

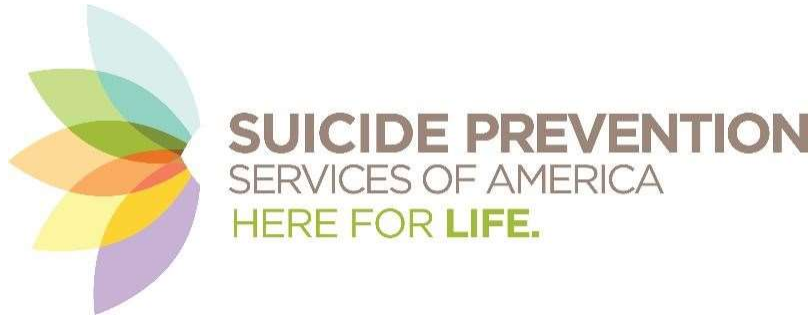


Collaborating for the health of residents in
Aurora, Batavia, Big Rock, Blackberry, Kaneville,
Sugar Grove, and Virgil Townships

August 2022 INC Links

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Featured Agency
SUICIDE PREVENTION
SERVICES



Suicide Prevention Services (SPS), an INC-funded agency, has grown in the past year! Below is a summary of the services currently provided by SPS.

Some think that SPS is “just” a hotline. However, SPS is part of the National Suicide Prevention Lifeline which, as of recently, has evolved into 988. The phones are staffed by volunteers referred to as “paraprofessionals” due to their extensive training. People who are suicidal, depressed, and/or anxious would call this number for help.

Counseling services is a big part of what SPS offers. There are 5 licensed clinicians who work with individuals ranging from 5 - 87 years of age. Counseling is held in the SPS building for individuals, groups, and families. SPS also contracts with 4 local school districts. The clinicians visit the schools to do risk assessments and work with clients in need either at the school or at SPS offices.

Survivors of Suicide Loss groups have been running every month since 1982. The group leader is a survivor as well as a clinician. Survivors of Suicide Attempts is another group that runs monthly in the SPS building.

Education and training are an important part of SPS. Staff

teaches suicide prevention training to schools, churches, community groups, or upon request.

September is mental health month and Saturday, September 10, 2022, is their 20th annual “Here for Life” walk. For more information on SPS, visit www.spsamerica.org.

What's Happening with

- **INC Board, NFP has a new name! We are now INC Mental Health Alliance. Our board approved a name change for our organization enabling the community to better understand who we are and what we do. We have a new website and email addresses as well. Please visit our new website at www.incmha.org. Staff can be reached at their new emails: dalila@incmha.org, colleen@incmha.org, ann@incmha.org, isabella@incmha.org.**
- **Our board approved a 2% allocation increase to existing funded agencies that requested it for FY23. The board approved funding for one new program with one of our funded agencies, Family Counseling Service (FCS). FCS has formed a partnership with Aurora University to create a new and unique hybrid employment / internship opportunity for student behavioral healthcare**

professionals, called Community Mental Health Academy (CMH). With the CMH program, 5 student participants will receive valuable work experience with a wide variety of clients in an active community mental health center in addition to participating in intensive classroom training, all while meeting their university internship requirements. This is a promising program that seeks to address staffing shortages in southern Kane County, and we hope to see it expand in the future.

- INC participated in Sugar Grove Corn Boil on July 30th and will attend Elburn Days in August. These events provide an opportunity to share INC's mission and talk about mental health in our community.
- Staff will attend the Association of Community Mental Health Authorities of Illinois (ACMHAI) membership meeting on August 11 & 12 in Bloomington and enjoy collaborating with fellow colleagues in the industry.

**National Suicide
Prevention Month**



September is National Suicide Prevention month. Nearly 800,000 people a year lose their lives to suicide according to the World Health Organization. Social, racial, and economic factors increase the risk for suicide. For example, according to SAMHSA (Substance Abuse and Mental Health Services Administration) Native American men are at higher risk for suicide. In 2019, suicide was the second leading cause of death for blacks or African Americans, ages 15 to 24. Black females, grades 9-12, were 60% more likely to attempt suicide, as compared to non-Hispanic white females of the same age.

