McHenry County Mental Health Board

Weekly Agency Update

JULY 7, 2021

EDUCATIONAL AND TRAINING OPPORTUNITIES

MCHENRY COUNTY MENTAL HEALTH BOARD

- ACE Interface Training | 2nd Thursday of the month | 7/8 & 8/12 @ 2:30 pm
- The Documentation of Service-Centered Case Notes | Monday, July 12, 2021 | 9:00 am to 12:00 pm
- Introduction to Alcohol Moderation Counseling: A Harm Reduction Approach to Problem Drinking
  Monday, July 26, 2021 | 9:00 am to 12:00 pm
- Engaging Learners Virtual Conference | Friday, August 13, 2021 | 8:30 am to 12:00 pm
- **Firearms, Means Safety, and Suicide Prevention: A Clinical Workshop | Friday, August 20, 2021 | 8:30 am to 12:00 pm (Same Workshop is also offered on September 30th).**
- Suicide Prevention and Mental Health Recovery Conference | Friday, September 10, 2021
- **Actively Engaging Students Right From The Start | Friday, September 17, 2021 | 9:00 to 10:30 am**
- **Purposeful Parenting: Promoting School Engagement Community Education | Tuesday, September 21, 2021 | 7:00 pm to 8:00 pm**
- **Firearms, Means Safety, and Suicide Prevention: A Clinical Workshop | Thursday, September 30, 2021 | 8:30 am to 12:00 pm (Same Workshop is also offered on August 20th).**

NAMI MCHENRY COUNTY

- NAMI Talks: "Hear Our Voices" | Thursday, July 15 at 6:00 pm

THIS…THAT…AND THE OTHER

INFORMATIONAL & EVENT OPPORTUNITIES

INDEPENDENCE HEALTH & THERAPY

- **Eighth Annual Woodstock Ale Fest | Saturday, October 2, 2021 from 1:00 PM – 5:00 PM on the corner of Clay & Newell, Woodstock, IL.**

ELDERWERKS

- Summer 2021 Elderwerks Events

McHenry County Mental Health Board

- MCHELP App | Re-Launch! Time to Update!
  The MCHELP App has been streamlined to provide immediate access 24/7 to licensed mental health professionals via voice or text. Here for you, your friends or family, MCHELP is quick and confidential. Anything you need to talk about, licensed mental health professionals are ready to listen and help. Existing MCHELP App users will receive an update on their smart phone. New MCHELP users can download the app free via Google or iTunes. Available for Apple and Android devices May 15, 2021.

Employment Opportunities

Turning Point

- Shelter Case Worker

Please send your resume to Michelle Kennedy @ michellek@turnpt.org

Aunt Martha's Health & Wellness

- Lead Pandemic Health Navigator (LPHN)
- Pandemic Health Navigator (PHN)

Not-For-Profit Resources

- Director of Strategic Partnerships
- **Program and Outreach Director**

Thresholds in McHenry County

- Community Support Specialist
- Intake Specialist

To Apply: Visit Thresholds.org/Careers, click "Apply Now!" button and type in McHenry in the search.

Association for Individual Development (AID)

- Registered Nurse (RN) – Full Time
- Mental Health Professional (MHP) – Supported – Full Time/Part Time
- Direct Service Professional (DSP) – Residential – Elgin
- Case Manager – Mental Health Professional (MHP) – Full Time – McHenry
- Case Manager – Qualified Mental Health Professional (QMHP) – Full Time – McHenry
- Manager – Behavioral Health – Full Time
- Case Manager – Mental Health Professional (MHP) – Employment Specialist - McHenry

Virtual Support Groups

Monday

DBT Skills Group for Adolescents - Mondays, 5:00 - 6:00pm

Adolescents and teens aged 13-17, 12-week curriculum, open format.
Our DBT Skills Group will teach participants how to take control of how they feel and find better ways to cope with stress, anxiety, and depression. Each week, therapist Debbie Smith, M.Ed., LCPC, will teach a new skill that group members are then asked to practice in the week ahead. Call BZA at 847-221-5622 x0 to schedule an assessment and learn more. This group meets at our Lake in the Hills office, 9 Crystal Lake Road, Suite 250, LITH, IL 60156 and on Zoom
Note: a FREE Family Education Group is included and meets the second Wednesday of the month, 6:30-7:30pm

