

Aurora

Batavia

Big Rock

Blackberry

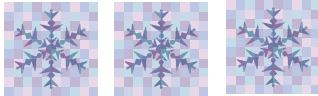
Kaneville

Sugar Grove

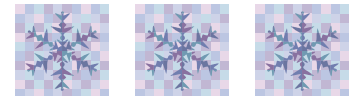
Virgil

INC LINKS

South Kane County Townships Working Together



Agency Profile... Center for Rural Psychology



There are basically two kinds of rural communities in the US—immigrant communities that are being swallowed up by suburbs and migrant communities that are dwindling as their residents seek a living in more populated areas. About 90 percent of land in the United States is considered rural and nearly 25% of the population lives there. Over half of these rural counties are considered impoverished. In the past 20 years rural rates of suicide, violence, delinquency, and drug and alcohol abuse have surpassed those in urban areas. Fifty-five percent of the counties in the United States—all of them rural—have no mental health professionals to address these enormous needs.

The Center for Rural Psychology, founded and directed by Wheaton College professor, Dr. Michael Mangis, has *Big Hopes for Small Towns*. Through the CRP training center, Heartland Counseling, in the immigrant community of Elburn, Illinois, Mangis and his colleagues train graduate practicum students, predoctoral interns, and postdoctoral residents in the unique challenges of serving the mental health needs of rural America. “Even students who enter graduate school with a passion for rural needs gradually gravitate toward comfortable suburban practices. That is what they see modeled” Mangis notes. “Now we can keep at least a few of these students focused on the dream of serving rural communities and give them the skills and knowledge to help make the dream a reality. We appreciate the funding we receive from INC, which allows us to involve our students in service to underserved people around Elburn. Since the economic downturn, requests for our sliding fee care have increased significantly. Thanks to funders like INC, this fall we provided 15% more reduced fee care than in the previous year. Through our students’ work at Heartland, we work to excite their vision for spreading the model of caring for the underserved to other underserved parts of the country.”

To learn more about the Center for Rural Psychology log on to their web page at www.ruralpsych.org. To learn more about Heartland Counseling, visit www.heartlandcounseling.org.

Outside the Box

None are better than nonprofit social service agencies at thinking “outside the box.” It is a recurring theme we hear often as alternatives are sought to how things are currently being done so innovative changes can occur.

Our board of directors suggested a few years ago that we look into complementary alternative therapies. Toward that end, I recently had the opportunity to conduct research on yoga as an aid in managing psychological disorders. I found studies indicating that the mind-body connection of yoga therapy (yogic breathing and asanas, or poses) can bring about chemical, hormonal and physical changes that have shown promise to enhance or replace current methods of treatment. Some of the areas that were studied and shown to be effective are in substance use disorders, anxiety, stress, depression, PTSD, anger management, eating disorders, obsessive-compulsive disorders, and even mental retardation and schizophrenia. If yoga can help an individual develop an awareness of their own physical, emotional and mental reactions, this is the first stage in learning to control their disorders away from the clinical setting. The additional benefit is that it empowers an individual to make life choices, not only based on their disorders, but also on their well-being.

If you would like more information on my findings or would like to follow up with your own research, please email me (marti@incboard.org). On the other hand, maybe you would like to share ways that you, or your organization, have brought about change by thinking “outside the box.” If so, please email me your story and we will include it in an upcoming edition of INC Links.

Marti Cross, Assistant Director

Lost a Friend

Kaneville Township Supervisor Leon Gramley recently and suddenly passed away. In his years of service as Supervisor, Leon was a big supporter of INC and its work to serve Kaneville residents with mental illness, developmental disabilities and substance abuse issues. The Kaneville 708 Board, INC staff and all the residents of Kaneville Township will miss him. Our hearts go out to his wife, Mary, and the rest of his family.

Welcome

INC staff would like to welcome Pam Olsen to the Aurora 708 Board. Pam was appointed back in October 2009.

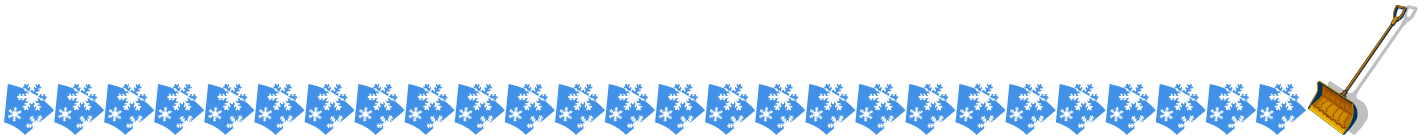
Thank You

We would also like to say good-bye to Karen McCannon, who has served many years on the Sugar Grove 708 Board. Karen and her alter ego, Jo-Jo the Clown, will be missed.

