Weekly Agency Update
(Bolded items are new listings)

JULY 21, 2023

EDUCATIONAL AND TRAINING OPPORTUNITIES

McHenry County Mental Health Board

• Understanding Schizophrenia | Virtual | Tuesday, August 8, 2023 | 1:00 to 3:00 pm | 2 Free CEUs

• Intro to Motivational Interviewing | In-person | Friday, August 25, 2023 | 9:00 am – 4:30 pm | 6.5 CEUs |

• A Trauma Informed Approach | Virtual | Second Thursday of the month | 8/10 – 12/14 | 2:30 pm to 4:00 pm | 1.5 Free CEUs

THIS…THAT…AND THE OTHER

INFORMATIONAL & EVENT OPPORTUNITIES

McHenry County Mental Health Board

• Behavioral Health Resource Fair for School Professionals – Tuesday, August 8, 2023, from 9:00 to 11:00 am at the Mental Health Board. Exhibitor space is full. Contact Kris Doherty at kdoherty@mc708.org for additional information.

• Suicide Prevention and Mental Health Recovery Conference – Friday, September 8, 2023
Please take note: This year’s conference will be at McHenry County College in Crystal Lake.

• Updated MCHELP App Flyers for you to share:
  Workplace MCHELP App Flyer
  Teen MCHELP App Flyer

Options & Advocacy for McHenry County

• Agency Updates

Stages of Transformation

• 2023 Fundraiser and Fall Gala Celebration

Elderwerks

• Newsletter
EMPLOYMENT & VOLUNTEER OPPORTUNITIES

OPTIONS & ADVOCACY FOR MCHenry COUNTY
- Therapist – Neurodiversity & Mental Health Clinic
- Intake/billing coordinator – Neurodiversity & Mental Health Clinic

NEW DIRECTIONS ADDICTION RECOVERY SERVICES
- Case Manager
- Grant Writer (Entry-Level)

CONSUMER CREDIT COUNSELING SERVICE OF MCHenry COUNTY
- Bookkeeper Support Staff

22nd Judicial Circuit - Office of Special Projects
- Male and Female volunteers to run Narcotics Anonymous meetings in the McHenry County Correctional Facility. Please contact Kelly Scimeca at (815)334-4458 for additional information.

THRESHOLDS
- Team Leader/Clinical Supervisor - $5K Sign On Bonus!
- Therapist, Full Time
- Substance Use/Mental Health Therapist (CADC), Full Time

TURNING POINT
- Outreach and prevention Advocate
- Shelter Advocate
- Bilingual Adult Counselor/Advocate

INDEPENDENCE HEALTH AND THERAPY
- Physical Therapist
- Transportation Driver
To apply, please go to: https://independencehealth.org/employment/

PIioneer Center for Human Services
- Therapist - Both Full-Time and Part-Time
- Residential Qualified Intellectual Disability Professional (QIDP) – Full Time
- Community Integrated Living Arrangement (CILA) Coordinator – Full-Time
- DSP-Direct Support Professional - Both Full-Time and Part-Time
- DSP- Autism Day Program - Full-Time
- Direct Support Professional (DSP) Training Coordinator – Full-Time
- Program Technician/Mental Health Tech - Part-Time
• **Residential House Supervisor** - Full-Time

For more jobs available please visit our Career Page at [www.pioneercenter.org/careers/career-opportunities/](http://www.pioneercenter.org/careers/career-opportunities/)

**NAMI OF McHENRY COUNTY**
• **Recovery Support / Family Advocate** – Full and Part-time positions

**NORTHWESTERN MEDICINE**
• **PHP/IOP and Emergency Mental Health Services Program Coordinator**
• **Case Therapist II-Crisis Woodstock Full-time Nights**
  To submit an application please [CLICK HERE](http://www.pioneercenter.org/careers/career-opportunities/).

**SUPPORT GROUPS**

**MONDAY**

**SMART RECOVERY FOR INDIVIDUALS** – Mondays, 3:00 to 4:00 pm
SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There’s no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right for successful change. There’s no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on. Meetings are held at the McHenry County Specialty Courts building, 400 Russell Court in Woodstock. For additional information please contact Sal DePillo at [REBTJunior@gmail.com](mailto:REBTJunior@gmail.com).

**CONNECTION GROUP** – Mondays, 6:00 pm to 7:30 pm | In-person
NAMI Connections (CSG) is a weekly support group, at no cost to you. Adults with a mental health diagnosis are welcome to share experiences in a safe, pressure free, and confidential setting. NAMI-trained peer facilitators, who are in recovery, guide groups using a structured model to ensure that every voice is heard, supported, and encouraged without judgement. CSG promotes empathy, productive discussion, and a sense of community. We understand your challenges and can offer encouragement and support. The Connection Group meets at the NAMI office, 620 Dakota Street location in Crystal Lake. Please contact Tina Karaway at [tkaraway@namimch.org](mailto:tkaraway@namimch.org). Text a question at 815.314.4422.

