

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

**INC LINKS**

South Kane County Townships Working Together

## Featured Agency NAMI KDK

The Mission Statement for NAMI KDK (National Alliance on Mental Illness serving Kane, DeKalb and Kendall Counties) is to provide mental health education, support and advocacy to individuals, family members and communities. Thanks to the financial support that the INC Board provides NAMI-KDK and our communities, NAMI-KDK is able to provide free mental health support to individuals living with a mental health condition through our Connections Support Group. The funds also provide free mental health support to individuals with a loved one living with a mental health condition through our Family Support Group. In addition to these signature groups, NAMI-KDK also offers four recreational groups, which are LGBTQ+, BIPOC (Black Indigenous and People of Color), Expressive Writing, and the Women Identifying Women Circle. The signature and recreational groups are available in both English and in Spanish. NAMI-KDK can be reached via Executive Director Laura Martinez at [lauramartinez@namikdk.org](mailto:lauramartinez@namikdk.org), by phone at 630-892-6264, or visit their website at [www.namikdk.org](http://www.namikdk.org).

## **Announcing Our New Administrative Assistant**

INC Board is excited to welcome our new Administrative Assistant, Ann Montgomery. Ann brings extensive administrative experience to the organization and will be a key player in bringing INC Board to the next level. She lives in Geneva with her husband, who is a teacher, and two boys who are both in college. She is active with the Geneva Chamber of Commerce. Ann can be contacted via email at [ann@incboard.org](mailto:ann@incboard.org) or by phone at 630-892-5456 ext. 202.



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## **Sexual Assault Awareness Month**

**April is Sexual Assault Awareness Month (SAAM). As part of their mission, Mutual Ground is dedicated to supporting survivors of sexual violence every day of the year—but for the month of April, in support of Sexual Assault Awareness Month, they are asking everyone to join their cause. During SAAM, individuals and organizations throughout the community can learn more about sexual violence, share information, volunteer, and donate to help raise awareness of this issue.**

Together, we can support survivors and change the way our communities respond to sexual violence. [#SAAM](#) Use Mutual Ground's graphic to help spread awareness of the issues of sexual assault throughout our communities and use the hashtag [#SAAM](#) on social media to let survivors know that you are here to listen, you believe them, and you support them.



## Mental Health Awareness Month

May is Mental Health Awareness month, where communities come together to fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families. Each year millions of Americans face the reality of living with a mental illness.

A mental illness is a condition that affects a person's thinking, feeling, behavior or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others. Mental health conditions are far more common than we think, mainly because people are reluctant to talk about them. Did you know:

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24

A mental health condition isn't the result of one event. Genetics, environment and lifestyle influence a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events. Biochemical processes, circuits and basic brain structure may play a role, too.

Common signs of mental illness in adults and adolescents can include the following:

Excessive worrying or fear  
 Feeling excessively sad or low  
 Confused thinking or problems concentrating and learning  
 Extreme mood changes, including uncontrollable "highs" or feelings of euphoria  
 Prolonged or strong feelings of irritability or anger  
 Avoiding friends and social activities  
 Difficulties understanding or relating to other people  
 Changes in sleeping habits or feeling tired and low energy  
 Changes in eating habits such as increased hunger or lack of appetite  
 Changes in sex drive  
 Difficulty perceiving reality  
 Inability to perceive changes in one's own feelings, behavior or personality  
 Overuse of substances like alcohol or drugs  
 Multiple physical ailments without obvious causes  
 Thinking about suicide  
 Inability to carry out daily activities or handle daily problems and stress  
 An intense fear of weight gain or concern with appearance

There are many tools that can improve the experience on the road to wellness such as medication, counseling, social support and education. Therapy can take many forms such as learning relaxation skills or intensively reworking your thinking patterns. Social support, acceptance and encouragement from friends, family and others can also

make a difference. Education about how to manage a mental health condition along with other medical conditions can provide the skills and supports to enrich the unique journey toward overall recovery and wellness.

### Local Mental Health Resources

AMITA Mercy Medical Center <https://www.amitahealth.org>

Association for Individual Development (AID) <https://www.aidcares.org/>

Family Counseling Service <https://www.aurorafcs.org/>

Suicide Prevention Services <https://www.spsamerica.org/>

Veterans Affairs Mental Health <https://www.mentalhealth.va.gov/>

For more resources, contact the info line at [www.namikdk.org](http://www.namikdk.org)

## What's Happening Locally

Fox Valley Hands of Hope will host a Grief Art Journalling class for teens. It will be held on Tuesday evenings beginning in April. For details visit [www.FVHH.net](http://www.FVHH.net).

Kane County Health Department is hosting a Photo Voices Project to all residents under the age of 21. This project allows young people to express their thoughts and feelings about mental health through non-identifying photos. Winners will be selected by the Family Service Association Junior Board and announced at a virtual event on 5/7/21 to celebrate Children's Mental Health Awareness Day. Photo submissions are being collected April 1-23. Click on this link to

enter <https://redcap.dph.illinois.gov/surveys/?s=99TRM3YHMH> or  
visit [www.kanehealth.com](http://www.kanehealth.com).

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## Did You Know?

INC Board, NFP, a Community Mental Health Funding Alliance is an Illinois, not-for-profit corporation which was chartered in April 1969 to promote the creation of local mental health boards authorized under 405 Illinois Compiled Statutes §20/3a ([Community Mental Health Act](#)).

In the November 1970 general election, Aurora, Batavia, Big Rock, Blackberry, Kaneville and Sugar Grove Township voters in Kane County, Illinois, approved a community mental health tax by referendum. Each of the six township boards appointed a seven-member community mental health board, known as a “708” board after the number of the Illinois House of Representatives resolution which created such entities. Virgil Township passed a referendum in November 2000 and also appointed a 708 board.