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# McHenry County Mental Health Board

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## Weekly Agency Update

(Bolded items are new listings)

**DECEMBER 28, 2023**

### EDUCATIONAL AND TRAINING OPPORTUNITIES

#### McHENRY COUNTY MENTAL HEALTH BOARD

- [A Trauma Informed Approach](#) | Virtual | Second Thursday of the month | 1/11/2024 – 6/13/2024 | 2:30 pm to 4:00 pm | 1.5 Free CEUs
- [Overdose Education and Naloxone Training](#) | In-person | Thursday, January 11, 2024 | 1:00 - 2:30 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | 1.5 Free CEUs (IAODAPCA pending)
- [A Morning of Play](#) | In-person | Friday, January 19, 2024 | 9:00 am to 12:00 pm | Mental Health Board, 620 Dakota Street in Crystal Lake | 3 Free CEUs

### THIS...THAT...AND THE OTHER

INFORMATIONAL & EVENT OPPORTUNITIES

#### REFUGE FOR WOMEN CHICAGO

- [The Truth About Trafficking panel event](#) | Wednesday, January 24, from 7-9 pm at the Cosman Theater in Huntley

#### ELDERWERKS

- [Elderwerks](#) | Trainings & Events

### EMPLOYMENT & VOLUNTEER OPPORTUNITIES

#### McHENRY COUNTY MENTAL HEALTH BOARD

- [Grant Writer](#) – Contractual Position – Part time  
Please submit your resume to [informationrequest@mc708.org](mailto:informationrequest@mc708.org)
- [Training Assistant](#) - Part time - Crystal Lake

#### 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.

#### OPTIONS & ADVOCACY OF McHENRY COUNTY

- [Therapist - Neuro Inclusive Counseling program](#)

## **NORTHWEST CENTER AGAINST SEXUAL ASSAULT**

- [Counseling Team Lead; LCSW Experienced Trauma Counselor](#); Bilingual preferred not required.

## **PIONEER CENTER FOR HUMAN SERVICES**

- [Urgent Resource Support Specialist \(URSS\)](#) – Full Time
- [Maintenance Custodian](#) - Full Time
- [Therapist](#) - Both Full-Time and Part-Time
- [Residential Qualified Intellectual Disability Professional \(QIDP\)](#) - Full Time
- [DSP-Direct Support Professional](#) - Both Full-Time and Part-Time
- [Direct Support Professional \(DSP\) Training Coordinator](#) - Full-Time
- [Program Technician/Mental Health Tech](#) - Full-Time
- [Residential House Supervisor](#) - Full-Time

More jobs are available on our Career Page at [www.pioneercenter.org/careers/career-opportunities/](http://www.pioneercenter.org/careers/career-opportunities/)

## **THRESHOLDS**

- [Community Support Specialist/Mental Health Clinician](#)

## **WARP CORPS**

- [Program Coordinator](#) – Full time  
For additional information please contact Clay at [clay@warpcorps.org](mailto:clay@warpcorps.org)

# **SUPPORT GROUPS**

## **MONDAY**

### **PFLAG McHENRY PARENTS OF TRANSGENDER McHENRY – First Monday of the month, 7:00 pm**

Tree of Life Unitarian Church, 5603 W Bull Valley Rd, McHenry, IL 60050. For additional information, please call 630.415.0622.

### **ALZHEIMER'S SUPPORT GROUP – Third Monday of the month, 1:00 to 2:30 pm**

For family members who care for and love someone with memory loss. Light refreshments and an opportunity to share joys and concerns will be offered. Encore Memory Center, 495 Alexandra Boulevard, Crystal Lake, IL 60014. Please call Jennifer La Porte at 815.459.7800, or email [Jlaporte@encorecares.com](mailto:Jlaporte@encorecares.com).

### **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 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**

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 to 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**

### **PEER SUPPORT – Tuesdays 12:15-1:15 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.

### **PFLAG MCHENRY – Second Tuesday of the month, 7:00 pm**

Tree of Life Unitarian Church, 5603 W Bull Valley Rd, McHenry, IL 60050. For additional information, please call 630.415.0622.

### **PARENTING THROUGH GRIEF GROUP – 2nd Tuesday of the month, 6:00 to 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, 5:00 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, 6:00 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.