**LGBTQ+ DOMESTIC VIOLENCE SUPPORT GROUP** – Mondays, 4:00 – 5:00 pm
Turning Point is 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.

**TUESDAY**

**PARENTING THROUGH GRIEF GROUP** – 2nd Tuesday of the month, 6:00 – 8:00 pm
One Million Monarchs monthly support group for parents of bereaved children. Meets at Silver Lake Retreat, 223 W. Lake Shore Drive, Oakwood Hills, IL (Cary area). For additional information contact Stacey Sassine at 847.533.4669 or [stacey@onemillionmonarchs.org](mailto:stacey@onemillionmonarchs.org).

**TEEN GENDER NON-CONFORMING THERAPY GROUP** – 2nd and 4th Tuesday from 5:00 pm to 6:00 pm
Group location alternates between the Northwest Treatment Associates' Woodstock office and the Break in Crystal Lake. Group participants are invited to remain for the Trans Tuesdays drop in component from 6 to 7 PM for group sessions that take place at the Break. The drop-in center is open on the 2nd and 4th Tuesdays of each month. Please contact [Carol@nwtacounseling.com](mailto:Carol@nwtacounseling.com) to connect to the group or make a referral.

**TRANSGENDER TUESDAYS DROP-IN** - 2nd and 4th Tuesday from 6:00 pm to 7:00 pm
A safe place for transgender expansive teens (12 – 19 years old) to meet, socialize, and connect at The Break, 6292 NW HWY, Crystal Lake. Please contact [Carol@nwtacounseling.com](mailto:Carol@nwtacounseling.com) for additional information.

7/21/2023
**TEEN GRIEF SUPPORT GROUP** - Meeting on the 1st Tuesday of every Month from 6:00 to 8:00 pm
One Million Monarchs has a monthly **Teen Grief Support Group** at The Break in Crystal Lake. This support is free, but registration is required. Go to [www.onemillionmonarchs.org](http://www.onemillionmonarchs.org).

**WEDNESDAY**
**NEW DIRECTIONS FAMILY SUPPORT GROUP** – Wednesdays, 7:00 to 8:00 pm
Join this free **Family Support Group** at The Other Side, 135 Beardsley, Crystal Lake. For more information, reach out to Michelle at michelle@ndars.org.

**VIRTUAL CAREGIVER SUPPORT GROUP** – Every 3rd Wednesday of the month | 5:00 – 5:45 pm.
This is for caregivers of individuals with neurodevelopmental challenges such as Autism Spectrum Disorder, Intellectual/Developmental Disorders, and other related concerns to connect with one another. This supportive group is facilitated by a trained mental health professional with Ascension Alexian Brothers, to allow participants to effectively process their experiences and current needs. Free for caregivers of individuals with a neurodevelopmental disorder. Registration is required: Call 847-755-8536 or email AHBHHHEResourceCenter@ascension.org

**YOGA FOR INDIVIDUALS EXPERIENCING CHRONIC PAIN** – 2nd Wednesday of the month | 6:00 pm
Yoga materials supplied, wear comfortable clothes, limited to 12 participants. $10.00 at the door. Independence Health and Therapy, 2028 N. Seminary, Woodstock. For more information, please contact Shannon Guzick at sguzick@independencehealth.org or 815.338.1707 x229.

**CONNECTION GROUP** – Every Wednesday, 5:00 pm to 6:30 pm | In-person
NAMI Connections (CSG) is a weekly support group, at no cost to you. Adults with a mental health diagnosis are welcome to share experiences in a safe, pressure free, and confidential setting. NAMI-trained peer facilitators, who are in recovery, guide groups using a structured model to ensure that every voice is heard, supported, and encouraged without judgement. CSG promotes empathy, productive discussion, and a sense of community. We understand your challenges and can offer encouragement and support. The Connection Group meets at the NAMI office, 620 Dakota Street location in Crystal Lake. Please contact Tina Karaway at tkaraway@namich.org. Text a question at 815.314.4422.

**GENTLE YOGA WITH SOUND THERAPY** – Private Classes weekly on Wednesdays 10 am – 4 pm
Focus on breathing and slow movements with **Yoga Sound Therapy** at ECH Counseling, 44 N Virginia Street, Suite 3B, Crystal Lake. Contact Jennifer Cox at jennifer@echcounseling.com for additional information.

