



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

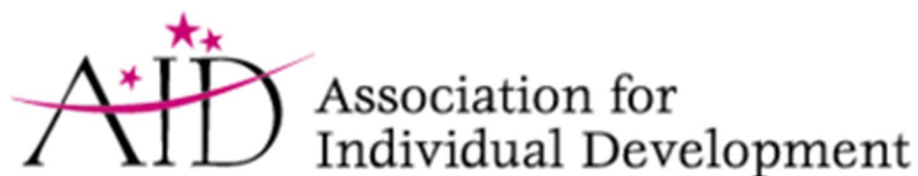
**February 2023**

**INC Links**

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**Featured Agency**  
**ASSOCIATION FOR INDIVIDUAL**  
**DEVELOPMENT**

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**Celebrating 62 years of providing customized, consumer-focused programs and services in an equitable, inclusive manner, the Association for Individual Development (AID) works with individuals with developmental, intellectual, physical and/or mental health challenges, those who have suffered a trauma, those experiencing immediate and/or**

**chronic crises and those at risk to overcome personal, behavioral, societal and environmental barriers to achieve recovery, independence, self-reliance and to live the lives they choose.**

**March is National Disability Awareness Month! Intellectual or Developmental Disabilities (I/DD) are conditions that are present at birth or in childhood that significantly affect the trajectory of an individual's physical, intellectual, and/or emotional development. A person with I/DD has substantial functional limitations in at least three of the following life areas: self-care, language, learning, mobility, self-direction, and capacity for independent living. I/DD can result from injury or illness before or after birth as well as genetic disorders such as Down Syndrome, Phenylketonuria (PKU), or Fragile X. It is possible for some diagnoses such as epilepsy, cerebral palsy, or autism to disrupt a person's development enough to be considered I/DD, but not all people with these diagnoses are intellectually or developmentally disabled. With support, individuals with I/DD lead full lives and make their own choices. The type of assistance a person with I/DD needs depends on their individual abilities and strengths as well as their interests. Some people with I/DD have intermittent or 24-hour support to live in their own homes. As a leading service provider, it is AID's goal to help people live in and take part in their chosen communities; to help them lead the lives they want to lead. Some people with I/DD have full or part-time jobs while others participate in social and skill building**

activities that are meaningful to them.

For more information on AID, visit them at [www.aidcares.org](http://www.aidcares.org).

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## What's Happening With

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INC and township 708 Boards welcome Susanna Smith (Kaneville), Bridget Ruf and Cheryl O'Brien (Virgil), and Elizabeth Kufer (Blackberry)! Each will be amazing additions to the community and INC thanks them for serving on these boards.

INC's funding grant portal opened on January 23<sup>rd</sup> for grant consideration in FY24 and is available to existing agencies and new agencies that are in alignment with INC's funding policy and FY24 Objectives. The portal closes on March 17, 2023. For more information, contact Colleen Baliya at [colleen@incmha.org](mailto:colleen@incmha.org).

The 708 mental health boards in the 7 townships that INC serves will be meeting in February. These meetings are open to the public and more information can be found on our website at [www.incmha.org](http://www.incmha.org).

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## 988 Suicide and Crisis Lifeline Data Update

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A recent analysis compared national and state-level Lifeline performance metrics from the first full month after the launch of 988 (August 2022) to the same month from a year before (August 2021). The combined number

of calls, texts, and chats increased by over 112,000 (a 45% increase), of which over 84,000 were calls. Over the same period, the number of texts increased more than seven-fold, from 5,276 to 40,627. In Illinois, the routed call volume increased by 77% from August 2021 to August 2022. The in-state answer rate increased in almost every state, with particularly large increases in Illinois, Wyoming, and Minnesota.

Suicide Prevention Services' Hotline, an INC funded program, reported an increase in paid staff by 6 call operators, increased coverage of the hotline to 24 hours, 7 days a week, established training for the addition of chat and text services, and participated in the Beta rollout of the Universal Platform, which is a universal call center platform. For more information on their hotline and services, visit <https://www.spsamerica.org/>.

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**March is Brain Injury Awareness  
Month**

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**Brain Injury Awareness Month brings attention to the prevention of traumatic brain injuries (TBIs) and improving the quality of life for individuals living with a TBI. TBIs may be caused by an impact or force on the head or body or a penetrating injury to the head. (Centers for Disease Control and Prevention) At least 2.8 million Americans suffer from a traumatic brain injury per year. (Brain Injury Association of America) Brain Injury Awareness Month also addresses those living with non-traumatic brain injuries, which are brain injuries not caused by an external force. (Shepard Center) Prevention for brain injuries includes wearing proper protection when riding bikes, motorcycles, or driving cars as well as during sports participation. Older adults are at higher risk of brain injuries due to falls and should take necessary precautions to avoid falling. (Centers for Disease Control and Prevention) For older adults, Senior Services Associates, an INC-funded organization, can assist with mental health issues for those struggling from brain injuries. For more information on this organization, visit them at <https://seniorservicesassoc.org/>. To support those who suffer from traumatic and non-traumatic brain injuries, it's important to destigmatize the effects of these injuries and help individuals to achieve their goals.**



## March 2nd is World Teen Mental Health Awareness

### Day

#### **Did you know that:**

- **49.5% of teens suffered from a mental health disorder at some point in their adolescence. (US Department of Health and Human Services)**
- **Teens are likely to experience a variety of emotions. They may be anxious about school or experience a period of depression after a loss. When these symptoms become more persistent and begin to affect how they feel, think, and act, it becomes an issue of mental health.**
- **Common warning signs of more persistent mental health issues include loss of interest in previously enjoyed activities, having low**



energy, engaging in risky behavior, or spending more time alone.  
(National Institute of Mental Health)

- **Family Counseling Services, an INC-funded organization, offers youth counseling and psychiatric services as needed and offers both in-person and telehealth services that can help parents with their teens who may have mental health issues. For more information, visit them at <https://aurorafcs.org/>.**
- **Cities in School provide school-day counseling services for youth K-12<sup>th</sup> grade within the schools. For more information, visit them at <https://www.citiesinschools.org/>.**