## **WEDNESDAY**

### **A CHANCE TO REFRESH, RENEW & RELATE – Second Wednesday of the month, 12:00 to 1:30 pm.**

McHenry County Mental Health Board, 620 Dakota Street in Crystal Lake.

The McHenry County Trauma-Informed Change Team is pleased to offer a support program to all Direct Service Staff at McHenry County Agencies. This program offers a non-judgmental space to gather and refresh. The program is open to all who provide direct services to clients, patients, members, or anyone in need. This program provides direct service staff the opportunity to focus on their own well-being and to connect with others who understand the unique challenges of providing direct services. If you are looking to refresh, renew & relate to others with your same rewards, challenges and compassionate spirit, this program is for you! The program will be offered twice a month, on the second Wednesday & second Thursday of each month to accommodate busy and diverse schedules. For additional information please contact Gary at [garyrukin@gmail.com](mailto:garyrukin@gmail.com).

### **LGBTQ+ CONNECTION RECOVERY SUPPORT GROUP – Wednesdays, 7:00 to 8:30 pm**

Virtual through NAMI Barrington and NAMI IL. LGBTQ+ NAMI Connection Recovery Support Group is a free, peer-led support group designed for any adult (18+) in the LGBTQ+ community who has a mental health condition. [Click here to RSVP by 4:30pm on group day.](#)

### **DEMENTIA/ALZHEIMER'S SUPPORT GROUP – Every 3rd Wednesday of the month, 4:00 to 5:00 pm**

Join us for a time of mutual support, education and discussion of topics related to the Dementia journey. Support Group is open to all including family, friends, care providers or loved ones of those with Dementia or Alzheimer's Disease. Group meets at White Oaks at McHenry Memorial Care, 4605 W Crystal Lake Road, McHenry. For additional information please contact Nadine Barnes at [sales@whiteoaks-mchenry.com](mailto:sales@whiteoaks-mchenry.com).

**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 Christy at [Christyh@ndars.org](mailto:Christyh@ndars.org).

**VIRTUAL CAREGIVER SUPPORT GROUP – Every 3rd Wednesday of the month, 5:00 to 5:45 pm.**

This is an opportunity 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 [AHBHHResourceCenter@ascension.org](mailto:AHBHHResourceCenter@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](mailto:sguzick@independencehealth.org) or 815.338.1707 x229.

**PEER SUPPORT – Wednesdays, 1:00 to 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 to 7:30 pm**

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.

**NEW DIRECTIONS FAMILY SUPPORT GROUP – Wednesdays, 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 Christy at [Christyh@ndars.org](mailto:Christyh@ndars.org)

**BRAIN INJURY GROUP - Wednesdays, 10:00 to 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](mailto: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](mailto:Rae820@yahoo.com) & Julie Miller at [Juliamiller@gmail.com](mailto: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 Fetzner with Northwest Treatment Associates at [nwtacounseling.com](http://nwtacounseling.com) for the group or to make a referral.

## THURSDAY

**A CHANCE TO REFRESH, RENEW & RELATE** – Second Thursday of the month, 5:00 to 6:30 pm. McHenry County Mental Health Board, 620 Dakota Street in Crystal Lake.

The McHenry County Trauma-Informed Change Team is pleased to offer a support program to all Direct Service Staff at McHenry County Agencies. This program offers a non-judgmental space to gather and refresh. The program is open to all who provide direct services to clients, patients, members, or anyone in need. This program provides direct service staff the opportunity to focus on their own well-being and to connect with others who understand the unique challenges of providing direct services. If you are looking to refresh, renew & relate to others with your same rewards, challenges and compassionate spirit, this program is for you! The program will be offered twice a month, on the second Wednesday & second Thursday of each month to accommodate busy and diverse schedules. For additional information please contact Gary at [garyrukin@gmail.com](mailto:garyrukin@gmail.com).

**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](mailto:kgraham@independencehealth.org) or 815.579.7273

**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](mailto:ccampobasso@rosecrance.org) for information.

**PEER SUPPORT** – Thursdays 12:15 to 1:15 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 to 8:00 pm

Unity Spiritual Center, 225 West Calhoun Street, Woodstock. For additional information contact James Carpenter, [jailbrakersjames@gmail.com](mailto:jailbrakersjames@gmail.com) or 815.322.3223.

**SURVIVORS OF SUICIDE LOSS SUPPORT GROUP** - First Thursday of the month, 7:00 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](mailto:Jballeto@independencehealth.org)

**SURVIVOR GROUP** – Thursdays, 7:00 pm

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](mailto:admin@owenscounseling.com) for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156.