**SOCIAL SKILLS GROUP AGES 8 - 12** – Wednesdays 5:00 to 6:00 pm
Stableway Counseling Services [Social Skills Group for ages 8 to 12](http://socialskillsgroup.org), 5400 West Elm, McHenry. For information please contact Jennifer Marano at mailto:jmarano@stablewaycounseling.com.

**PEER SUPPORT** - Wednesdays 1:00 pm - 2:00 pm
Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers. AID Drop In at 1201 Dean St. in Woodstock (located in Woodstock Assembly of God building) Contact Donna Buss, MHP/CRSS: (630) 777-7721 - Individual peer support sessions are available by appointment.

**FAMILY SUPPORT GROUP** – Wednesday 6:00 pm to 7:30 pm | In-person
Family Support Group is for adult family members and friends who have a loved one living with mental illness. NAMI certified facilitators provide peer support in a confidential, supportive setting where information, education, and experiences are shared. NAMI McHenry County, 620 Dakota Street, Crystal Lake. Please call 815.308.0851 for additional information.

**HOMICIDE SURVIVORS SUPPORT GROUP** – Third Wednesday of the month 6:00 – 8:00 pm
McHenry County Mental Health Board, 620 Dakota Street, Crystal Lake. This group was designed for those that have lost a loved one to a criminal act. We will be focusing on the personal journey with grief in a safe and supportive environment. This is an opportunity to meet with other survivors in a group setting who are experiencing similar trauma. The support group is free and open to the community. For more information please call (815) 334-4159.

7/21/2023
NEW DIRECTIONS FAMILY SUPPORT GROUP – Wednesdays from 7:00 to 8:00 pm.
The Other Side, 135 Beardsley Street, Crystal Lake. Doors open at 6:30 pm. All are welcome. Each week’s group are focused on helping individuals who have lost family or friends to opioid overdose, and family members/spouses/friends of individuals struggling with substance use disorders. For more information, please contact Michelle at michellek@ndars.org.

BRAIN INJURY GROUP - Wednesdays, 10:00 – 11:30 am
Join Independence Health & Therapy’s Community Support Specialist, Diane Grant, who has had extensive training and experience working with individuals with brain injuries. This group meets weekly via Zoom, and also on the second Wednesday of the month in-person and via Zoom. Please contact Diane Grant through dgrant@independencehealth.org or phone 815-200-7461 to gather the access code.

SIBLING GRIEF SUPPORT - Every 1st and 3rd Wednesday, 7:00 pm
For a substance-related passing. Join our Facebook Group “Siblings Strong” to attend the meeting. Contact Lindsey LeBron at Rae820@yahoo.com & Julie Miller at Juliamiller@gmail.com.

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 Fetzer 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.

THURSDAY
CAREGIVER SUPPORT GROUP – First Thursday of the month, 11:00 am to 12:00 pm
Are you providing care for a loved one? Join us for an hour of discussion of peer where you will have an opportunity to share feelings and experiences. Woodstock Library (downstairs), 414 West Judd St, Woodstock. For more information, please contact Katie Graham at kgraham@independencehealth.org or 815.579.7273.

ADHD PARENT SUPPORT GROUP – First & Third Thursday of the month 1:00 pm & 6:00 pm
Come join other parents and talk ADHD at ECH Counseling, 44 N Virginia Street, Suite 3B, Crystal Lake. Contact Jennifer Cox at jennifer@echcounseling.com for additional information. Cost is $30.

SELF CARE ISN’T SELFISH GROUP – 2nd Thursday of the month at 7:00 pm
Join the Self Care Women’s group at ECH Counseling, 44 N Virginia Street, Suite 3B, Crystal Lake. Contact Jennifer Cox at jennifer@echcounseling.com for additional information. Cost is $30.

VIRTUAL PARENT SUPPORT GROUP – Thursdays 6:00 to 7:30 pm
At Rosecrance, we provide a range of family support services including counseling, support, education, and information. One of these support services is our Virtual Parent Café. Parents need to know that they are not alone as their adolescent or young adult struggles with substance use and/or mental health disorders. Through Parent Café, our staff will help you talk with other parents who are going through similar experiences. You can learn what has worked for others and develop a strategy that makes sense for you. Contact Maria Campobasso at ccampobasso@rosecrance.org for information.

7/21/2023
**PEER SUPPORT** – Thursdays 2:00 pm - 3:15 pm
Provides a comfortable and safe environment for peers to discuss issues of the week and share insight and feedback with other peers for support. AID Drop In at 1201 Dean St. in Woodstock (located in Woodstock Assembly of God building). Contact Donna Buss, MHP/CRSS: (630) 777-7721 - Individual peer support sessions are available by appointment.

