



Agency Spotlight: Breaking Free Services

Breaking Free is a 501c3 not-for-profit community organization located in Aurora. Breaking Free is proud to announce that we have been providing services to our community for 40 years and will be celebrating this special anniversary this year. We provide both prevention and treatment services for substance abuse in addition to evidence based programming that focuses on child abuse and parent training programs.

Drug and alcohol abuse prevention programming is a cornerstone of the services that Breaking Free provides. We currently provide prevention programming in both School Districts 129 and 131 in both East and West Aurora High Schools, in addition to Cowherd, Simmons, and Waldo Middle Schools. Moreover, we also provide our prevention programming in Kaneland Community District 301 for Kaneland High School.

At our Gale Street location, we provide drug and alcohol abuse treatment consisting of intensive outpatient programming which focuses on group therapy modality for women, men, and adolescents, in addition to individual counseling and family counseling services.

And finally Breaking Free provides the Nurturing Parenting program which is an evidence based program that reduces the risk factors for child abuse, neglect and/or interpersonal violence. Our Family Based Prevention Specialists work to improve or develop nurturing parenting skills while working with child participants to increase pro-social behavior.

These services are provided to the community in part by the generous funding of the INC Board, who has been a supporter of these services for many years and to whom we are very grateful.



INC Staff Updates

Congratulations to Eileen Maryanski, our Administrative Assistant. She celebrated 10 years at INC Board on July 1st. We are extremely appreciative for all that she does. She keeps us going and we can't thank her enough. Thank you, Eileen!

From the Executive Director's Desk

While the State of Illinois finally has a budget for the fiscal year which started on July 1st, I would point out that quite a few of our local service providers have not been paid for contractual work they've done for the last two years. And as part of the budget-making process, they also now face cuts in FY18 contract levels. There is really no time to relax.

Local support, both local funding by our seven townships as well as donations to agencies by the public at large, is still badly needed. INC increased its funds to local agencies by about 2%, in excess of the 0.7% consumer price index increase allowed under the tax cap. By all accounts, local charitable donations are up also, but many agencies are still struggling.

Please support your local agencies where and when you can. Also continue to advocate for adequate funding with your local state and fiscal legislators. Our job of advocating for services for the residents in south Kane County is far from complete.

Volunteers Step Up for 708 Mental Health Boards

The INC Board and staff would like to welcome our newest community volunteers. Emily Chilelli has been appointed to the Sugar Grove Township Community Mental Health 708 Board. Judy Blincoe has been appointed to the Big Rock Township Community Mental Health 708 Board.

New Brochures

We have updated our brochures with the funded agencies for FY2018. Please visit our website or [click here](#) to download your copy today!



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