



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

**October 2022**

**INC Links**

## Featured Agency

# TRICITY FAMILY SERVICES

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TriCity Family Services is an INC-funded, community mental health center that provides high quality, affordable mental health services in southern Kane County. Clients are of all age ranges and income levels, and TriCity offers a sliding fee scale for those that are either uninsured or underinsured. In addition to counseling, they provide psychiatric services, medication monitoring, case management, and support groups. With a welcoming, caring approach, therapists work with clients on their treatment goals to insure they have a full array of services and assistance, helping them improve functioning in all areas of their lives.

TriCity Family Services strives to work closely with local schools and community providers to give clients the highest quality mental health care, linking them with a wide network of support. The agency provides several support groups and workshops in the community for children, teens, adults, and families. It is vital to their mission to educate the community about the importance of mental health wellness and the need for everyone to have access to the care they deserve to live their best lives. For more information, visit them at [www.tricityfamilyservices.org](http://www.tricityfamilyservices.org).

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## What's Happening with

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- INC is finalizing our FY22 Annual Report. This report is an audited and accurate portrayal of income received, how the funds were used, and the programs funded by INC in FY22. We hope you will review the report and join us in sharing our appreciation of our communities. It will be available in late October on our new website at [www.incmha.org](http://www.incmha.org).
- For over 40 years, INC has owned land and facilities on the Mercy campus. In 2016, the board made a strategic decision to

**focus on our core mission and look at options to remove ourselves as landlords. In May of 2022, we successfully completed the sale of approximately 1.8 acres of property and our four buildings to two of our funded agencies. The INC office is still in our same space, and we plan to be here for many years to come! We also continue to sublease space to our local NAMI chapter. We are excited that our funded agencies will continue to provide expanded services locally for all residents.**

- INC Board of Directors Member Kathy Hooley has stepped down from the role of liaison from Kaneville Township to INC. She will continue serving on the Kaneville 708 Board. INC appreciates the many years of service Kathy has generously provided. Kaneville 708 Board Member Ken Schultz has accepted the role of liaison to replace Kathy. We welcome Ken and his expertise as we continue to fulfill the mission of INC.**
  - Blackberry Township 708 Board welcomes Carrie Seida and Aurora Township 708 Board welcomes Yolanda Dunn! Carrie and Yolanda will be amazing additions to these boards.**
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# October is Domestic Violence Awareness Month

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October is Domestic Violence Awareness month. Domestic Violence Awareness Month was launched nationwide in October 1987 to connect and unite individuals and organizations working on domestic violence issues while raising awareness for those issues. According to a report from the Bureau of Justice Statistics (BJS) via the Los Angeles PD, over 3 million reports of incidents of domestic violence are filed every year in the United States. And those are just the reported cases, there are many, many more that go unrecognized for a variety of reasons. Over the past 30+ years, much progress has been made to increase support for domestic violence victims and survivors, to hold abusers

accountable, and to create and update legislation to further those goals.

Mutual Ground, an INC-funded agency, provides support to individuals and families impacted by domestic and sexual violence. Services are offered in English and Spanish at various locations in Kane County. Many services are available free of charge. They offer residential services for emergency shelter where individuals and families can find safety and support, a 24-hour hotline with counseling and assistance, as well as counseling and substance abuse services. Mutual Ground also provides legal and medical advocacy and prevention education to increase awareness within the community. For more information, visit them at [www.mutualground.org](http://www.mutualground.org).

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**October is Substance  
Abuse Awareness Month**

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**October is Substance Abuse Awareness month. There are 20 million individuals in the USA who are struggling with a substance use disorder. Statistics show that 9 out of 10 people with a substance abuse disorder start before the age of 18. Intervention and prevention are protective factors that aim to reduce substance use. In accordance with its mission, INC Mental Health Alliance funds programs that seek to serve those struggling with a substance use disorder and their loved ones. Gateway Foundation offers a wide variety of help in a clinical setting to aid individuals in their path to recovery. Providence House Residential Services is a program that offers 24/7 support and medical care for substance use. Visit their website at [www.gatewayfoundation.org](http://www.gatewayfoundation.org). Conley Outreach Community Services is largely involved in the Kaneland Community Partners Healthy Youth program. It is a coalition of like-minded individuals and organizations dedicated to reducing and preventing substance abuse by youth through innovative educational and relational approaches. Contact**

them at [www.conleyoutreach.org](http://www.conleyoutreach.org) to learn more and get involved. Cities in Schools strive to reduce the risk of academic failure, a critical protective factor, through their Comprehensive Services Program. To learn more, visit them at [www.citiesinschools.org](http://www.citiesinschools.org).

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## 988 Data Utilization Shows Early Progress

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The Department of Health and Human Services (HHS) has released the first full month of 988 Lifeline data through August 2022. Based on the data, the Lifeline saw a 45% increase in overall volume compared to August 2021, an addition of more than 152,000 contacts (via calls,

chats, and texts). Additionally, the answer rates and wait times substantially improved: answered chats and texts rose to 97% and 98% respectively, and average wait times for chats was 34 seconds and 85 seconds for texts. *(Source: ACMHAI)*

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October is National Depression Awareness Month. Depression is common among both youth and adults. In 2021, the World Health Organization stated that 3.8% of people globally, approximately 280 million, struggled with depression. INC funds a variety of agencies whose programs can assist with education and treatment of depression. NAMI-KDK offers education on depression as well as community support groups for those struggling with a mental health condition. These programs provide a safe space for people to come together and share in the presence of a trained volunteer who is in recovery from a mental health condition. Visit their website at

[www.namikdk.org](http://www.namikdk.org). Family Counseling Services specialize in behavioral health care to adults and youth. Their team of counselors and psychiatrists provide an environment where people who are struggling with mental health issues such as depression receive an all-inclusive form of assistance. Visit them at [www.aurorafcs.org](http://www.aurorafcs.org). Family Focus provides a service to connect low-income and Latino families who are at high risk with much needed mental health resources through their Community Liaison program. Contact them at [www.family-focus.org](http://www.family-focus.org). Older adults are at higher risk for isolation, which can lead to depression. Senior Services offers a Senior Companion program that connects volunteers with seniors. Visit their website at [www.seniorserviceassoc.org](http://www.seniorserviceassoc.org).

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