**JAIL BRAKERS SUPPORT MEETING** - First Thursday of the month 6:30 pm to 8:00 pm
Unity Spiritual Center, 225 West Calhoun Street, Woodstock. For additional information contact James Carpenter, jailbrakersjames@gmail.com or 815.322.3223.

**SURVIVORS OF SUICIDE LOSS SUPPORT GROUP** - 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 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 Jballeto@independencehealth.org

**SURVIVOR GROUP** - Thursday’s @ 7pm
Are you a 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. Please contact admin@owenscounseling.com for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156.

**FRIDAY**

**SMART RECOVERY MEETINGS** – Fridays 12:00 to 1:00 pm, starting June 2nd at The Other Side, 135 Beardsley Street, Crystal Lake. SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There’s no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on.

**COMMUNITY RESOURCE DAYS** – Every Friday 10:00 to 2:00 pm (except 3/31, 6/30, 9/29, 12/29)
Community Resource Days is a collaborative community event providing our un-sheltered and those in need of extra support with access to a variety of resources. Every Friday from 10:00 am to 2:00 pm at Willow Creek Crystal Lake, 100 S Main in Crystal Lake. For additional information please contact Julie Davis at julie.davis@willowcreek.org.

**SATURDAY**

**YOGA FOR INDIVIDUALS EXPERIENCING CHRONIC PAIN** – 4th Saturday of the month | 9:00 am
Yoga materials supplied, wear comfortable clothes, limited to 12 participants. $10.00 at the door.
Independence Health and Therapy, 2028 N. Seminary, Woodstock. For more information, please contact Shannon Guzick at squzick@independencehealth.org or 815.338.1707 x229.

**VIRTUAL PARENT SUPPORT GROUP** – Saturdays 2:00 – 3:30 pm | Free, register in advance
At Rosecrance, we provide a range of family support services including counseling, support, education, and information. One of these support services is our Virtual Parent Café. Parents need to know that they are not alone as their adolescent or young adult struggles with substance use and/or mental health disorders. Through Parent Café, our staff will help you talk with other parents who are going through similar experiences. You can learn what has worked for others and develop a strategy that makes sense for you. Contact Peter Mowris at pmowris@rosecrance.org for information.

**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 springboard for action! We will learn how to use these effectively in our daily lives and help empower you to effectively live your best life. Please contact admin@owenscounseling.com for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills.

7/21/2023
**WEEKEND WARRIORS - Saturdays @ 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 admin@owenscounseling.com for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156

**BREAKFAST CLUB - Saturdays @ 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 admin@owenscounseling.com for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156

**SUNDAY**

**GENTLE YOGA WITH SOUND THERAPY - Group Classes weekly on Sundays at 3:00 pm**
Focus on breathing and slow movements with Yoga Sound Therapy at ECH Counseling, 44 N Virginia Street, Suite 3B, Crystal Lake. Contact Jennifer Cox at jennifer@echcounseling.com for additional information. Cost is $25.

**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
CHELSEA LALIBERTE BARNES
KEYNOTE SPEAKER
Social Worker & Clinician
Social Justice Leader
Nonprofit Consultant
Speaker & Storyteller
Policy & Advocacy Strategist
Relationship Builder

Friday, September 8, 2023 | 9:00 am to 3:30 pm
McHenry County College
8900 Northwest Hwy #14
Crystal Lake, IL 60012

Sponsorship opportunities, and exhibitor space available!!
Please contact Kris at kdoherty@mc708.org for additional information. Attendee registration opening in August.

FREE CEUs | 8+ Breakout Sessions | Complimentary Lunch
Chelsea Laliberte Barnes, MSSA, LSW  
- Appointed Member, Illinois Opioid Remediation Fund Advisory Board  
- Cofounder and Former Executive Director, Live4Lali  
- Cofounder and Board Chair, Lake County Opioid Initiative  
- Cofounder and Chair, Illinois Harm Reduction & Recovery Coalition

Chelsea is a powerful advocate who uses her voice and experience to promote compassion, justice, and resources to patients and families impacted by mental health, substance use, and overdose. She has led several community coalitions addressing community safety and public health, reducing overdose rates and drug-related harms. She has helped write and pass more than 25 state and federal laws that address prevention, early intervention, treatment, recovery, and harm reduction. Bills include the federal and state versions of Lali’s Law (named after Chelsea’s brother), the Heroin Crisis Act (PA 99-0480), and the Comprehensive Addiction and Recovery Act of 2016 (PA 114-198). She addresses intersecting issues such as poverty, housing, equality, care access, and criminal justice reform.