## FRIDAY

**\*NEW\* BIPOLAR CONNECTIONS SUPPORT GROUP** - Friday, January 5th from 6:00pm - 7:30pm

NAMI McHenry County, 620 Dakota Street, Crystal Lake. We are starting a NEW Connections Support Group! This group is for adults with bipolar disorder. Our first group will be held 1/5/24 and will be held on the 1st and 3rd Fridays in 2024. To RSVP, email [help@namimch.org](mailto:help@namimch.org)

**\*NEW\* LGBTQ+ CONNECTIONS SUPPORT GROUP** - Fridays, from 6:00pm - 7:30pm

NAMI McHenry County, 620 Dakota Street, Crystal Lake. We are starting a NEW Connections Support Group! This group is for adults with a mental health condition who are also members of the LGBTQ+ community. Our first group will be held 12/22 and will be held on the 2nd and 4th Fridays moving forward. To RSVP, email [help@namimch.org](mailto:help@namimch.org)



### **\*NEW\* FAMILY SUPPORT GROUP – Starting Friday, January 26<sup>th</sup> from 7:00 – 8:00 pm**

Stages of Transformation Resource Center, 820 McArdle Drive, Unit C, in Crystal Lake. This is a supportive, confidential setting where information, education, and experiences are shared from those in recovery. A gathering for family and friends that offers support and encouragement through experiences, understanding and respect. A place of hope, guidance, and support. You are not alone! All are welcome. For additional information please contact Colleen Fuchs at [ColleenFuchs@stagesoftransformation.org](mailto:ColleenFuchs@stagesoftransformation.org)

### **AA MEETINGS – Fridays, 7:00 pm**

Gateway Foundation, 25480 W. Cedarcrest Ln, Lake Villa, IL 60046. For additional information, please contact Shelley Reimann at [smreiman@gatewayfoundation.org](mailto:smreiman@gatewayfoundation.org)

### **SMART RECOVERY MEETINGS – Fridays 12:00 to 1:00 pm.**

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 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](mailto: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 [sguzick@independencehealth.org](mailto:sguzick@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](mailto:pmowris@rosecrance.org) for information.

### **STRONGER TOGETHER, DBT GROUP FOR ADULTS AGES 18 AND UP - Saturday's, 10:00 am**

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](mailto:admin@owenscounseling.com) for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills.

### **WEEKEND WARRIORS – Saturdays, 11:00 am**

Dialectical 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](mailto: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**

Dialectical 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](mailto:admin@owenscounseling.com) 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](mailto:info@Live4Lali.org)

# NAMI Presents: LGBTQ+ 101

**When?:**

**Wednesday, January 10th**

**5:30pm– 7:00pm**

**Where?:**

**At The BREAK**

6292 Northwest Hwy, Crystal Lake 60014

Discover the ins and out of interacting with the LGBTQ+ community, including pronouns and gender-affirming language for transgender and non-binary individuals. This presentation also covers history and fascinating little-known facts. Learn how to better support the LGBTQ+ community from an LGBTQ+ professional.

**Scan the QR code  
With your phone  
to sign up!**



## About the Presenter

Alena Hansen is an LGBTQ+ professional with a history of directly supporting LGBTQ+ individuals. Alena's passion began ten years ago when she first came out. She then went on to become a pride club advisor for LGBTQ+ youth and was recognized as a speaker for the Midwest Institute for Sexuality and Gender Diversity. Alena has helped to implement multiple LGBTQ+ affirming practices across education and the mental health field. Alena now works as a mental health advocate for NAMI McHenry County and holds public office as a Precinct Committeeperson for McHenry County.

