

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

INC LINKS

South Kane County Townships Working Together

FEATURED AGENCY:

Conley Outreach Community Services

Conley Outreach Community Services (COCS) is a 501(c)3 non-profit committed to "Caring for the Heart of Community" in western Kane County. COCS services fall within three primary program areas: 1) Information Networking, Referral and Advocacy; 2) Grief Support, and 3) Community Services.

The **West Towns Human Services Network** is a free, confidential resource and referral service for residents of Big Rock, Blackberry, Kaneville, Sugar Grove, and Virgil townships. Callers are linked to over 85 agencies in Kane, Kendall, and DeKalb counties that provide affordable health and human services. **West Towns** also works with local schools, community groups and mental health agencies to import or develop programs to meet the changing needs of the community, including the **Kaneland Coalition for Healthy Youth**.

Bereavement services include three adult support groups, the INC-supported **Good Grief Day Camp**, and on-site crisis assistance.

Through the Community Services division, COCS offers programs that strengthen individuals, families, and communities. **The Community Care Team (CCT)** is a network of adult natural helpers who receive specialized training in how to effectively listen, respond, and refer friends and neighbors. These volunteers also help in the Good Samaritan Clothing Closet and the Monthly Meals program. Our Emergency Assistance Program provides limited, short-term financial assistance to local individuals and families through the Good Samaritan Fund, Holiday Spirit, and by serving as a Salvation Army extension site.

Conley Outreach is a small grassroots organization, started over 25 years ago by the late Bruce Conley, to provide grief aftercare to the Kaneland community. Today, it serves between 2,500 and 3,000 people annually. It is because of the ongoing funding of the INC Board and others that COCS is able to offer its services at no cost. Conley Outreach provides its services out of the two West Towns offices at 54 Snow Street in Sugar Grove and Room 10 of the Elburn Community Center, 525 N. Main Street. For more information about Conley Outreach and its programs call 630/365-2880 or visit www.conleyoutreach.org.

June is National PTSD Awareness Month

According to the National Institute of Mental Health Post-traumatic stress disorder (PTSD) is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. It is natural to feel afraid during and after a traumatic situation. Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD. People who have PTSD may feel stressed or frightened, even when they are not in danger.

To be diagnosed with PTSD, an adult must have all of the following for at least 1 month:

- At least one re-experiencing symptom (Flashbacks, bad dreams, frightening thoughts)
- At least one avoidance symptom (Staying away from places, events or objects that are reminders of the traumatic experience)
- At least two arousal and reactivity symptoms (easily startled, feeling tense, difficult sleeping)
- At least two cognition and mood symptoms (trouble remembering key features of the traumatic event, negative thoughts, loss of interest in enjoyable activities)

For more information visit the [National Institute of Mental Health](#).

Thank You Christina DeLeon!

The INC Board sincerely appreciates Christina DeLeon's 2 years of service on the INC Board. We thank her for all her hard work and support. We wish her all the best! Again, we thank her for her time and dedication to the community.

A Layperson's Guide to Mental Illness Presentation and Agency Informative Videos Available

COVID 19 introduced a new barrier to service and communication. Informational videos are available in English and some in Spanish for you to view from the comfort of your home. Each video is approximately 30 minutes long.

We have them available on our website <http://www.incboard.org/videos/> and on YouTube. These videos serve as great resources. To visit our YouTube channel click the link below, don't forget to subscribe! [INC Board, NFP YouTube Channel](#)