Chelsea’s passion ignited when she lost her younger brother to an accidental drug overdose in 2008. Chelsea co-founded Live4Lali with her parents in 2009 to reduce stigma, prevent substance use disorders among individuals, families, and communities, and minimize the overall health, legal and social harms of substance use. Now serving all collar counties surrounding Chicago, Live4Lali takes an innovative, comprehensive, and compassionate approach to aid people with substance use disorders, their loved ones, professionals, and communities. She co-founded the Lake County Opioid Initiative with countywide leaders and public safety, which was recognized as an effective model for change by the Obama White House. Chelsea advises organizations and government entities regarding comprehensive community strategies to reduce stigma and overdose deaths, end the drug war and punishment-based approaches, enhance support and recovery opportunities, and decrease barriers to evidence-based, culturally competent care.

Before devoting her life to this mission, Chelsea was a digital marketing and advertising professional. She received her BA in Integrated Marketing Communications from Roosevelt University, where in 2012, she was a Fellow with the Illinois Consortium on Drug Policy. She received her Master of Science in Social Administration (MSSA) degree specializing in Child & Family Mental Health from Case Western Reserve University. Chelsea supports and guides teens and adults through her psychotherapy practice. She became an Overdose Education & Naloxone distribution (OEND) trainer in 2013 and received her SMART Recovery Facilitator certification in 2016. Chelsea, her husband, Matt, their four-year-old son, Luke, and their dog, Sammy, live in the suburbs of Chicago.

Go Upstream Together:  
A Call for "Come Unity" in Driving Change

KEYNOTE: Navigating times of struggle together will benefit those who are daring enough to fall forward. South African bishop, theologian, and human rights activist Desmond Tutu is known globally for coining the concept, "There comes a point where we must stop just pulling people out of the river. We must ‘go upstream’ and find out why they're falling in." During times when the ground under us is shakier than it's still, when we take two steps forward and five steps back, when it's hard to find shelter from the storm, when it feels like nothing will change or that we’re alone in our thinking, a new line of sight can ignite the shift we've been waiting for. Advocating for change requires bravery, vulnerability, and the audacity to reimagine and explore what is possible when we prioritize the power of the collective. If a young Jewish social worker from Buffalo Grove can help lead a harm reduction movement that has helped shift how we approach our state’s drug crisis, what can the rest of us regular people do with our forces combined?
Behavioral Health Resource Fair for School Professionals

Tuesday, August 8, 2023 | 9 - 11 am

McHenry County Mental Health Board
620 Dakota Street, Crystal Lake

This is an opportunity for school professionals to connect with area providers and learn about the helpful resources and services available in our community. Boost your ability to provide information and referrals to the families and individuals you work with. Everyone is welcome to attend!

Contact Kris Doherty at kdoherty@mc708.org or call 815.455.2828 for additional information.

Over 40 providers and organizations will be on-site to provide informational materials and answer questions about their services.
POST PARTUM DEPRESSION

Deepend your understanding of postpartum depression and other perinatal and postpartum mood disorders and review updated research and treatment recommendations.

Training Date:
WEDNESDAY
JULY 26, 2023
9AM-11AM

Virtual. Free. 2 CEUS. Registration Required.

Our Speaker:

Kate McCormack, LCSW, Program Manager, Kane County Health Department

Kate McCormack is a bilingual (Spanish) licensed clinical social worker and Program Manager for Children’s Mental Health Initiatives at the Kane County Health Department. She completed her MSW at the University of Michigan School of Social Work and completed additional training in perinatal mood disorders through Postpartum Support International.

Scan QR Code to Register

For More Information
LeonMaria@KaneCountyIL.gov
DROP-IN ACTIVITIES FOR THOSE IN MENTAL HEALTH RECOVERY

1201 DEAN ST., WOODSTOCK, IL 60098
(Located in Woodstock Assembly of God)

TUESDAY

10:00 A.M. - 11:00 A.M. | MIND AND BODY: Start your day off right with this gentle, relaxed morning stretch and meditation group to help you get moving, centered and ready to take on the day!

11:15 A.M. - 11:45 A.M. | SNACK / SOCIAL: This group is a time for unwinding with a snack and to briefly talk about things you are currently doing.

12:00 P.M. - 2:00 P.M. | MOVIES: This group is for movie enthusiasts who want to watch movies that are PG or PG-13 and you choose the movie.

2:15 P.M. - 3:15 P.M. | SPIRITUALITY GROUP: This group is structured for the development of finding your own “Personal Spirituality” to assist you in your recovery.

