

**Human Service Center (HSC)** is a behavioral health care provider located in Peoria, Illinois. The organization's philosophy of care is based on the behavioral health recovery management principles of disease management for individuals with chemical dependency and serious mental illness, with a focus on individual recovery and strengths rather than the problems or a diagnosis. HSC provides a wide spectrum of mental health and substance abuse services for individuals and families, including prevention programs, outpatient medication assistance, and adult drug court. HSC also supports a community crisis center and emergency response service, both offering services 24 hours a day, 7 days a week.

HSC runs the *Mobile Wellness and Recovery Project*, an e-therapy initiative providing substance use treatment through weekly telephone contact with a licensed therapist using cognitive behavioral therapy. The treatment is delivered either in weekly sessions or through the Therapeutic Education System, the interactive Web-based program known as TES that is grounded in the Community Reinforcement Approach to behavior therapy.

The Mobile Wellness and Recovery Project also offers various forms of informational and technological support through its Web site ([www.mobilewellnessandrecovery.com](http://www.mobilewellnessandrecovery.com) (link is external)). The site directs visitors to other helpful resources and provides access to the Addiction Comprehensive Health Enhancement Support System (known as A-CHESS) mobile phone app.

More recently, the project has been adapted to provide onsite support and offsite followup for patients of HSC's medical partners: (1) OSF Saint Francis Medical Center and Healthcare and (2) Heartland Community Health Clinic. Patients are engaged on site by a clinician while visiting with their primary care physician and then enrolled in the Mobile Wellness and Recovery Project for followup via e-therapy.

The Web site has many inspirational testimonials that demonstrate the success of HSC's success in helping individuals toward recovery. Check out the testimonials and learn more about HSC on its [Web site \(link is external\)](#) and [Facebook page \(link is external\)](#)!

**Be sure to tune into the grantee call [August 14, 2014, at 1 p.m. \(ET\)](#) to hear HSC staff present on their e-therapy initiative!**