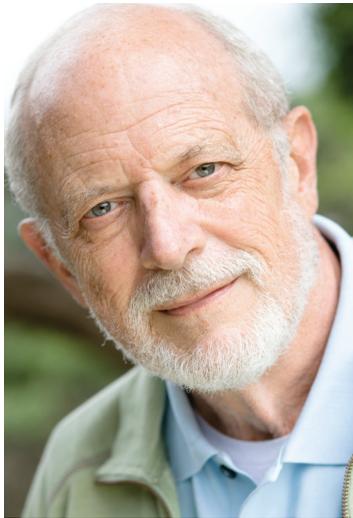




CJE Counseling Services



CJE SeniorLife provides quality mental health services to older adults, their families and caregivers. CJE's team of highly skilled, licensed clinical social workers are specialists in the field of older adult mental health with years of experience helping seniors and those who are providing care. We are dedicated to increasing the health and well-being of older adults by striving to decrease symptoms that have a negative impact on their daily lives and promoting behaviors with a positive impact.



Older Adult Mental Health Specialists

Individual Psychotherapy

CJE's Counseling Services welcomes older adults and their caregivers who are interested in finding more effective ways of managing difficult situations in their lives. CJE's clinical social workers offer psychotherapy, covered by Medicare and private insurance, to adults 60 and older. In some instances, we are able to serve those age 55+ depending on insurance coverage. While most clients are seen in our offices in Chicago and Deerfield, arrangements can be made for homebound individuals to receive services in their homes. Services are also available in Russian and Spanish.

CJE SeniorLife welcomes referrals of individuals who may be experiencing depressive disorders, anxiety disorders and adjustment reactions to:

- Transition to retirement
- Financial stress
- Interpersonal conflicts
- Health issues
- Changes in functional capacity
- Grief and loss
- Caregiver stress

Clients must be open to receiving and able to participate in counseling services. Individuals with cognitive impairment may be appropriate if they are experiencing psychological symptoms. CJE's clinicians would assess the feasibility and value of ongoing psychotherapy.

Clients must be appropriate for weekly outpatient counseling; CJE cannot meet the needs of individuals with severe mental illness who require intensive intervention or 24/7 crisis coverage.

We collaborate with geriatric psychiatrists and primary care physicians who provide medication monitoring for CJE counseling clients.

Group Psychotherapy and Support Groups

CJE offers a variety of support and psychotherapy groups, all of which are facilitated by experienced professionals. Groups are offered at multiple locations and address a variety of needs relating to older adults and their caregivers. We have groups serving those who have experienced the loss of a loved one, for seniors with adult children with disabilities, and for Holocaust Survivors (both Russian and English speakers). We also offer a variety of specialized groups for caregivers, including those caring for someone with dementia, Parkinson's disease, or a survivor of the Holocaust. Our therapy groups address common mental health concerns in later life, such as depression and anxiety.

A list of all of our current groups can be found on our website, www.cje.net. Support groups are free of charge or have a small suggested donation. Therapy groups are generally billable to insurance.

Family Caregiver Support

Caring for an aging family member who is struggling with illness, dementia, loss and life transitions can be overwhelming; the stress can lead to a number of health issues for the caregiver. To address these unique needs, CJE offers caregiver support groups, individual psychotherapy and resource referrals.

Locations

CJE's licensed clinical social workers see clients for weekly psychotherapy in our two office locations:

Bernard Horwich Building
3003 West Touhy Avenue
Chicago, Illinois 60645

Weinberg Community for Senior Living
1601 Lake Cook Road
Deerfield, Illinois 60015

Arrangements can also be made for CJE's social workers to see homebound clients in their own homes. Our geographic area includes the north side of Chicago and the surrounding suburbs.

Payment Options

MEDICARE CLIENTS

CJE bills Medicare and secondary insurance carriers for individual psychotherapy sessions, so potential clients must meet diagnostic criteria. After the individual meets his or her annual deductible, Medicare covers 80% of the cost. Secondary insurance plans vary for mental health coverage and may cover the remainder (either in part or in whole.)

BLUE CROSS BLUE SHIELD PPO CLIENTS

CJE accepts BCBS PPO for individual psychotherapy sessions for individuals 55 and older.

MEDICARE ADVANTAGE PLANS

We also accept other forms of private insurance such as Medicare Advantage Plans (out of network copays or coinsurance may apply in some instances).

PRIVATE-PAY CLIENTS

Clients who do not have Medicare or other insurance accepted by CJE may pay privately for individual psychotherapy sessions. The fee for private pay counseling is \$100 per session.



**For more information about
CJE SeniorLife Counseling Services,
please call us at 773.508.1000.**



The CJE Advantage

CJE Counseling Services is a program of CJE SeniorLife, a nonprofit, innovative eldercare provider and service organization that serves 23,000 older adults and family members annually through life enrichment, supportive resources, healthcare, research and education. Participants can access CJE's 40-plus services and programs for a seamless continuum of care. These include:

Life Enrichment and Wellness Programs, Adult Day Services, Assisted Living and Memory Care, Short-Term Rehabilitation and Long-Term Care, Hospice, Parkinson's Expertise, Counseling, Clinical Care Management, Consumer Assistance, Kosher Food Services, Transportation, Personal Care and Home Safety.

cje SeniorLife
Jewish values for positive aging