WEDNESDAY

10:00 A.M. - 11:30 A.M. | THE ARTS: Provides a space for creativity and expression through various art activities such as painting, drawing, projects, music, dance and theater.

11:45 A.M. - 12:45 P.M. | WALKING GROUP / SNACK: Join in a group walk with others and we will end with enjoying a snack and social time.

1:00 P.M. - 2:00 P.M. | PEER SUPPORT: Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

2:15 P.M. - 3:15 P.M. | JOURNALING GROUP: Journaling has many forms, meaning and purpose, and this group will explore the value of journaling as a tool in the healing process.

THURSDAY

10:00 A.M. - 10:45 A.M. | WALKING GROUP: This exercise-based group is to provide time to walk a path that is pre-designed for comfort and safety.

11:00 A.M. - 11:45 A.M. | SNACK / SOCIAL: This group is a time for unwinding with a snack and to briefly talk about things that you are currently doing.

12:00 P.M. - 1:45 P.M. | GAMES GROUP: Enjoy card games like Skip-Bo, Phase-10, and Uno and sometimes playing Bingo (If there are 3 or more people in the group) and Battleship.

2:00 P.M. - 3:15 P.M. | PEER SUPPORT: Provides a comfortable and safe environment for peers to discuss issues of the week and share insight and feedback with other peers for support.

OPEN TO ALL MCHenry COUNTY RESIDENTS!
(Please provide proof of McHenry County residency)

Drop-In Activities are available to all McHenry County residents, age 18 or older, free of charge. There is no need to schedule or call ahead; just drop on in!

QUESTIONS? Contact Donna Buss, MHP/CRSS: (630) 777-7721
Individual peer support sessions are available by appointment.
Do you want to address an addiction problem or harmful habit? With our practical tools based on cognitive and motivational psychology and addiction research, SMART Recovery helps you make and sustain positive changes that lead to a balanced life.

Through our meetings, tools, and strategies, SMART can help you stop harmful habits and behaviors, including addiction to alcohol and other drugs, or negative behaviors related to relationships, sex, spending, gambling, eating and exercise disorders, and self-injury.

SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There’s no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on.

**SMART and Other Recovery Groups**

SMART Recovery believes that people find their own paths to successful recovery. For some, that path may include 12-step programs or other support groups. Although SMART’s approach differs from those of other organizations, it does not exclude them. We recognize and support the fact that many individuals benefit from participating in more than one support community.

**Get Started**

Ready to get started? SMART Recovery hosts online and face-to-face meetings around the world. Our online message board is an excellent forum to learn about SMART and get 24/7 support.

**Learn More**

Visit [www.smartrecovery.org](http://www.smartrecovery.org) to search for local meetings and to join our online community.

---

**LOCAL MEETING INFORMATION**

Starting July, 24, 2023  
Mondays, 3pm - 4pm  
Specialty Courts Building  
400 Russel Ct  
Woodstock, IL 60098  
Verification Can Be Provided Upon Request  
Meeting ID 7292

**LOCAL CONTACT**

Sal DePillo  
SMART Recovery Volunteer Facilitator  
REBTJunior@gmail.com

**CONFIRM MEETING DETAILS**

http://www.smartrecovery.org/meetings

*Meeting times, days, and locations are subject to change. Please confirm meeting details prior to attending.*
WHAT IS QPR
SUICIDE PREVENTION GATEKEEPER TRAINING?

Much like CPR, or the Heimlich maneuver, QPR is a method of intervention designed to help individuals who take the gatekeeper training course to save a life. QPR consists of these three steps:

Question... a person about suicide

Persuade... someone to get help

Refer... someone to the appropriate resources

In as little as one hour, individuals can learn to recognize the warning signs of suicide, and how to apply three simple steps that may save a life.

Each attendee will receive a QPR booklet and card with information on suicide prevention, a certificate of completion, and a resource card.

In 2020:

- 45,979 Americans died by suicide
- Suicide was the 10th leading cause of death in the U.S.
- There were 25 deaths to suicide in McHenry Count
- According to the National Alliance on Mental Illness, 90% of people who died by suicide had shown signs of mental illness
Adult Mental Health First Aid

Mental Health First Aid is a skilled-based training course that teaches participants how to identify, understand, and respond to signs of mental illnesses and substance use disorders. An 8-hour course designed for individuals that are interested in learning ways to assist those experiencing a mental health crisis.

FRIDAY, AUGUST 11TH, 2023
9:00 AM - 3:00 PM
IN-PERSON
WHERE: MENTAL HEALTH BOARD
620 DAKOTA ST. CRYSTAL LAKE, IL 60012
CONFERENCE ROOMS E & F

To register send email: Education@namimch.org
or
Scan Here:

620 Dakota St. Crystal Lake, Il 60012
815-526-8243
WWW.NAMIMCH.ORG
An 8-hour course designed to teach parents, family members, school staff, peers, health and human services workers, and other caring citizens how to help an adolescent who is experiencing a mental health, addiction challenge, or is in crisis.

