abusing chemical or has a chemical dependency problem, seek a professional evaluation.

**COMMUNITY RESOURCES FOR ASSESSMENT
OF CHEMICAL USE**

AL-ANON/ALATEEN	See page 8
COCAINE ABUSE	(800)262-2463
F.A.I.R. (Families and Adolescents in Recover) Outpatient substance abuse program provides Group and family therapy for adolescents who Are suffering from serious alcohol/drug problems.	(800)359-5192
HOLY FAMILY Substance Abuse Center—24 hour crisis Intervention line. Polish and Spanish bilingual Services.	(847)298-9355
LUTHERAN GENERAL HOSPITAL Addiction Treatment Program Comprehensive care for adults and adolescents.	(847)723-8054
MAINE TOWNSHIP CENTER FOR ADDICTION Assessment and treatment services for Adults and adolescents.	(847)692-6920
PEER SERVICES PREVENTION AND TREATMENT OF SUBSTANCE ABUSE	(847)657-7337(GV) (847)492-1778(EV)

A comprehensive directory of Maine Township agencies is
Available in the Student Personnel Services Office at Maine
East High School. Maine East's address is 2601 W. Dempster
Street in Park Ridge, Illinois, 60068. (847) 825-4484.

POLICE DEPARTMENTS

COOK COUNTY SHERIFF	(847) 635-1188
DES PLAINES	(847) 391-5400
GLENVIEW	(847) 729-5000
MORTON GROVE	(847) 470-5208
NILES	(847) 647-0400
PARK RIDGE	(847) 318-5252

IN CASE OF AN EMERGENCY, DIAL 911.