



FEATURED AGENCY:

Family Service Association of Greater Elgin

Family Service Association provides an array of outpatient mental health services that are primarily focused around youth and their families. In the southern part of Kane County, they are best known for their mobile crisis response services (previously referred to as SASS), where they have provided over 1,800 crisis assessments in the past year.

In February of 2020, they signed a Memorandum of Understanding with the Aurora Police Department to create the Crisis Intervention Team Enhanced (CITE) program. CITE was created in response to the growing need for compassionate, effective, and immediate services for those presenting in a mental health crisis where law enforcement is the first responder. This team brings together mental health professionals and law enforcement to provide onsite co-response as well as post-crisis case management services.

CITE is made up of a Crisis Intervention Team Liaison Officer, the Officer's supervising Sergeant, a bilingual, bicultural full-time Social Worker, 2 Master's Level Social Work Interns, and their Clinical Director. Additionally, Aurora University is researching the effectiveness of the program and its impact on law enforcement response to mental health. The CITE team provides screening, assessment, short-term intervention,

stabilization, and linkage to community resources. In the first 4 months, CITE served over 200 individuals. Most commonly, the team is being utilized to work with those who make frequent contact with 9-1-1 without a violent crime present. They work closely with community partners to determine the best way to refer and link to their services.

The team is grateful to Dunham Fund, City of Aurora, Kane County Court Services, and several Aldermen who have pledged support to get this program started. And, they are excited to announce their partnership with INC Board, NFP, who began funding this program in FY2021!

Fox Valley Grantmakers COVID-19 Response Fund

The COVID-19 response fund was a great success! INC Board, NFP is proud and grateful to have been part of such a needed service and partnership with Aurora Women's Empowerment Foundation, Community Foundation of the Fox River Valley, Dunham Fund, and Fox Valley United Way. The grants have aided nonprofit agencies during these challenging times and have provided support to their clients' needs. The aid covered, but was not limited to, mental health, basic needs, and technology for telehealth services. Fifty local agencies were awarded grants for a total of \$595,480.

Check out this video that shares more information about the response fund: https://www.youtube.com/watch?time_continue=4&v=BAubDH1rZZs&feature=emb_logo

Video produced by the Dunham Fund for the benefit of the Fox Valley Grantmakers: Aurora Women's Empowerment Foundation, Community Foundation of the Fox River Valley, Dunham Fund, Fox Valley United Way, and INC Board.

Four Areas of Personal Well-Being that May be Affected during COVID-19 Pandemic

The COVID-19 pandemic has impacted our well-being in different ways. It continues to surround us and, consequently, we need to take precautions.

According to the Kane County Health Department, the following items are normal reactions to the uncommon situation we face today. Your awareness of them will increase your ability to cope.

Physical

Our bodies react differently to stress for long periods of time. Pay attention to whether these symptoms have changed from the way you felt prior to the pandemic. Consult a doctor about significant changes, as many stress reactions could imitate major physical disorders and diseases such as (but not limited to) headaches, high blood pressure, tiredness, and stomach aches.

Emotional

Our emotional reactions can unexpectedly shift and dramatically change for no reason. We may laugh unexpectedly or yell in anger. Remember that all emotions are normal. Some emotions that could arise include anxiety, fear, depression, and feeling overwhelmed.

Mental

The stress of COVID-19 pandemic may affect your ability to think clearly, concentrate, and solve problems. It can affect our daily activities, such as work and school.

Behavioral

Some behaviors triggered by stressful events need to be stopped as they make the situation worse. These include an increase in smoking and drinking, yelling, hitting, and

throwing things. Unfortunately, it is often the loved ones around us that are the target of some of these behaviors.

For more information on COVID 19 and resources please visit www.kanehealth.com

If you or a loved one are in a crisis, please call the following:

Northern Kane County Crisis Line: 847-697-2380

Southern Kane County Crisis Line: 630-966-9393

New Volunteers Step-Up

The INC Board and staff would like to welcome two new community volunteers. Dr.

Alicia Schatteman and Joanne Tosch have been appointed to the INC Board, NFP Board of Directors. We look forward to their participation and input. Please note that all INC Board and Township Mental Health 708 Board meetings are open to the public. For more information, visit our website at www.incboard.org or call 630-892-5456 and speak with our staff.

New Brochures Available

We have updated our brochures with the funded agencies for FY2021. The brochures are available in English and Spanish. Please visit our website or [Click Here](#) to download your copy.

