

Aurora - Batavia - Big Rock - Blackberry - Kaneville - Sugar Grove - Virgil

**INC LINKS**

South Kane County Townships Working Together

## **FEATURED AGENCY:**

### **Breaking Free**

Breaking Free is committed to one goal: helping individuals and families live in a community where everyone reaches their full potential. They do this by building strong family foundations and rebuilding those impacted by substance use and other life challenges.

Breaking Free provides outpatient substance use treatment services that are focused on the individual. They believe in a treatment approach that begins with a thorough assessment and continues through joint planning with the client and their families. These personally tailored programs build on each person's strengths and include counseling, education and continuing care planning. These individualized services include: early intervention, anger management, women and men's recovery services, adolescent counseling, and continuing care and recovery support.

Breaking Free's prevention programs work with the community as a whole, building on existing strengths and working toward the common goal of a healthy, drug-free community. Prevention programs include: Too Good for Drugs, youth coalitions, communication campaigns, and an after-school program.

Breaking Free also provides the Nurturing Parenting Program at various locations within the community. Strong, healthy families are the cornerstone of a stable, healthy community. Building nurturing skills in parents and children is the key to building strong families and is fundamental to preventing child abuse. This program is a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting practices. Through questionnaires, discussion, role-play, and audiovisual exercises, participants learn how to nurture themselves as individuals and in turn build their nurturing family and parenting skills.

To continue to provide a full wraparound of services to the community, Breaking Free and Mutual Ground have joined forces. Both organizations share a commitment to delivering services that build on each person's strengths. Through counseling, education, and ongoing supportive services, together both organizations strive to create a community in which individuals and families thrive and live to their full potential.

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## Eating Disorder Awareness Week

February marks the start of National Eating Disorder Awareness Week starting from February 24th to March 1st, 2020.

According to the National Eating Disorders Association (NEDA), eating disorders are serious but treatable mental and physical illnesses that can affect all people. National surveys estimate that 20 million women and 10 million men in America will have an eating disorder at some point in their lives. It's believed, a combination of biological, psychological, and sociocultural factors play a role in the cause of an eating disorder.

Eating disorders are serious mental illnesses and include Anorexia Nervosa, Bulimia Nervosa, and Eating Disorders Not Otherwise Specified (EDNOS).

NEDA's list of Eating Disorder Truths:

Truth #1: Many people with eating disorders look healthy, yet may be extremely ill.

Truth #2: Families are not to blame, and can be the patients' and providers' best allies in treatment.

Truth #3: An eating disorder diagnosis is a health crisis that disrupts personal and family functioning.

Truth #4: Eating disorders are not choices, but serious biologically influenced illnesses.

Truth #5: Eating disorders affect people of all genders, ages, races, ethnicities, body shapes and weights, sexual orientations, and socioeconomic statuses.

Truth #6: Eating disorders carry an increased risk for both suicide and medical complications.

Truth #7: Genes and environment play important roles in the development of eating disorders.

Truth #8: Genes alone do not predict who will develop eating disorders.

Truth #9: Full recovery from an eating disorder is possible. Early detection and intervention are important.

For more information, visit <https://www.nationaleatingdisorders.org/>.

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## Other Local Resources:

Call TriCity Family Services at **630-232-1070** or visit <http://www.tricityfamilyservices.org/>.

[Click Here](#) for Kane County Behavioral Health Council Service Directory.

Dial **211** to receive local resources. Accessible 24/7/365 days out of the year.

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## 2020-2021 Funders' Consortium Application is Now Available

The INC Board, NFP funding application is now available. All applications that meet the criteria will be considered.

Please contact us directly with further questions.

Visit [www.incboard.org/funders-consortium-application/](http://www.incboard.org/funders-consortium-application/) for more information.

## A Layperson's Guide to Mental Illness Presentation Available

If you are interested in scheduling a presentation either in English or Spanish, please contact INC Board, NFP at **630-892-5456** or by email at [inc@incboard.org](mailto:inc@incboard.org).