## Contact us

Phone: 815-526-8243

Website: [NAMIMCH.org](http://NAMIMCH.org)

E-Mail: [Help@NAMIMCH.org](mailto:Help@NAMIMCH.org)



McHenry  
County







**nami**

National Alliance on Mental Illness

McHenry  
County



# QPR

## Suicide Prevention Training

A 1-hour evidence-based public health model  
for individuals to learn how to recognize the  
warning signs that someone may be  
contemplating suicide

### IN-PERSON SESSION DATES:

<b>Tuesdays:</b>	April 23rd- 1:00 PM- 2:00 PM	August 27th- 5:30 PM- 6:30 PM
January 23rd- 5:30 PM-6:30 PM	May 28th- 5:30 PM- 6:30 PM	September 24th- 1:00 PM- 2:00 PM
February 20th- 1:00 PM-2:00 PM	June 25th- 1:00 PM-2:00 PM	October 22nd- 5:30 PM- 6:30 PM
March 26th- 5:30 PM- 6:30 PM	July 23rd- 5:30 PM- 6:30 PM	November 12th- 1:00 PM- 2:00 PM

**NAMI OF MCHENRY COUNTY**  
**620 DAKOTA STREET**  
**CRYSTAL LAKE, IL, 60012**

**TO REGISTER OR QUESTIONS**  
**PLEASE EMAIL:**  
**EDUCATION@NAMIMCH.ORG**

# QPR

## Suicide Prevention Training

Please Join  
Us In  
**2024**

A 1-hour evidence-based public health model for individuals to learn how to recognize the warning signs that someone may be contemplating suicide

### VIRTUAL SESSION DATES:



**5:30 PM-  
6:30 PM**

**THURSDAY, JULY 25TH**

**THURSDAY, AUGUST 29TH**

**THURSDAY, FEBRUARY 29TH**

**THURSDAY, SEPTEMBER 26TH**

**THURSDAY, MARCH 28TH**

**THURSDAY, OCTOBER 24TH**

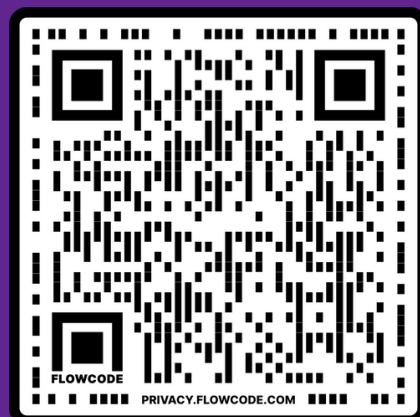
**THURSDAY, APRIL 25TH**

**THURSDAY, NOVEMBER 14TH**

**THURSDAY, MAY 30TH**

**THURSDAY, JUNE 27TH**

**NAMI OF MCHENRY COUNTY  
620 DAKOTA STREET  
CRYSTAL LAKE, IL, 60012**





## NEURO INCLUSIVE

## COUNSELING

Neuro Inclusive counseling is a professional support program that provides clinical, direct therapeutic support to individuals who identify as neurodiverse and reside in McHenry County.

For More Information Contact:



Yazmin Fitch Tapia  
(815) 477-4720 Ext. 403  
[www.optionsandadvocacy.org](http://www.optionsandadvocacy.org)



Our Service:



Individual Therapy



Family and Group Therapy



Client centered & strength based approach





## CONSEJERIA NEURO

## INCLUSIVA

Consejeria Neuro Inclusivo es un grupo de apoyo profesional que proporciona apoyo clinico y terapeutico directo a los que se identifican como neurodiversas y estan ubicados en el condado de McHenry.

Para mas informacion contacte:



Yazmin Fitch Tapia  
(815) 477-4720 Ext. 403  
[www.optionsandadvocacy.org](http://www.optionsandadvocacy.org)



Nuestro servicio:



Terapia Individual



Terapia familiar y grupal



Enfoque centrado en el cliente y basado en las fortaleza

# NEURO INCLUSIVE COUNSELING

## WHAT WE DO

At NIC we support those with a mental health diagnosis and identify as neurodiverse. We provide individual, family and group therapy to those with a dual diagnosis.



## THERAPY

Therapists utilize a variety of modalities including but not limited to DBT, ACT, Play therapy through a client-centered, strength-based approach.

## GROUPS

We offer Dialectical Behavior Therapy (DBT) utilizing Skill Set curriculum



## CONTACT US



Our services are provided in-person currently, in the future telehealth. We accept self-pay clients at this point in time. Sliding scale is available for those who qualify.



Empowering individuals and their families through advocacy and education while creating a more inclusive community!

365 Millennium Dr. Ste A  
Crystal Lake, IL 60012

(815) 477-4720 Ext. 403

[www.optionsandadvocacy.org](http://www.optionsandadvocacy.org)



# CONSEJERIA NEURO INCLUSIVO

## LO QUE HACEMOS

En NIC apoyamos a aquellos con un diagnostico de salud mental y indentifican como nuerodiversos. Proporcionamos terapia individual, familiar, y grupal a personas con un diagnostico dual.



