



helping one heart at a time

We at Bremen Youth Services are dedicated

professionals committed to providing quality mental health, substance abuse, and prevention services. It is our overall goal to enhance the quality of life for individuals and families. Our belief is that all people are valuable and unique and should be treated with dignity and respect. While recognizing the potential for change, an assessment of the client's emotional, mental, physical, and spiritual needs is provided in a caring environment. The growth of the individual is promoted through a course of treatment developed and executed in a timely and cost effective manner.



About Bremen

Bremen Youth Services (BYS) is a not-for-profit community mental health agency which has served youth and their families since 1964. Services are available to individuals ages 5-21 and their families. Although the agency serves Bremen Township residents, we are not bound by township lines and welcome anyone in need of services.

BYS participates in coalitions in order to network, collaborate, and maximize the services available to our community. Through these partnerships a comprehensive referral service is provided.

Services are provided by counselors, social workers, and graduate level interns committed to providing quality care to our clients and their families. Our staff includes licensed counselors and social workers as well as certified drug and alcohol counselors with a multitude of strengths and specialties. Mental health professionals employed at the agency participate in ongoing continuing education opportunities to enhance professional development.

Leadership

Executive Director

Donald J. Sebek, M. Ed.

Board of Directors

Chuck Quinn—**President**

Bobby Matz—**Vice President**

Len Augustyniak—**Treasurer**

Joan Augustyniak—**Secretary**

Laura Brown

Francie Edgeworth

Joseph Larmon

Lori Manning

Chuck Wolf

Services & Programs

Individual & Family Counseling

Individual counseling is offered to youth ages 5-21 and their families. Counseling services address but are not limited to emotional, behavioral, familial, and mental health issues that youth and their families are experiencing. Through a comprehensive mental health assessment, mental health professionals work with clients to develop individualized treatment plans meeting the specific needs of individuals and families.

Group Counseling

Balance

A holistic approach to discovering inner as well as outer peace in the lives of adolescent girls. The goals of the group focus on overcoming the negative impact of media influences, restoring a positive body image, self esteem enhancement interventions, as well as healthy nutrition and exercise options. This group strives to empower the minds and bodies of young women through education and interactive therapeutic interventions.

Social Skills Groups

For youth with Autism Spectrum Disorders or in need of enhancing social skills. The group assists youth in developing and enhancing proficiency in social situations. Through fun, interactive activities youth are able to practice and expand communication skills. The group provides a fun and safe environment to increase socialization while building friendships.

STEP Parenting Group

Systematic Training for Effective Parenting provides an eight week curriculum including discussions, multi-media learning, professional guidance, and parent peer support to enhance essential parenting skills.

Grandparents Raising Grandchildren

A group for non-traditional families that provides adults with support by addressing issues that arise in non-traditional parenting.



Substance Abuse Treatment

An Adolescent Outpatient Treatment Program is provided for youth ages 11-21. The program is for adolescents who are at-risk for use, experimenting, or using/abusing drugs and/or alcohol. Mental health professionals provide services for intervention, assessment, treatment, referral, and aftercare. Services are also available for youth who have been impacted by familial substance abuse. Group counseling opportunities are provided in collaboration with local school districts for suspension reduction due to drug and alcohol related infractions.

Expressive Therapy Groups

Create, Connect, Cope— Uses art, movement, and music to assist children in learning healthy and creative coping skills to deal effectively with anger, boredom, anxiety, hyperactivity, and impulsivity. Although this group targets youth with ADHD and anxiety, a diagnosis is not necessary and any elementary school-aged child in need of learning alternative coping skills will benefit.

Teen Connect— Uses art, movement, and music to help adolescents increase self esteem, build relationships, improve communication skills, and learn alternative coping skills to deal effectively with various life stressors. The group provides a fun, creative, and safe environment for adolescents to express themselves and receive peer support. High School and Middle School groups are available.



Services & Programs

Prevention Services

Youth prevention education services are provided to local school districts in the community.

Substance Abuse Prevention Program

Through an interactive, state-approved curriculum youth learn life skills and receive education in order to reduce their potential to use and abuse alcohol, tobacco, and other drugs.

Teen Pregnancy Prevention Education

Through this program youth receive information to increase their knowledge of STDs/HIV with an overall goal to reduce the risk of teen pregnancy.

L.O.V.E. Mentor Program

L.O.V.E. stands for “Letting Others Have Valuable Experiences.” This program pairs youth in need of a positive role-model with adult mentors. Mentor and mentee pairs meet one-on-one throughout the month. In addition, monthly mentor outings are offered to enhance relationships and provide fun, positive activities for youth and their mentors.

Summer Program

Summer Program is a 7 week day camp for youth ages 5-12 years old. The program is designed for learning, growing, and having FUN! Through recreational outdoor activities youth are provided with healthy alternatives for summer fun. A summer program is also offered at our satellite location at the Robbins Community Center.



Agency Information

Clinical Practicum and Internship

Graduate level internships are offered to students pursuing a degree in the mental health field. Our agency offers students an opportunity to gain experience in individual, group, and family counseling, substance abuse treatment, community outreach and referral, intake, case management, and school-based prevention services. Each student receives weekly individual and group supervision from our licensed Clinical Director. For more information regarding internship positions please contact the Clinical Director.



Service Initiation and Payment

If interested in receiving services, please contact the agency to complete an initial intake. Once the intake process is complete, appropriate program/service referrals will be provided. Fee for services is based on a sliding scale fee. Services are never denied based on an individual's inability to pay.

Program Funding Sources

Bremen Township

Illinois Department of Human Services

Division of Alcoholism and Substance Abuse
Division of Family and Community Services

United Way

Client Fees

Fundraising Activities

Donations

(All donations are tax deductible as BYS is a 501c3 not-for-profit organization)

Bremen Youth Services

15350 S. Oak Park Ave
Oak Forest, IL 60452

p : 708.687.9200

f : 708.687.9211

e : bys15350@aol.com

Satellite Office

Robbins Community Center
13800 S. Trumbull Ave
Robbins, IL 60472

p : 708.926.2777

Service Hours

Monday -Thursday

10:00am to 9:00pm

Friday

10:00am to 6:00pm

Saturday

By appointment only

7 Day, 24 Hour Answering Service
In case of an emergency call 911

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www.bremenyouthservices.org