

In Home Recovery Support (IHRS) Program

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CHICAGO

namichicago.org

What is the IHRS Program?

The IHRS program is a part of the Williams Consent Decree. Approved class members are paired with a Recovery Support Provider, who is a peer trained to support you in your mental health recovery. This program offers one-on-one peer support for six months through your transition and moving process. We're here to support you and your clinical team to help you reach your goals!

Your Recovery Support provider is there to support you in becoming as independent as possible and to help you engage with your community, and this looks different for everybody! You can talk with them about what services you want and they can help you make a plan for your transition.

The Recovery Support Providers can work with you doing many different things, such as:

- Medication education
- Emotional support
- Social support
- Goal setting
- Advocacy with your treatment team
- Attend medical or mental health appointments with you
- Help learning the public transportation system
- Help learning budgeting
- Support with daily living tasks around the home
- Find your way around your community
- Attend community events

To find out more information about this program, please contact:

Kadijat Alaka, Recovery Manager
(312) 563-0445



What is the Williams Consent Decree?

In 2010, the State of Illinois entered into a Consent Decree, setting a lawsuit that alleged Illinois was in violation of Title II of the American with Disabilities Act and Section 504 of the Rehabilitation Act by needlessly segregating residents with serious mental illnesses living in institutional settings, and denying them opportunities to receive services in more integrated community-based settings.

Who is NAMI Chicago?

NAMI Chicago is a community agency that provides support, education and advocacy for all those who are impacted by mental health conditions. We work with other agencies in the Moving On program to help support class members be as independent as possible.



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