## TERAPIA



Los terapeutas utilizan una variedad de modalidades que incluyen, terapia conductal dialectica, terapia de aceptacion y compromiso, terapia de juego a traaves de un enfoque centrado en el cliente y basado en la fortaleza.

## GRUPOS

Ofrecemos terapia dialectica conductal (TDC) utilizando un plan de estudios de conjunto de habilidades.



## CONTACTENOS



Nuestros servicios se proporcionan en persona actualmente, en el futuro tele-salud. Aceptamos clientes que pagen por cuenta propia en este momento. El programa de escala de tarifas esta disponible para aquellos que califiquen.



Empoderar a las personas y sus families a traves de la defensa y la educacion mientras se crea una comunidad mas inclusiva

365 Millennium Dr. Ste A  
Crystal Lake, IL 60012

(815) 477-4720 Ext. 403

[www.optionsandadvocacy.org](http://www.optionsandadvocacy.org)



# *Healthy Me, Healthy You* Relationships

Intake must be completed  
prior to starting group.

JOIN US EVERY  
TUESDAY, STARTING:

**JANUARY  
16, 2024**

## **About Group**

A free 8-week program that focuses on a variety of healthy relationships for individuals age 16+ and identify as neurodiverse.

For more information  
(815) 859-0701  
[yazmin.fitch@opad.org](mailto:yazmin.fitch@opad.org)

[www.optionsandadvocacy.org](http://www.optionsandadvocacy.org)

365 Millennium Dr. Suite A  
Crystal Lake, IL 60012





# Relaciones Saludables

Admision al programa  
debe completarse antes  
de comenzar el grupo.

Para más información  
(815) 859-0701  
yazmin.fitch@opad.org

[www.optionsandadvocacy.org](http://www.optionsandadvocacy.org)

Un programa gratuito de 8 semanas que se  
centra en una variedad de relaciones  
saludables para personas mayores de 16  
años que se identifican como  
neurodiversas.

ÚNASE CON NOSOTROS  
LOS MARTES, A PARTIR  
DE:

**16 DE ENERO  
DE 2024**

## Acerca del grupo

365 Millennium Dr. Suite A  
Crystal Lake, IL 60012

# Virtual Substance Use Assessments

Rosecrance Crystal Lake



rosecrance®

Rosecrance virtual assessments are a community resource designed for individuals who seek an assessment for substance use treatment.

## Criteria

This service is designed for local clients involved with a community services agency. Clients will receive a level of care (LOC) screening or assessment, depending upon their individual needs.

## Contact Information

- LOC screenings and assessments are available on Tuesdays and Thursdays (excluding National Holidays)
- To seek assessment same-day, call 815.387.2470 between 8:30 and 9:30 a.m. on Tuesday and Thursday mornings
- Clients will receive all necessary documents via DocuSign

## Appointment Information

- Appointments are typically 20-90 minutes, depending on individual needs
- Clients are encouraged to use video telehealth through their computer or smartphone for the appointment



For more information or to learn more, contact us at **815.391.1000** or **[rosecrance.org](https://www.rosecrance.org)**



## TUESDAY

**ALL GROUPS ARE FREE TO PARTICIPATE!**

**10:00 A.M. - 12:00 P.M. | MOVIES GROUP:** This group is for movie enthusiasts who want to watch movies that are PG or PG-13 and you choose the movie.

**12:15 P.M. - 1:15 P.M. | PEER SUPPORT GROUP:** Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

**1:30 P.M. - 3:00 P.M. | MUSIC GROUP:** This group will utilize several interactive fun activities to tie in with music therapy/song analysis

## WEDNESDAY

**10:00 A.M. - 11:00 A.M. | MOVEMENT GROUP:** This group will focus on movement of the body for physical benefits for health and release of stress and trauma held in our bodies.

**11:15 A.M. - 12:45 P.M. | EXPRESSIVE ART GROUP:** Provides a space for creativity and expression through various art activities with the use of art supplies.

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

**2:30 P.M. - 4:00 P.M. | W.R.A.P. GROUP:** Wellness Recovery Action Plan will cover the tools you need to be the expert on yourself and your recovery. WRAP is used to help prevent crisis so that you are prepared through self-management.

## 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. - 12:00 P.M. | TOPIC/SNACK GROUP:** This group is a time for unwinding with a snack and having a topic each week to discuss.