Lyle E. Oncken COMMUNITY SERVICE AWARD

The INC Board is currently taking applications for the Lyle E. Oncken Community Service Award for 2010. This award was created by the Board in 1990 in honor of its retired executive director to recognize individuals or organizations of Aurora, Batavia, Big Rock, Blackberry, Kaneville, Sugar Grove or Virgil Townships who have made outstanding contributions in support of services to persons with mental illness, developmental disabilities or substance abuse disorders within our area.

If you know a deserving person, please submit your nomination by completing and mailing the attached nomination form. If you would rather send your nomination electronically, there is a form available at <http://www.incboard.org/announce.htm>. Click on the link and save it to your computer before you complete it. Then send it as an attachment to marti@incboard.org. The deadline is March 5th.



February 2010

Dear Fellow Citizen:

The Board of Directors of Mental Health and Mental Retardation Services, Inc. is seeking nominations for this year's **Lyle E. Oncken Community Services Award**.

This award was created by the Board in 1990 in honor of its retired executive director to recognize individuals or organizations of Aurora, Batavia, Big Rock, Blackberry, Kaneville, Sugar Grove or Virgil Townships who have made outstanding contributions in support of services to persons with mental illness, developmental disabilities or substance abuse disorders within our area.

Criteria for selection are that the individual or group:

1. Has performed outstanding and distinguished work as volunteer(s) on behalf of one or more human service agencies serving persons with mental illness, developmental disabilities and/or substance abuse disorders within south Kane county; or
2. Has had a major, sustained and positive influence in the development of services to one or more of the targeted client populations as employee(s) of a generic mental health agency located in south Kane County; or
3. Has had a major impact in shaping and supporting the mental health system of south Kane County by marshalling, developing or directing governmental or private resources in support of mental health services; or
4. Has inspired and fostered positive public opinion toward the mental health system through repeated and selfless acts of service and devotion to members of the target population and to mankind, either as a mental health consumer or a mental health caregiver.

We would ask you to complete the attached nomination form and return it **no later than March 5th** to:

AWARD COMMITTEE
Mental Health and Mental Retardation Services, Inc.
P. O. Box 935
Aurora, IL 60507-0935

The Board's Award Committee will make its recommendation in March, and the award will be made at an appropriate function.

The renomination of a previously unsuccessful nominee is encouraged. For your information in considering nominees, the following members of the community have been recipients of the Oncken Award in the year indicated:

Grover F. Herring	1990
E. Duane Thompson	1991
Donald W. and Priscilla M. Nylin	1992
John T. Irwin	1993
Clara M. Stonecipher	1994
Dennis P. Wiggins	1995
Benjamin P. Alschuler	1996
H. David and Lynette Werdin	1997
Blanche Murren Jones	1998
James A. McNish	1999
L. Earl Youtzy	2000
Daniel B. Hanna	2001
Sherry L. Bryant	2002
Alan Harris	2003
Nancy Hopp	2004
Blanche (Buzz) Hays	2005
Marilyn A. Foote	2006
Dr. David Leader	2007
Dennis L. Nickels	2008
Stephanie Weber	2009
Bruce Conley	2009

We look forward to receiving your nominees for the year 2010.

Yours truly,

Patricia J. Kahl, Board President
Mental Health and Mental Retardation Services, Inc.

PK:etm

Enclosure

NOMINATION FOR LYLE E. ONCKEN AWARD

DATE: _____

I hereby nominate the following individual as recipient of the **Lyle E. Oncken Community Service Award for 2010:**

(Please print or type)

NAME OF NOMINEE: _____

BUSINESS OR AGENCY AFFILIATION: _____

ADDRESS: _____

TELEPHONE: _____

Which of the numbered criteria in our letter to you applies to this nominee?

(1) _____ (2) _____ (3) _____ (4) _____

Explain the contributions/accomplishments of your nominee on behalf of mental health, developmental disabilities and/or substance abuse services in south Kane County. Include community service and affiliations:

If selected, will your nominee accept this award?

Yes _____

Don't Know _____

NOMINATION FOR LYLE E. ONCKEN AWARD

Page 2

YOUR NAME: _____

BUSINESS/AFFILIATION: _____

ADDRESS: _____

TELEPHONE: _____

RETURN BY MARCH 5, 2010, TO:

**AWARD COMMITTEE
Mental Health and Mental Retardation Services, Inc.
P. O. Box 935
Aurora IL 60507-0935**

Thank you for your participation in making this award.