DBT Skills Group for Adults - Mondays, 12:00 - 1:30pm

Adults 26 and over, 12-week curriculum, open format
Our DBT Skills Group will teach participants how to take control of how they feel and find better ways to cope with stress, anxiety, and depression. Each week, therapist Debbie Smith, M.Ed., LCPC, will teach a new skill that group members are

then asked to practice in the week ahead. Call BZA at 847-221-5622 x0 to schedule an assessment and learn more. This group meets at our Lake in the Hills office, 9 Crystal Lake Road, Suite 250, LITH, IL 60156 and on Zoom

NAMI CONNECTION - Mondays @ 6:30 – 8:00 pm

A support group for any adult with a mental health diagnosis to share experiences in a safe, confidential setting. Using a structured model to ensure all can be heard, supported, and encouraged without judgement. The group encourages empathy, productive discussion and a sense of community.
To register go to www.namimchenrycounty.org.

ROSECRANCE VIRTUAL PARENT CAFÉ - Mondays, 6:00 to 7:00 pm

At the request of our community, a confidential, free support group has been organized by Rosecrance and is open to all parents and/or guardians. This support group will be held virtually and requires participants to register in advance. An addictions counselor will be available online and will facilitate the group. Contact Sandy at sriley@rosecrance.org to register. For additional information call 815.391.1000.

TUESDAY

FAMILY SUPPORT GROUP – Tuesdays, 7:00 pm

Is a family member struggling with a substance use disorder? Coping with the grief of losing a loved one to overdose? Join this free support group at The Other Side, 135 Beardsley, Crystal Lake. https://www.the-other-side.org/

CBT SKILLS GROUP FOR ADULTS - Tuesdays, 7:30 - 8:30pm

Adults ages 21 and up, open format, starts June 8
BZA therapist Paige Harlston teaches participants to explore the connection between their thoughts, emotions and behaviors. Group members meet weekly to process their experiences with anxiety and/or depression in their everyday lives and develop the coping skills necessary for a healthy life. Call BZA at 847-221-5622 x0 to see if this group is right for you. This group meets at our Lake in the Hills office, 9 Crystal Lake Road, Suite 250, LITH, IL 60156 and on Zoom.

CAREGIVER SUPPORT AND EDUCATION GROUP - 2nd & 4th Tuesday of the month from 4:30 to 5:30 pm

Independence Health and Therapy – The group focuses on the needs of the care receiver by providing caregiver tips, teaching interventions and strategies to manage behaviors, and navigate care. This group is facilitated by a Mental Health Professional.

ROSECRANCE VIRTUAL PARENT CAFÉ - Tuesdays, 6:45 to 8:15 pm

At the request of our community, a confidential, free support group has been organized by Rosecrance and is open to all parents and/or guardians. This support group will be held virtually and requires participants to register in advance. An addictions counselor will be available online and will facilitate the group. Contact Sandy at sriley@rosecrance.org to register. For additional information call 815.391.1000.

WEDNESDAY

SURVIVORS OF SUICIDE LOSS SUPPORT GROUP – Third Wednesday and first Thursday of the month 7:00 pm to 9:00 pm

An open support group for individuals 18 and up who have experienced the loss of a loved one by suicide. No registration needed. We meet the first Thursday and the third Wednesday of the month from 7-9pm at the McHenry County Mental Health Board 620 Dakota St. Crystal Lake. For more information or questions, contact Jenn Balleto, LCPC at 815-206-3459 or Jennifer.balleto@nm.org

DBT SKILLS GROUP FOR YOUNG ADULTS - Wednesdays, 1:00 - 2:30pm

Young Adults ages 18-25, 12-week curriculum, open format
Our DBT Skills Group will teach participants how to take control of how they feel and find better ways to cope with stress, anxiety, and depression. Each week, therapist Debbie Smith, M.Ed., LCPC, will teach a new skill that group members are then asked to practice in the week ahead. Call BZA at 847-221-5622 x0 to schedule an assessment and learn more. This group meets at our Lake in the Hills office, 9 Crystal Lake Road, Suite 250, LITH, IL 60156 and on Zoom.