**12:15 P.M. - 1:15 P.M. | PEER SUPPORT GROUP:** Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

**1:30 P.M. - 3:00 P.M. | GAMES GROUP:** Enjoy card games like skip-Bo, Phase -10, and Uno, and sometimes bingo if 3 or more players. Other games are also available or you can bring a game of your choice!

## 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.



# Let's Give Ourselves Some of the Support We Provide to Others

The McHenry County Trauma-Informed Change Team is pleased to offer a support program to all Direct Service Staff at McHenry County Agencies. This program offers a non-judgmental space to gather and refresh. The program is open to all who provide direct services to clients, patients, members, or anyone in need.

## ***A Chance to Refresh, Renew & Relate***

The program will be offered twice a month, on the second Wednesday & second Thursday of each month to accommodate busy and diverse schedules.

**The first meeting will take place on January 10, 2024, from 12 noon to 1:30 pm.**

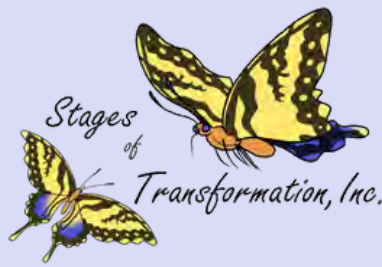
**The second meeting will take place on January 11, 2024, from 5 pm to 6:30 pm.**

Each meeting will be held at the **McHenry County Mental Health Board** located at  
**620 Dakota Street, Crystal Lake, IL 60012**



This program provides direct service staff the opportunity to focus on their own well-being and to connect with others who understand the unique challenges of providing direct services. If you are looking to refresh, renew & relate to others with your same rewards, challenges and compassionate spirit, this program is for you!

***Offered Free of Charge***



# FAMILY SUPPORT GROUP

*Unity, Service, Recovery*

This is  
an Open  
Meeting  
ALL are welcome

When:

Friday Evenings

Starting January 26th

7:00 pm - 8:00 pm

Doors open at 6:45 pm

Fellowship  
Immediately  
Following

Where:

Stages of Transformation Resource Center

820 McArdle Drive, Unit C

Crystal Lake, IL 60014



Stages of Transformation, Inc.





# **Holiday Hangout** *Party & Potluck*

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**Saturday,  
December 30th, 2023**

Food | Friends | Festivities  
& More!

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**From: 4 PM - 8 PM**

**At: 620 Dakota St, Crystal lake, 60012**

Email your RSVP to: [help@namimch.org](mailto:help@namimch.org)



**NAMI**  
National Alliance on Mental Illness

**McHenry  
County**





# PIN

*People in Need Forum*

**SATURDAY, JANUARY 27, 2024**

**8:30 a.m.–1 p.m.**

*Hosted at  
McHenry County College*

**REGISTRATION AVAILABLE AT: [www.mchenry.edu/pin](http://www.mchenry.edu/pin)**

*Pre-registration is encouraged but not required.*

You are invited to attend the People in Need Forum to learn about the abundance of resources and support available to those in need in McHenry County

## **SESSION TOPICS INCLUDE**

- Caregiver Resources
- Mental Health
- Diversity, Equity, and Inclusion
- Food Insecurity
- Housing
- Seniors
- County Resources
- Youth Resources
- And more

*Live speakers to answer  
your questions! More than  
100 exhibitors in person!*

## **WHO SHOULD ATTEND**

Anyone seeking more information on resources available in McHenry County.

## **YOUTH TRACK AVAILABLE!**

Middle and high school aged youth are invited to participate in the youth track featuring breakout sessions designed for youth.

## **SPANISH TRACK AVAILABLE!**

Spanish speakers are invited to participate in three breakout sessions presented in Spanish.

**FOR MORE INFORMATION VISIT  
[www.mchenry.edu/pin](http://www.mchenry.edu/pin)**

For more information contact:  
[peopleinneed@mchenry.edu](mailto:peopleinneed@mchenry.edu) or (815) 455-8556

Friends of  
**McHenry**  
County College  
Foundation

# PIN

*Foro de personas con necesidades  
(People in Need Forum)*

**SÁBADO, 27 DE ENERO DE 2024**

**8:30 a.m.–1 p.m.**

**Lugar:  
McHenry County College**

**INSCRIPCIÓN DISPONIBLE EN: [www.mchenry.edu/pin](http://www.mchenry.edu/pin)**

*Se recomienda la inscripción previa, pero no es obligatoria.*

Lo invitamos a participar del Foro de personas con necesidades para conocer la abundancia de recursos y apoyo disponible para las personas con necesidades en el condado de McHenry.