Suicide is preventable through appropriate treatment and education about the warning signs. Education should include a crisis plan. A crisis plan is a written list of resources and coping mechanisms for an individual to utilize when in crisis (<https://www.va.gov/health-care/health-needs-conditions/mental-health/suicide-prevention/>). An important component of a crisis plan is the inclusion of a suicide and crisis lifeline. The lifeline utilizes trained volunteers that are available 24 hours a day to talk with individuals in crisis. As of July 2022, the suicide and crisis lifeline has added a 3-digit number, 988, making it easier to access help. Creating a crisis plan and / or suicide intervention with a loved one can be an

enormous task, and local services that specialize in this area can help. Suicide Prevention Services, an INC-funded agency, specializes in prevention services, depression screening, and outreach / educational workshops. For more information, visit www.spsamerica.org. NAMI KDK, also an INC-funded agency, provides education and support groups for individuals with a mental health condition and their loved ones that include crisis planning and intervention. For more information, visit www.namikdk.org.

During this month, let's remember all those that have lost to suicide and continue to learn how to help those who may be struggling.

988 Suicide and Crisis Lifeline



In July, the Illinois Department of Human Services/Division of Mental Health (IDHS-DMH) launched 988, a national three-digit dialing code for the Lifeline and for calls. Individuals experiencing a crisis, or any other kind of emotional distress related to suicide, mental health, and/or substance use crisis, can dial 988 for support (988 does not replace 911 emergency). The Lifeline provides information and support to concerned family, friends, and caregivers and serves as a direct access point to compassionate care by trained professionals. Research shows that suicide hotlines save lives. The adoption of an easy-to-remember number, that will later include text and chat, is vital in beginning to resolve mental health crises.

How does it work?

Currently, all callers have access to the National Suicide Prevention Lifeline (NSPL) network by dialing 800-273-8255. 988 is the three-digit dialing. At the beginning of the call, individuals will have the option to select the Veterans Crisis Line or the Spanish language Crisis Line. If the caller with an Illinois area code does not select either of those options, they

will be routed to an Illinois Lifeline Call Center. If after 3 minutes, the call is not answered by a live person, the caller is routed to the NSPL backup affiliate network, which includes call centers that operate in other states.

What to Expect from 988?

Callers will receive specialized support by professionals trained in suicide prevention, de-escalation, and stabilization, and local resource assistance. 988 is confidential, free, and available 24/7/365. The 988 services will be available in English and Spanish, along with interpretation services in over 150 languages through the National Suicide Prevention Lifeline. For more information on 988, visit the Illinois Dept of Human Services by [clicking here](#).



August 30th is National Grief Awareness Day. It was established in 2014 to assist people in recognizing that grief acceptance is a process. Working through grief is difficult and has no set time limit, but there are services that can help with the grieving process. Conley Outreach Community Services (COCS), an INC-

funded agency, offers support groups for those in the process of healing. Grief is not an adult-only issue - children must navigate through their grief as well. COCS also offers Good Grief Day Camp, a week-long program geared toward children ages 6-12. Both programs help clients navigate grief in a unique way and allow those who are suffering to be around other individuals that are grieving. For more information, visit <https://conleyoutreach.org/>. Fox Valley Hands of Hope (FVHH), also an INC-funded agency, offers bereavement support programs for adults and youth, and a grief education video on their website. Below is a story of a client that found FVHH to aid in her family's grieving process.

“When our client Christine lost her husband and father of her two children, she turned to FVHH for support. We embraced Christine and her children and invited her to participate in our Grief Takes a Hike family camp. We helped her navigate her grief feelings and instilled positive coping practices for her and her children to use as they continue to live without their precious loved ones. “When we arrived [at Grief Takes a Hike], the warmth, compassion, empathy, understanding, and genuine nature of all the staff made us feel unbelievable. The kids smiled and laughed, which I had not seen in forever. It was beautiful and I left feeling like I could breathe,” Christine said.”

For more information, visit <https://www.fvhh.net/>.