



Collaborating for the health of residents in
Aurora, Batavia, Big Rock, Blackberry, Kaneville,
Sugar Grove, and Virgil Townships

June 2022 INC Links

June 2022, Vol. 34, No. 6

Featured Agency

NAMI KDK



The National Alliance on Mental Illness (NAMI) is the largest grassroots mental health organization that is dedicated to building better lives for the millions of Americans affected by mental illness. It's local affiliate, NAMI KDK, serves Kane-South, DeKalb, and Kendall Counties. Its mission is to provide free mental health education, support, and advocacy for individuals, family members, and communities. NAMI KDK offers several free support groups for individuals with a mental health condition and for individuals that have a loved one with a mental health condition. The trained facilitators for these groups have lived experience. One of NAMI KDK's goals is to increase outreach, education, and support programs to BIPOC and Latinx communities, and it can carry out this goal through grants and private donations. Grant writing has allowed NAMI KDK to secure enough funding to create a new role of Spanish Program Coordinator. One of NAMI KDK's biggest

supporters is INC Mental Health Alliance. INC has generously provided a home for NAMI's office, funding for the Support Groups, funding to assist Aurora community members, and funding to assist with changes in programing due to COVID. The financial support allows the programs that NAMI KDK offers to become a reality. For more information, contact www.namikdk.org.

What's Happening with

- Effective this May, INC has sold all of our property and facilities. The next steps will be for our board to determine how to utilize the proceeds from the sales and look at reconfiguring our office space to meet the needs of our board.

- **INC is happy to share that the first three workshops of the Adaptive Leadership Training have taken place and feedback from participants has been positive. At the Executive Director Roundtable discussion in November 2021, INC listened to the needs of the agencies regarding the challenge of effectively leading during significant or constant change. In response to their request, INC has sponsored this voluntary adaptive leadership training to enhance the ability to lead and manage an organization through change. Staff is looking forward to the next session in June.**
- **Staff participated in Compañeros en Salud Health Festival in May. The event was helpful to connect with individuals regarding their needs in Kane County.**
- **INC participated in its 2nd annual Batavia Wellness Event in May. The event provided an opportunity to share INC's mission and talk about mental health in the community.**

- **INC has approved the meeting schedule for FY23. Details are located on our website at www.incboard.org.**
- **INC presented a plaque at its May meeting to board member Ken Rojek in honor of his service as Board President for the past 4 years. INC would like to thank Ken for his hard work and dedication to the community and welcome incoming Board President TJ Vaughan.**



National PTSD Awareness Month



June is PTSD awareness month. PTSD stands for Post Traumatic Stress Disorder. A traumatic event such as an accident, assault, military combat, or natural disaster, can have lasting effects on a person's mental health. According to the National Center for Post-Traumatic Stress Disorder, about 60% of men and 50% of women will experience a traumatic event in their lifetime and the numbers are higher for members of the armed forces. Although everyone deals with trauma differently, events could have a strong and permanent effect on a victim's brain. These disruptions in the

normal functioning of the brain can drastically impair an individual's ability to heal and potentially lead to anxiety, anger, violence, sleeplessness, and other symptoms.

There are many options available in Kane County to individuals who may want to seek treatment or learn more about this disorder. The following are a few INC-funded agencies that can help with both:

- Family Counseling Service (FCS) offers psychiatric evaluation and medication management. Clients can be referred by psychiatric hospitals, other clinicians, and providers. FCS partners with other local providers in southern Kane County, utilizing FCS staff from other providers to serve the partner organization's clients. For more information, visit www.aurorafcs.org.**
- Conley Outreach Community Services (COCS) offers the West Towns Network, which provides easy access to health and human services to residents in our western townships. It also brings awareness of needed programs and services to the local area through Resource Team and other coalitions. For more information, visit www.conleyoutreach.org.**

- **NAMI KDK's Connection Recovery Support Group offers a free, peer-led support group for adults living with a mental health condition. The groups are led by NAMI-trained facilitators with lived experience. Meetings are held both in-person and virtually. NAMI's website also provides helpful information and resources on PTSD. For more information, visit www.namikdk.org.**
-

National Minorities Mental Health Awareness Month



July is National Minorities Mental Health Awareness month. Mental health conditions do not discriminate based on race, color, gender, or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult.

Each year millions of Americans face the reality of living with a mental health condition. In many communities, these problems are intensified by less access to needed care, cultural stigma, and lower quality care. Below are a few of INC-funded agencies that focus on improving access to needed care in minority communities.

- Family Focus' Community Liaison Program centers around coordination and intake of community access and mental health services for low-income and Latino individuals who**

would not otherwise have access to needed mental health services. For more information, visit www.family-focus.org.

- Fox Valley Hands of Hope's Cuenta Conmigo trains volunteers to translate all training and program materials in Spanish for individuals in need. For more information, visit www.fvhh.net.
- Healthy Families Illinois by VNA Healthcare supports parents by providing information on parenting, role modeling, facilitating access to community resources, and by providing an ongoing supportive relationship with the Family Support Worker (FSW). FSW's provide home visits weekly for the first year and gradually move to bi-weekly and monthly home visits depending on the progress and needs of the family. For more information, visit <https://www.vnahealth.com>.

INC also participates in monthly community resource meetings in the Aurora and West Towns areas to network with local organizations on ways to collaborate and improve mental health care for minority communities in southern Kane County.

Remembering Terry Lanthrum



INC is deeply saddened to announce the passing of board member Terry Lanthrum on April 18th. Terry completed his college education at Eastern Illinois University in 1971 and received his master's degree from the University of Illinois in 1978. Terry met his wife, Linda, at Bradley Central Junior High School where they both

taught. Terry was a proud member of the Loyal Order of the Moose. He was also a long-serving member (since 1992) and President of the Blackberry Township Community Mental Health 708 Board. Beginning in 2010, he was nominated as a Director of INC Board. He was most recently a member of the INC Board Executive Committee and had previously served as Board President. For the past ten years he worked Security at Mooseheart in Batavia, meeting everyone with his trademark smile and warm welcome at the gatehouse.

His family remains in our thoughts and receives our deepest sympathy.



LGBTQ+ adults are more than twice as likely as heterosexual adults to experience a mental health condition? And that transgender individuals are nearly four times as likely as cis gender individuals (people whose gender identity corresponds with their birth sex) individuals to experience a mental health condition? These individuals are at higher risk for rejection, trauma, substance use, homelessness, suicide, and inadequate mental health care. Learn more about LGBTQ and mental health during Pride month in June by visiting www.nami.org or www.nimh.nih.gov.