When: Friday, September 15th, 2023
Time: 9:00 AM - 3:00 PM
Where: Mental Health Board
620 Dakota St. Crystal Lake, IL 60012

To register email Education@namimch.org
TALKS PRESENTS:

"SOCIAL SECURITY DISABILITY: CHANGE AND CONFUSION"

Come learn about:

- What does "Total disability" mean under the Social Security Act?
- What are some of the differences between the Social Security Disability Insurance and Supplemental Security Income programs?
- What are the 3 keys to having a disability application approved?
- What is the most important item to remember when going back to work while on SSDI or SSI benefits?

Jeffrey A. Rabin
LICENSED ATTORNEY AND COMMUNITY LEADER

Thursday, August 17th
6:30 pm - 8:30 pm
Location: Community Foundation for McHenry County
33 E Woodstock St. Crystal Lake, IL 60014

To register scan here or CLICK HERE
All participants must register at www.onemillionmonarchs.org

Click on ENROLL

"When life becomes too heavy and circumstances too dark to see a way forward, beauty has the ability to alleviate fear and offer hope".
- Melissa Voytenko

NATURE RETREAT
SATURDAY JULY 29
9:30am - 12:00pm

This is a FREE grief healing retreat offered to teens grieving the loss of a parent, sibling or close loved one.
We will be hiking, fishing and spending time in nature together for a day.
Lunch is included.

Questions/Information Contact:
onemillionmonarchs.org
McCAP Food Drive for the Crystal Lake Food Pantry
Collection bin in the foyer at the Mental Health Board!

CRYSTAL LAKE FOOD PANTRY FOOD DRIVE

JULY 17th-28 2023

Needed items:
Ramen, Paper Products,
Household cleaning/detergents,
Canned Beef Stew, Canned Ravioli, Cereal
Smoothie Wednesdays

Tear Off A Ticket To Mark The Date
Break
Crystal Lake Teen Center

Last Friday Of Every Month Come in and enjoy a free slice on us!

Pizza & Chill

QR Code
BREAKE
CRYSTAL LAKE TEEN CENTER
OPEN MIC
Night
SING!
RAP!
DANCE
AUG 3
6-8 PM
Come sing and dance
with us at the break.
we are sure to have a
good time.

To learn more, visit us at: clbreak.com
Or call us at: (779) 220-4080
6292 Northwest Hwy. I Crystal Lake, IL I 60014
*This poster has been approved
by Grimlen himself
Operation Wild Horse presents

The Fifth Annual Wild Horse Fair

Veterans R&R
605 S. Valley Hill Rd
Bull Valley, IL 60098

July 22nd-23rd
Sat: 10-5
Sun: 10-5

Tickets available at door

Tickets
Adults: $10 (includes raffle entry)
Children 10 & under: free
Veterans and active duty: free

All proceeds benefit: Operation "Wild Horse"

Vendors:
- Food, Crafters, Artists, Barn
- Collectables, Equestrian, and more!

Events:
- Mustang Parade
- OWH Military Tribute
- Meet the Mustangs
- Veteran & Mustang Demonstrations
- Liberty Demonstrations
- Veteran and Burro Demonstrations

For more info please visit:
VeteransRandRdr.org
Buss Fest 5

SATURDAY, JULY 22
2PM - 10PM
RYAN BUSS ZONE SKATEPARK

330 S. KNOX DRIVE
MCHENRY, IL
FREE ADMISSION
W/ $5 SUGGESTED DONATIONS FOR WARP CORPS

In memory of Ryan Buss and those we have lost due to suicide & overdose
1ST ANNUAL CHARITY GOLF OUTING 2023

OUR CHARITY
Help support infants, children and adults with developmental delays and disabilities.

Options & Advocacy for McHenry County

For sponsorship opportunities and donations reach out to Brian at bklingenberg@cnbtc.bank

28 JULY 2023

REGISTER NOW @referralpartners365.com/golf/

Turnberry Golf Club - Lakewood
Referral Partners 365 will host its inaugural Charitable Golf Outing on Friday, July 28th, 2023 at Turnberry Golf Club in Lakewood, IL.

The outing will serve as a fundraiser for Options & Advocacy for McHenry County. You will help support infants, children, and adults with developmental delays and disabilities. Visit https://www.optionsandadvocacy.org/ for more information.