TURNING POINT VIRTUAL SUPPORT GROUP – Wednesdays, 6:00 to 7:00 pm

Hosted via Zoom. Turning Point's virtual support group provides a virtual safe space for adults who have or are currently experiencing domestic violence to be able to share experiences, process emotions, safety plan, and support one another. Participants are to sign up ahead of the meeting by calling 815-338-8081.

TEEN ZOOM TRANSGENDER THERAPY GROUP – Wednesdays, 4:00 to 5:00 pm

This is an open group that accepts new participants on an ongoing basis. This group will provide a safe place for transgender, non-binary, gender non-conforming and questioning teens to explore issues of sexual orientation and gender identity and gain acceptance and peer support. Please contact Carol Fetzner with Northwest Treatment Associates at nwtacounseling.com for the group or to make a referral.

ROSECRANCE EDUCATOR'S VIRTUAL SUPPORT GROUP - Wednesdays @ 4:00 pm

Rosecrance Educator's Support Group helps our local educators share their stressful and often times difficult experiences with other educators as they navigate through the Covid-19 pandemic and beyond in a supportive and nonjudgmental environment. Contact information: Current Rosecrance clients please inform your primary counselor or interest in the group for a referral. Potential Rosecrance clients please contact 815.528.9318 to schedule an assessment to engage in services.

NAMI CONNECTION - Wednesdays @ 2:00 pm

A support group for any adult with a mental health diagnosis to share experiences in a safe, confidential setting. Using a structured model to ensure all can be heard, supported, and encouraged without judgement. The group encourages empathy, productive discussion and a sense of community.
To register go to www.namimchenrycounty.org.

NAMI FAMILY SUPPORT - Wednesdays @ 7:00 pm

A support group for any adult caregiver to help cope with the impact that mental illness has made on the lives of their loved ones. Also learning to recognize the impact that mental illness has had on their own lives as individuals, couples, parents, siblings and friends. The group builds endurance through the collective journeys of others to accept that we are not alone. To register go to www.namimchenrycounty.org.

THURSDAY

SURVIVORS OF SUICIDE LOSS SUPPORT GROUP – First Thursday and third Wednesday of the month 7:00 pm to 9:00 pm

An open support group for individuals 18 and up who have experienced the loss of a loved one by suicide. No registration needed. We meet the first Thursday and the third Wednesday of the month from 7-9pm at the McHenry County Mental Health Board 620 Dakota St. Crystal Lake. For more information or questions, contact Jenn Balleto, LCPC at 815-206-3459 or Jennifer.balleto@nm.org

SURVIVOR GROUP - Thursday's @ 7pm

Are you are victim of sexual assault? Do you struggle with symptoms of PTSD as a result? Do you wish people understood your experiences? If you answered yes to any of these questions, then this could be the group for you led by Amber Kay. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156.

LIVE4LALI SMART RECOVERY MEETING - Thursdays, 6:00 to 7:30 pm

SMART Recovery is a free, confidential peer recovery program to help overcome unhealthy habits (drinking & drug usage), or behaviors (over/under eating & gaming obsession). This meeting will be held online at https://global.gotomeeting.com/join/932689453. For assistance, contact Alex at alex@live4lali.org or 844.584.5254 x806.

FRIDAY

LIVE4LALI SMART RECOVERY - Friday's 12:00 - 1:30 pm

SMART Recovery is a free, confidential peer recovery program to help overcome unhealthy habits (drinking & drug usage), or behaviors (over/under eating & gaming obsession). This meeting will be held online at Global.GoToMeeting.com/join/932689453 [Contact Michelle via email at michellek@live4lali.org or via phone at (844)584-5254 x 807]

SATURDAY

YOU ARE NOT ALONE: BEREAVEMENT GROUP - last Saturday each month, 10:00-11:30am

BZA therapist Gerry Wetzel, LCPC, is pleased to offer grief counseling for individuals suffering the loss of a loved one. This is an open format group that currently meets virtually via Zoom. Please call 847-221-5622 x0 to learn more.