## **TEMAS DE LA REUNIÓN**

- Recursos para cuidadores
- Salud mental
- Diversidad, equidad e inclusión
- Inseguridad alimentaria
- Vivienda
- Adultos mayores
- Recursos del condado
- Recursos para jóvenes
- Y más

***¡Oradores en vivo para  
responder sus preguntas!  
¡Más de 100 expositores  
presenciales!***

## **QUIÉNES DEBERÍAN PARTICIPAR**

Todos aquellos que deseen obtener más información sobre los recursos disponibles en el condado de McHenry.

### **¡ACTIVIDADES DISPONIBLES PARA JÓVENES!**

Los jóvenes de escuelas intermedias y secundarias están invitados a participar en las actividades para jóvenes, que incluyen sesiones grupales diseñadas especialmente para ellos. breakout sessions designed for youth.

### **¡ACTIVIDADES DISPONIBLES EN ESPAÑOL!**

Invitamos a los hispanohablantes a participar de las tres sesiones grupales presentadas en español.

**PARA MÁS INFORMACIÓN, VISITE  
[www.mchenry.edu/pin](http://www.mchenry.edu/pin)**

Para más información, escriba a  
[peopleinneed@mchenry.edu](mailto:peopleinneed@mchenry.edu) o llame al (815) 455-8556





# Independence

HEALTH & THERAPY

## SAVE THE DATE

Are you ready to knock down some pins and support a great cause? Mark your calendars because the second annual Super Roll Pins for Independence Bowling Event is just around the corner! Join us for an afternoon filled with exciting games, raffles, and prizes, all while making a difference in the lives of those in our community. We can't wait to see you there!



Independence Health & Therapy's

***SUPER ROLL  
Pins for Independence***

SATURDAY, FEBRUARY 10, 2024 | 3 - 6 PM

**SAVE THE DATE**

***Raffles | Games | Prizes***

 1330 S. EASTWOOD DR.  
WOODSTOCK, IL 60098

THIS IS A 21 AND OVER EVENT

**Sponsorship opportunities available.**

  
**Independence**  
HEALTH & THERAPY

A nonprofit event helping to fund the programs of Independence Health & Therapy so that we can continue to provide one-of-a-kind care to our community.

## TICKET'S ON SALE SOON!

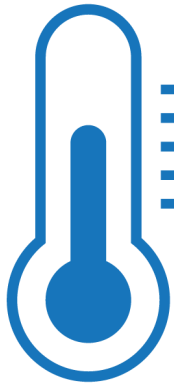
[IndependenceHealth.org](https://IndependenceHealth.org)



# Pioneer Center

## Emergency Cold Weather Assistance Program

### 2023/2024



15 Degrees  
or less  
\* Dangerous  
Windchills



Call: 815-759-7133

LEAVE A RETURN PHONE NUMBER!

Before 10:00PM

- **OBJECTIVE:** PROVIDE EMERGENCY SHELTER FROM SEVERE COLD WEATHER AND KEEP OUR COMMUNITY SAFE AND HEALTHY DURING INCLIMATE WEATHER EMERGENCIES
- **WHO:** UNHOUSED OR HOMELESS MCHENRY COUNTY RESIDENTS
- **WHEN:** WHEN THE OVERNIGHT TEMPERATURES DIPS BELOW 15 DEGREES OR DANGEROUS WINDCHILL WARNINGS ARE ISSUED FROM THE NATIONAL WEATHER SERVICE.
- **ACCESS:** CONTACT 815-759-7133—PLEASE LEAVE A RETURN PHONE NUMBER  
\*\*\*\*\* CALLS WILL BE RETURNED UNTIL 10:00PM , WHEN PROGRAM IS OPERATING.  
——- CALLS PLACED BY 3PM ARE APPRECIATED AND PRIORITZIED.

#### **\*DETAILS:**

Hotel Shelter will be provided. Due to demand and needing to offer safety from the cold to as many as possible, most likely rooms will be shared and roommates will be assigned. This program only operates during very severe weather conditions and when funding is available.

**\*\*Some Conditions Apply**

