

Aurora - Batavia - Big Rock - Blackberry - Kaneville - Sugar Grove - Virgil

INC LINKS

South Kane County Townships Working Together

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Featured Agency Mutual Ground

Mutual Ground specializes in prevention, intervention, and on-going services for individuals struggling with domestic violence, sexual violence, and substance use. They are the only organization providing this set of comprehensive services in Southern Kane and Kendall Counties.

Since opening the doors in the 1970's, Mutual Ground has been committed to providing judgement-free, client-centered services for individuals, families, and the community. All victim services are offered in English and Spanish.

Prevention Services include evidence based, age-appropriate sexual violence programming in 9 area school districts and substance use programming in District 129 and Kaneland High School. Mutual Ground is also out in the community presenting to churches, businesses, service clubs, and police departments to promote awareness.

Intervention Services involves operating two crisis lines 24/7, providing 24/7

emergency shelter, and emergency room advocacy for victims presenting at local hospitals. It also ensures legal advocacy is available in the local courts for help with orders of protection and navigating the criminal justice system.

On-going services provided by Mutual Ground include trauma informed, free and confidential counseling for victims of domestic and sexual violence and their families, as well as inpatient and intensive outpatient, insurance-based, substance use counseling services. All services are provided in a group or individual setting. Substance use services include assessments, treatment for co-occurring disorders, and medication assisted treatment.

What's Happening with INC?

Staff participated in a Spring Showcase at Harter Middle School in Sugar Grove on March 16th. The event was well attended and staff enjoyed sharing INC's mission with parents and staff.

Staff will attend the Association of Community Mental Health Authorities (ACMHAI) membership meeting on April 26 & 27 in Springfield which provides an opportunity to collaborate with fellow colleagues in the industry.

After a successful Strategic Planning meeting earlier this year, our plan is now available to the public online at www.incboard.org.

Our board voted not to open the funding application to new agencies for FY2023 and will be reviewing a possible increase to our currently funded agencies.

Sexual Assault Awareness Month

April is Sexual Assault Awareness Month (SAAM). Child sexual assault is a topic not often discussed unless one works in violence prevention and response. According to information collected by the YWCA, one in four girls and one in six boys will be sexually abused before they turn 18 and nearly 70% of all reported sexual assaults occur to children between the ages of 11 and 17. These assaults are often thought to be perpetrated by strangers or pedophiles seeking children out randomly, however, approximately 93% of childhood sexual abuse survivors know their abuser. Grooming is the process in which adults manipulate children by gaining trust to better access the child and abuse them. Grooming behaviors can look like any of the following: providing the child with special attention, gifts, or outings, isolating the child from others, filling unmet needs of the child including unmet family roles, treating the child as if they were older and more mature, gradually crossing physical boundaries and becoming increasingly more intimate/sexual, and using secrecy, blame, or threats to maintain power and control over the child. If a child discloses sexual abuse, it is important to believe the child and support them, as very few allegations of child sexual abuse are false.

Anyone can be referred to or seek the services of an agency such as Mutual Ground for counseling to manage trauma and stress, medical advocacy in local hospitals to support an emergency room visit after an assault, and legal advocacy to pursue a myriad of legal options ranging from reporting an assault to police to filing an order of protection.

For more information, contact Mutual Ground at:

DV Hotline 630-897-0080

SV Hotline 630-897-8383

Victim Services Office Line 630-897-0084
Substance Use Disorder Office Line 630-897-1003
<http://www.mutualground.org>

Welcome to Denise Claessens

INC welcomes new board member Denise Claessens! Denise is a Sugar Grove resident and member of the Sugar Grove 708 board. She has an extensive amount of professional and local community experience in the mental health industry that will be an asset to our board.

Mental Health Awareness Month

May is Mental Health Awareness month. Mental Health Awareness Month has been observed in the U.S. since 1949. Each year millions of Americans face the reality of living with a mental illness. Below are facts about mental illness:

- 1 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment.
- 1 in 20 U.S. adults experience a serious mental illness each year, and

less than two-thirds of them receive treatment.

- 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- 55% of U.S. counties do not have a single practicing psychiatrist.
- 1 in 5 young people report that the pandemic had a significant negative impact on their mental health.
- 1 in 10 young people under age 18 experience a mental health condition following a COVID-19 diagnosis.
- In 2020, there was a 31% increase in mental health-related emergency department visits among U.S. adolescents.
- Three quarters of Americans (75%) say they are not content with the state of mental health treatment in this country. That is particularly true if they are diagnosed with a mental health condition (84%).
 - 60% of Americans are concerned about the stigma around mental illness.
- Less than half (49%) of Americans consider themselves familiar with the U.S. mental health care system.

During the month of May, NAMI National will join the national movement to raise awareness about mental health by presenting a Mental Health awareness campaign, which will run through the end of 2022, emphasizing what all have experienced — that mental health is an incredibly important part of overall health. With a growing number of Americans experiencing mental health symptoms, it is becoming increasingly important to advocate for improving the nation's mental health care system. NAMI is encouraging people to join to advocate for better mental health care. Ways to get involved are by sharing helpful mental health resources, information, and content to the communities or networks, or act through efforts such as voting for mental health or advocating for improving the nation's crisis response system. For more

information, visit <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month> or www.namikdk.org.

Good to Know

Jenifer McShane's Emmy Award-Winning HBO documentary *Ernie & Joe: Crisis Cops* is available through May 2022 with unlimited free streaming. The documentary follows Ernie Stevens and Joe Smarro, two police officers in San Antonio Police Department's Mental Health Unit, as they divert people away from jail and into mental health treatment, humanely, and non-violently. This film has either a 25 or 95 minute version and is recommended for CIT trainings, mental health crisis responding and skill-building, or with the larger community to increase awareness. Register here <https://www.filmplatform.net/ernie-joe-registration-page/> and use the code EJCC-NAMI.