STRONGER TOGETHER, DBT GROUP FOR ADULTS AGES 18 AND UP - Saturday's at 11am

In this weekly supportive group, we will learn about the four foundational skills of Dialectical Behavioral Therapy. The Acceptance Skills: Mindfulness and Distress Tolerance, and the Change Skills: Interpersonal Effectiveness and Emotional Regulation. Validation will be used and taught as we learn to accept where we are while being a spring board for action! We will learn how to use these effectively in our daily lives and help empower you to effectively live your best life led by Carol Briggs and Kaleigh Nobbe. For more information or to sign up, please check our website at owenscounseling.com.

WEEKEND WARRIORS - Saturday's @ Noon

Dialectal Behavioral Therapy Group for Adolescents ages 11-14
Some of the things covered in this group are help with external and internal triggers to stress, learn how to manage overwhelming emotions, and education on coping strategies. Please contact Lori Kaniewski, LOC at 847-854-4333 for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156

BREAKFAST CLUB - Saturday's @ 10:00 am

Dialectal Behavioral Therapy Group for High School ages 14 - 18
Some of the things covered in this group are help with external and internal triggers to stress, learn how to manage overwhelming emotions, and education on coping strategies. Please contact Lori Kaniewski, LOC at 847-854-4333 for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156

SUNDAY

LIVE4LALI SMART RECOVERY MEETINGS – Sunday's 10:00 to 11:30 am

SMART Recovery is a free, confidential peer recovery program to help overcome unhealthy habits (drinking & drug usage), or behaviors (over/under eating & gaming obsession). This meeting will be held online at https://global.gotomeeting.com/join/932689453. For assistance contact 844.584.5254 or info@Live4Lali.org

HELP IS A TAP AWAY!

McHenry County Mental Health Board

MCHELP App

RE-LAUNCH! TIME TO UPDATE!

The MCHELP App has been streamlined to provide immediate access 24/7 to licensed mental health professionals via voice or text. Here for you, your friends or family, MCHELP is quick and confidential. Anything you need to talk about, licensed mental health professionals are ready to listen and help.

Existing MCHELP App users will receive an update on their smart phone. New MCHELP users can download the app free via Google or iTunes.

Learn more by scanning the QR Code or visit McHenry County Mental Health Board on the web: www.MC708.org

Call or text your concerns to MCHELP on any subject 24/7, 365 days a year:

Anxiety
Mental Health Issues
Depression
School
Family Concerns
Substance Use
Stress
Suicide

DOWNLOAD TODAY!

Scan me

¡La ayuda está a un toque de distancia!

MCHELP App

¡RELANZAMIENTO! ¡HORA DE ACTUALIZARSE!

La aplicación de MCHELP ha sido actualizada para proporcionar acceso inmediato a profesionales de la salud mental con licencia las 24 horas del día, los siete días de la semana, por teléfono o mensaje de texto. La aplicación es rápida y confidencial para ti, tus amigos y tu familia. Cualquier cosa de la que necesites hablar, los profesionales de la salud mental con licencia están listos para escucharte y ayudarte.

Los usuarios actuales de la aplicación MCHELP recibirán una actualización en su teléfono inteligente. Los nuevos usuarios de MCHELP pueden descargar la aplicación gratis a través de Google o iTunes.

Encuentra más información escaneando el código QR O visita el sitio la Junta de Salud Mental del Condado de McHenry en: www.MC708.org

Llama o envía un mensaje de texto con tus preguntas sobre cualquier tema a MCHELP las 24 horas del día, los siete días de la semana, todo el año:

Ansiedad
Problemas de salud mental
Depresión
Estrés escolar
Problemas familiares
Consumo de sustancias
Suicidio

¡DESCÁRGALA HOY MISMO!

