



A WAY OUT

The Path to Recovery
Begins Here



Helping McHenry
County Residents
Overcome
Substance Use
Challenges.

Scan the QR code
to learn more!

Support is Available 365 Days A Year

CALL THE HOTLINE: (815) 347-0385



A Way Out Program

QUICK GUIDELINES

SOMEONE WANTS HELP FOR SUBSTANCE USE. WHAT DO I DO?

Encourage them to call the hotline. They can make a call themselves or with help from a loved one or clinical staff. No one will be turned away.

SOMEONE HESITATES MAKING A CALL DUE TO LACK OF INSURANCE

Reassure them that the program accepts individuals with and without insurance. Financial status won't prevent them from receiving help.

SOMEONE IS IN NEED OF ASSISTANCE BUT IT'S AFTER HOTLINE HOURS

Have them leave a voicemail at the hotline. A Peer Support Specialist will contact them when the hotline opens. They can also reach out to local police for assistance.

SOMEONE IS CONFUSED ABOUT THE SCREENING PROCESS

Explain that the screening and assessment process reviews their substance use history and current medical/emotional needs to guide treatment recommendations.

SOMEONE IS UNSURE ABOUT COMMITTING TO TREATMENT

Let them know it's okay to take time to decide. A Peer Support Specialist can help develop a safety plan until they're ready.

SOMEONE IS SEEKING HELP FOR THEIR LOVED ONE

Encourage both to call the "A Way Out" hotline. Provide the number and assure them of confidentiality.

SOMEONE IS WORRIED ABOUT FOLLOW-UP SUPPORT FOR THEIR LOVED ONE

Inform them that a Peer Support Specialist provides ongoing support and assists with treatment transitions if the individual agrees to participate.

SOMEONE WANTS ON-SITE SUPPORT FROM THE 'A WAY OUT' TEAM AT THE HOSPITAL

Peer Support is available at Northwestern McHenry, Woodstock, and Huntley hospitals on Mondays, Wednesdays, and Thursdays. Contact the ER Crisis Team for details.