



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

June 2023

INC Links

Featured Agency **TriCity Family Services**



TriCity Family Service is a community mental health agency and a leader in providing family-based counseling for people of all ages and income levels. Their highly skilled therapists are committed to providing compassionate, affordable, and confidential counseling. This INC-funded agency offers a family-based treatment for Eating Disorders (FBT) that contributes to lasting remission in children and adolescents. The Wilderness Challenge Program is an annual 8-day

therapeutic canoeing and camping experience for teens whose emotional/social problems may put them at risk of a difficult adjustment to high school. Emotional Wellness Programs focus on mental health strengths to help individuals thrive in their personal growth. TriCity Family Services offers the option of in-person or telehealth counseling in Geneva and St. Charles locations. For more information, visit them at www.tricityfamilyservices.org.

What's Happening With

INC staff attended a ribbon cutting ceremony in April for Fox Valley Hands of Hope. The INC-funded agency renovated their building's interior to allow for a space that is clinically minded, collaborative, and welcoming for those in the community that are grieving.

INC has approved the board meeting schedule for FY24. Details are located on our website at www.incmha.org.

INC board of directors approved funding allocations for FY24. INC is excited to announce the addition of 8 new programs and 3 new agencies! Details on FY24 funded agencies and programs will be available in July and can be found at <https://www.incmha.org/funded-agencies/>.

INC staff will be attending 708 mental health board meetings in the townships in which INC serves during the month of June. For more information on these open meetings, visit our website at www.incmha.org.

**June is National PTSD Awareness
Month**



Traumatic events, such as an accident, assault, military combat, or natural disaster, can have lasting effects on a person's mental health. While many people will have short term responses to life-threatening events, some will develop longer term symptoms that may lead to a diagnosis of Post-Traumatic Stress Disorder (PTSD).

Symptoms of PTSD include avoidance, hypervigilance, cognitive and mood symptoms, and distressing memories of a traumatic event. PTSD can occur at any age and is directly associated with exposure to

trauma. Symptoms usually begin within three months after experiencing a traumatic event. To learn more about PTSD, visit www.nami.org.

Although PTSD cannot be cured, diagnosis and effective treatments may reduce the symptoms. Treatment includes psychotherapy, medication, and self-management strategies. TriCity Family Services, an INC-funded agency, offers psychotherapy for children and adults as well as emotional wellness programs for at-risk youth. Visit them at www.tricityfamilyservices.org.

Family Counseling Service (FCS), another INC funded agency, offers behavioral health services and medication management care. Visit FCS at <https://aurorafcs.org/>.



July is BIPOC Mental Health Awareness month. BIPOC is an acronym for Black, Indigenous, and People of Color. BIPOC groups are less likely to have access to mental health services, less likely to seek out treatment, more likely to receive low- or poor-quality care, and more likely to end services early. These barriers can be attributed to a variety of factors such as cultural stigma around mental illness, systemic racism, and discrimination, language barriers, and more. NAMI KDK, an INC-funded agency, provides support groups for individuals in the BIPOC community that are struggling with a mental health condition and in accessing needed resources. For more information on this support group, visit <https://www.namikdk.org/bipoc-support>.

Medicare covers several mental health services, including depression screening, individual and group psychotherapy, and family counseling. Individuals may be able to access services via telehealth. For more information, visit <https://www.medicare.gov/>. Senior Services, an INC-funded agency, can also provide more information on Medicare coverage. Visit them at <https://seniorservicesassoc.org/>.