Escanéame

ACE INTERFACE TRAINING

ADVERSE CHILDHOOD EXPERIENCES (ACEs) are potentially traumatic experiences that occur in childhood. Included are aspects of the child's environment that can undermine their sense of safety, stability and bonding according to the Centers for Disease Control.

ACEs can have lasting, negative effects on health, well-being and opportunity. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood.

ACE Interface is a training program for learners of all backgrounds on the science of trauma and resilience. It is used to promote an understanding of ACE and resilience science to improve health and well-being across the lifespan. Learners will discuss the ways they can promote resilience and create thriving communities.

No cost ACE Interface Training is available to benefit school staff, parents, social workers, counselors, community members, first responders, law enforcement, public officials, faith communities, and anyone who works with people, regardless of their background.

Sponsored by McHenry County Mental Health Board ACE Interface Training takes about 90 minutes to complete. Classes are offered at no cost to the community and can be scheduled through the McHenry County Mental Health Board.

Pre-scheduled trainings are also available for the community and you can register below:

Thursday, July 8, 2021 | 2:30 - 4:00 pm

Thursday, August 12, 2021 | 2:30 - 4:00 pm

FREE: 1.5 CEUs (IAODAPCA pending)

For more information on training visit
www.McHenryCountyACE.org or call 815-455-2828.

McHenry County Mental Health Board

NATIONAL ALLIANCE ON MENTAL ILLNESS OF MCHENRY COUNTY

NAMI TALKS: "HEAR OUR VOICES"

NAMI McHenry County

Virtual Webinar

NAMI Talk Community Education

LIVING THE EXPERIENCE OF A MENTAL HEALTH CONDITION

July 15th, 2021
6:00 - 7:00 PM
Virtual Event

- Learn from 5 community members sharing their honest views on the systems surrounding mental health while enduring a lifetime of adjustments due to various Mental Health issues
- Speakers have direct lived experience with a mental health condition, or are the family members supporting those in recovery from a mental health condition

REGISTER HERE

www.namimcehnrycounty.org 815.308.0851 620 Dakota St. Crystal Lake, IL 60014

Friday,
August 13th

8:00-2:30 pm

Engaging Learners Virtual Conference

THE SCIENCE BEHIND ENGAGING STUDENTS, FAMILIES, AND EDUCATORS

FOR OUR FULL LINE UP OF TOPICS AND AGENDA FOR THE DAY CLICK HERE

FOR ADDITIONAL INFORMATION AND TO REGISTER CLICK HERE!

www.JacquelineRhew.com

CONFERENCE HOSTS

Jacqueline A. Rhew

Sherrine Peyton

Dr. Matthew Liberatore

Dr. Shelley Fisher

Dr. Robin Choquette

Dr. Matt Dewer

Lauren Bilbrey

Independence Health & Therapy Presents:

Caregiver Course:

Creating a Plan of Action

A supportive, solution-based course providing education and guidance from industry professionals. Caregivers will be given tools to identify problems, make a plan, and take action.

Your Loved One Needs to be Cared for... Now What?

Course is being offered FREE of charge
Begins: Saturday, July 10, 2021
Sessions meet once a month, in person
Attend ONE or ALL of sessions
Respite Options Available

MONTHLY SESSION TOPICS:

July: Build Your Care Team
Aug: Financial Conversations
Sept: Health Care & Safety Conversations
Oct: Thinking Ahead
Nov: Reducing Caregiver Stress

REGISTER TODAY AT jotform.com/independencehealth/caregivercourse
or complete form on back and return to IHT

2028 Seminary Avenue, Woodstock, IL 60098 | 815-338-3590| www.independencehealth.org

NEXT LEVEL COUNSELING AND WELLNESS

ANTI-DIET

10 WEEK VIRTUAL
THERAPY GROUP

THURSDAYS AT 4PM
STARTING AUGUST 5TH

Stop the diet cycle.
Make peace with your body and food.