Visit www.referralpartners365.com/golf/ to sign up and/or purchase sponsorships.

**OUR CHARITY**
Help support infants, children and adults with developmental delays and disabilities.

### SPONSORSHIP

<table>
<thead>
<tr>
<th>SPONSORSHIP</th>
<th>DESCRIPTION</th>
<th>QTY</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hole Sign</td>
<td>Sign with company provided logo/info</td>
<td>UNL</td>
<td>$100</td>
</tr>
<tr>
<td>Drink Ticket</td>
<td>Logo placement on every drink ticket (1 per player) logo on event signage</td>
<td>1</td>
<td>$500</td>
</tr>
<tr>
<td>Beverage Cart</td>
<td>Logo/signage on beverage cart and event signage</td>
<td>2</td>
<td>$500</td>
</tr>
<tr>
<td>Scorecard</td>
<td>Logo on all scorecards and event signage</td>
<td>1</td>
<td>$250</td>
</tr>
<tr>
<td>Swag Bag</td>
<td>Logo on all swag bags and event signage</td>
<td>1</td>
<td>$500</td>
</tr>
<tr>
<td>Golf Balls</td>
<td>Logo on golf balls included with swag bag and event signage (Free hole sign)</td>
<td>1</td>
<td>$1500</td>
</tr>
<tr>
<td>Long Drive Contest</td>
<td>Logo on long drive marker and event signage (Free hole sign)</td>
<td>1</td>
<td>$300</td>
</tr>
<tr>
<td>Long Putt Contest</td>
<td>Logo on long putt marker and event signage (Free hole sign)</td>
<td>1</td>
<td>$300</td>
</tr>
<tr>
<td>Closest to the Pin</td>
<td>Logo on Closest to the Pin marker and event signage (Free hole sign)</td>
<td>1</td>
<td>$300</td>
</tr>
<tr>
<td>Corporate Sponsor Pack</td>
<td>Hole sign, logo on event signage, foursome of golf, swag bag item (company provides)</td>
<td>10</td>
<td>$600</td>
</tr>
</tbody>
</table>

### EVENT TICKETS

<table>
<thead>
<tr>
<th>EVENT TICKETS</th>
<th>DESCRIPTION</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foursome</td>
<td>4 golfers with cart, includes lunch and banquet after golf</td>
<td>$500</td>
</tr>
<tr>
<td>Single Golfer</td>
<td>Golf for 1 (will be paired with other golfers) includes lunch and banquet after golf</td>
<td>$150</td>
</tr>
<tr>
<td>Golf Social</td>
<td>Access to post golf banquet dinner and raffle items</td>
<td>$35</td>
</tr>
</tbody>
</table>

If you have questions about the Golf Outing or are able to donate raffle items, please contact Brian at bklingenberg@cnbtc.bank
You are Cordially Invited
To
CHP/GENOA DISCOUNT COMMUNITY PHARMACY

Grand Opening

The event will take place on

*Monday, August 07th, 2023*
11:00am
at
Community Health Partnership of Illinois
62 N. Ayer Street, Harvard, Illinois 60033
For More Information Contact: Diego Lobo
Mobile: (773) 415-3195 | dloboprotti@chpofil.org

WWW.CHPOFIL.ORG • PHONE: (312) 795-0000 • FAX: (312) 795-0002
Save the Date:
Sunday, October 1, 2023 10am to 1pm

NATIONAL CHILD HEALTH DAY:
Discover Your Superpower

- Who: Open to Children Ages 10 to 15 & their Parents
  - Childcare will be provided for Children aged 3 to 9*
- What: Fun & Educational Event for Children & their Parents
- Where: McHenry High School, Upper Campus: 4724 W Crystal Lake Rd, McHenry, IL 60050
- When: Sunday, October 1, 10am to 1pm

Highlights for Children to include:
- A Superhero Themed Escape Room
- Opportunities to learn about Nutrition & Basic Cooking
- Explore Physical Health, Mental Health & their Connection
- Enjoy live action Superheroes
- Fun, Laughter, Games & Fun. Did We Mention Fun?

Highlights for Parents to include:
- Discover Local Resources for your young Superheroes
- Gain insights from a panel of young people, addressing their daily worries & challenges, especially those your children may not share openly.

Join us for this exciting day filled with empowering activities and meaningful information for both parents and children.

Don't miss out—mark your calendars now!
ANNUAL GOLF OUTING

Monday, October 2nd, 2023
Tee off at 11:00AM
Boulder Ridge Country Club

Admission: $225 per Golfer, $900 per Foursome
Includes: One Round of Golf, Boxed Lunch, and golf cart per foursome of people.

Register here!

[QR Code]