



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

October 2023

INC Links

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Featured Agency
Ascension, Legacy Presence

Outpatient Behavioral Health



Ascension is one of the nation's leading non-profit and Catholic healthcare systems, with a Mission of delivering compassionate, personalized care to all with special attention to persons living in poverty and those most vulnerable. The Outpatient Behavioral Health has several locations, including the Mercy Hospital campus in Aurora. The clinic located in Aurora provides outpatient mental health counseling for individuals, couples, family, and group therapy, beginning at age 6 and throughout the life span. The clinic provides adult and adolescent psychiatric services, including psychiatric

evaluations and medication management. Also included is a 24-hour crisis hotline (1-708-681-4357) that assists with intervention and psychiatric pre-screenings. Services specialize in Depression, Anxiety, Bipolar Disorder, and Severe Mental Illness. Individuals may schedule an appointment in English or Spanish at the Central Access Intake Line at 708-410-0615. For more information on this agency, visit them at <https://healthcare.ascension.org/specialty-care/behavioral-mental-health>.

What's Happening With

Carol Speckmann joined the INC Board of Directors in September. Carol worked closely with INC for several years as Executive Director of NAMI KDK and her expertise will be a welcome addition to our board.

INC welcomes Rand York (Big Rock) and Stephanie Butler (Sugar Grove) to the 708 Mental Health Boards and thanks departing board

member Tiffiny Callahan (Virgil). We are grateful for their commitment to these boards.

The INC Mental Health Alliance Board approved its FY23 Annual Report at the September meeting. This report is an audited and accurate portrayal of income received, how the funds were used, and the programs funded by INC in FY23. We hope you will review the report and join us in sharing our appreciation of our communities. It will be available in November on our website at www.incmha.org.

The INC Program Committee is preparing for its annual Roundtable discussion with our funded agencies in November. The purpose of the annual Roundtable is to help us learn of the opportunities and challenges that our funded agencies are currently facing and how INC can best support the needs of our community.

INC continues to attend local community resource and collaboration meetings including CASA Kane County Fall Conference, Aurora Township's Senior Citizens Service Committee, West Towns Network, VNA's Healthy Families, and Compañeros en Salud.

708 Mental Health Board Vacancies

There are vacancies on the Aurora, Blackberry, and Virgil township 708 Mental Health boards! This is a great opportunity to serve your community! Board members work closely with INC on the mental health levy in their respective township. The levies are distributed to local agencies for eligible services by INC. Board members meet three times a year in February, June, and October. Members must reside within the township in which they serve and not be employed or on the board of one of our funded agencies. To learn more about this opportunity, contact staff at 630-892-5456 or info@incmha.org.

**October is Substance Use
Awareness Month**



There are 20 million individuals in the USA who are struggling with a substance use disorder. Nine out of ten people with a substance use disorder start before the age of 18. With these staggering facts, intervention and prevention are critical protective factors that could reduce and even prevent substance use. In accordance with its mission, INC Mental Health Alliance funds several programs that 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. Residential Services offer 24/7 support and medical care for substance use. Visit their website at www.gatewayfoundation.org.
- Conley Outreach Community Services is 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 use by youth through innovative educational and relational approaches. Contact them at www.conleyoutreach.org to learn more and get involved.
- Mutual Ground's Substance Use program offers an individualized treatment approach to help people overcome their substance use and work through the trauma that may be associated with it. Services include adult and adolescent outpatient services, co-occurring disorder program, intensive outpatient program, DUI counseling, recovery support groups, case management, medication assistance treatment, and

substance use prevention education. Visit them at

<https://mutualground.org/>.

- Lighthouse Foundation provides high quality treatment for individuals who have no other means of receiving substance use services. For more information on Lighthouse Foundation, visit them at <http://lighthouserecoveryinc.com/>
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Did you know that 1 in 3 women and 1 in 7 men will be abused by an intimate partner in their lifetime? In the state of Illinois, there are more than 41,000 survivors of domestic violence and more than 8,000

child witnesses. In a one-year period, domestic violence incidents have led to 61 deaths in the state of Illinois. Domestic Violence Awareness month takes place every October to educate the community and stand in support of the victims and survivors.

INC-funded agency Mutual Ground provides services 24 hours per day, 365 days per year to support the needs of victims of domestic violence, sexual assault, and abuse. These services include shelter, 24-hour crisis hotline, hospital and legal advocacy, counseling, and prevention education. To learn more, visit <https://mutualground.org/>.

Happy Fall to All!



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