Register at
nextlevelcounselingandwellness.com

Turning Point, Inc

LGBTQ+ Domestic Violence Support Group

We are so excited to announce a new support group in McHenry County aimed at confronting domestic and dating violence in the LGBTQ+ communities

Interested? Call 815-338-8081 and ask to speak to one of our advocates today

Registration is required—Groups are 18+

Starting Summer 2021!

LGBTQ+ survivors may face complex barriers in seeking services and leaving their relationship, including:

- Lack of resources for LGBTQIA+ survivors
- Discrimination including homophobia, biphobia, and/or transphobia
- Increased isolation due to a small or suburban community
- Lack of recognition of the relationship
- Challenges with parental and adoptive parent rights
- Fear of being outed
- Myth that partner abuse does not occur in LGBTQIA+ communities

More information about our programs can be found at www.turnpt.org

Group Topics Include:

Domestic and Dating Violence

Self empowerment

Cycle of Violence

Effects of violence

Coping Skills

Self care

Digital Safety

Setting Boundaries

TURNING POINT, INC.

PO BOX 723 • Woodstock IL • turnpt.org

24 HOUR HOTLINE: (815) 338-8081

ALL Are Welcome Here

Turning Point, Inc. does not discriminate and is committed to providing an inclusive and welcoming environment for all clients.

2021

Creating an Inclusive McHenry County

Virtual Recovery Conference Series

4 Free Sessions including CEUs

Hosted by the McHenry County Mental Health Board and the McHenry County Suicide Prevention Task Force

Thursday 9.9.2021 | 6:00 - 8:00 pm

Virtual screening of "My Ascension"

VIEW THE FILM TRAILER

Community Awareness Event

Friday 9.10.2021 | 9:00 - 10:00 am

Keynote: Pamela Rae Schuller

Seriously Funny - Lessons for a more Inclusive Community

11:00 am - 12:00 pm

Supporting our LGBTQ Students and Their Families: Best Practices for Creating an Inclusive School Environment

1:00 - 2:00 pm

The Effects of Discrimination on the Mental Health of our Communities

Panel Discussion

2:30 - 4:00 pm

Finding Your Voice

Storytelling Workshop with Pamela Rae Schuller

REGISTRATION OPENING SOON!

For additional information contact

kdoherty@mc708.org

McHenry County Mental Health Board

Northwestern Medicine

MCHENRY COUNTY SUICIDE PREVENTION TASK FORCE

Woodstock ALE FEST 2021

THIRTY Neighborhood Breweries | ONE Destination

SATURDAY, OCTOBER 2 ~ 1pm-5pm
Corner of Clay & Newell

LIVE entertainment by The Double Standard
2:30pm-5pm in VIP tent

FOUR Local Food Trucks

NEW THIS YEAR:

BrewHaHa
Featuring Laugh Out Loud Schaumburg
FRIDAY, OCTOBER 1
5:30pm-8pm
Separately Ticketed Event

woodstockalefest.org

Independence Health & Therapy

All proceeds benefit Independence Health & Therapy

Improving the lives of people in McHenry County through one-of-a-kind health & wellness services, including adult & memory care, behavioral health, and physical, occupational, and speech therapy.

Register: https://scvnmchenrycounty.org/lifes-a-journey-2021-event-information/

DISCOVER
Aurora University Woodstock Center

AU Woodstock Center Open House Events

Wednesday, July 14, 2021 | 3:30–5 p.m.
Thursday, August 5, 2021 | 4:30–6 p.m.
222 E. Church St., Woodstock, IL

Attend an upcoming open house to explore all that AU Woodstock Center has to offer.

- Undergraduate and graduate programs in business, education, and social work.
- Courses taught by expert faculty who are practitioners in their field.
- Evening classes that are built around your busy schedule meet in downtown Woodstock.

Register at **aurora.edu/woodstockevents**.

AURORA UNIVERSITY WOODSTOCK CENTER
815-337-6051 | WCadmission@aurora.edu
aurora.edu/woodstock

Aurora University 1893
Woodstock Center

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