



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

April 2024  
INC Links

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# Featured Agency Family Counseling Service

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**FAMILY**  
COUNSELING SERVICE

Family Counseling Service (FCS) is dedicated to helping people in the local community navigate behavioral health challenges and develop the ability to thrive. FCS offers various behavioral health services and

counseling, psychiatric services, and other comprehensive treatment options. FCS is also committed to advancing the mental health field by providing top tier continuing education opportunities for mental health professionals through our Continuing Education Network. FCS strives to empower individuals and families to lead healthier, more fulfilling lives through our mission-driven approach. Visit them at [www.aurorafcs.org](http://www.aurorafcs.org) to learn more about their services.

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**Thank You John Whildin**

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John Whildin resigned as an INC MHA board member effective in February. John began his journey on the INC Board of Directors in July of 2016 and previously as a Blackberry Township 708 board member. He has been a valuable contributor to the needs of the community and we wish him all the best.

There is a vacancy on the INC MHA Board of Directors which meets 5 times a year in the odd months (except in July) at 7:00 p.m. This is a wonderful opportunity to make a difference in your local community.

Interested parties can contact staff for more information by calling 630-892-5456 or emailing at [info@incmha.org](mailto:info@incmha.org).

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## 708 Township Board Vacancies

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There are vacancies on the Blackberry, Kaneville, Sugar Grove, and Virgil Township 708 Mental Health boards. This is a terrific opportunity to serve your community! Board members work with INC staff on the mental health levy in each respective township. The levies are distributed to local agencies for eligible services by INC. Board members meet 4 times a year in February, June, and October, with the INC annual meeting in May serving as the fourth meeting. Members must reside in the township in which they serve. To learn more about this opportunity, contact staff at 630-892-5456 or [info@incmha.org](mailto:info@incmha.org).

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# What's Happening With *INC* Mental Health Alliance

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Staff participated in the African American Health Fair on March 23<sup>rd</sup>. This event offered an opportunity to share our mission and collaborate within the community.

Staff will attend the Association of Community Mental Health Authorities (ACMHAI) membership meeting on April 25 & 26 in

Springfield. New to this meeting will be an exhibitor event, where exhibitors will be able to connect with staff and board members of local behavioral health authorities from across Illinois.

INC's FY25 funding application portal closed on March 15<sup>th</sup> for currently funded agencies. Several agencies expressed an interest in supporting the FY25 Funding Objectives and new organizations have contacted staff about potential funding opportunities utilizing our contingency fund.

INC's Program Committee will meet on April 10<sup>th</sup> to review agency applications and present recommendations to the full board at their annual meeting in May. INC Board of Directors meetings can be found on our website at [www.incmha.org](http://www.incmha.org).

INC welcomes Tom Muth to the board of directors effective in March. Tom is active with the Aurora Lions Club Board and the Aurora Area Interfaith Food Pantry Board. Previously, he served for 20 years as treasurer for the Fox River Study Group (FRSG) and as a board member for Illinois Association of Wastewater Agencies (IAWA). Tom's experience will be an asset to INC.



Did you know that May is Older Americans month? Below is a list of risk factors for older adults that may affect their mental health, as well as protective factors that INC-funded agency Senior Services Associates may be able to assist with:

- Social isolation
- Loneliness
- Elder abuse
- Lack of physical activity
- Loss and grief



- Financial insecurity
- Dementia
- Changes in health condition
- Limited transportation
- Limited resources
- Loss of independence
- Poor mobility

Senior Services Associates operates a Senior Center in Aurora. Staff will engage seniors in activities and educational programs. Volunteers drive seniors to appointments or volunteer to be a Friendly Visitor with seniors. For more information, visit them at <https://seniorservicesassoc.org/>.

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**INC Invites You to Enjoy the Beauty  
of Spring!**

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