



**MAY IS 2
MENTAL 0
HEALTH 2
MONTH 0**

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MENTAL HEALTH RESOURCE GUIDE 2020



Mental Health Awareness



By: Scott Block
Executive Director
McHenry County Mental Health Board

It would be impossible to enter into Mental Health Awareness Month without focusing on the COVID-19 pandemic and its impact on mental health. Prior to COVID-19, few issues affected our community quite like mental health. While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.

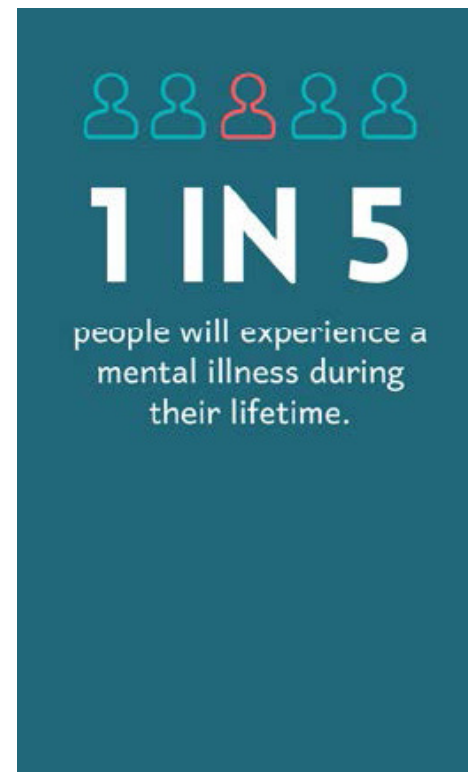
The long term psychological and community-wide impacts of COVID-19 are unknown but expected to be enduring. A new poll by the Kaiser Family Foundation, published on April 2, shows the psychological toll the pandemic is taking on many Americans. According to the survey, **45 percent of adults (53% of the group being women and 37% of men) say**

the pandemic has affected their mental health, and 19 percent say it has had a "major impact."

It's difficult to know where to begin to address the extraordinary stress, anxiety, and trauma that individuals and communities are currently facing and will continue experiencing. What we do know, is that now more than ever, it's essential to look after our mental health, both for our own benefit and for those around us.

Fortunately, for our families, friends, neighbors, co-workers, etc., McHenry County is home to a foundational and stabilizing institution such as the McHenry County Mental Health Board (MCMHB) and a wealth of mental health service providers, advocates, and resources supporting continuous access to these essential services.

On behalf of McHenry County residents, the MCMHB promotes strong relationships with individuals in recovery, their families, healthcare providers, local county systems such as education, criminal justice, health and human services, businesses,



However,
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mental health.



MHA
Mental Health America
TO LEARN MORE
mhanational.org/may

faith-based organizations, and community members alike to foster a resilient and recovery ready community.

As our entire community works hard to mitigate all health risks during the COVID-19 pandemic, and beyond, please stay informed, engaged, and active as we all play a role in empowering minds and transforming lives.

Stay safe, and stay connected. We Are All in This Together.

To access mental health services, residents are encouraged to call their existing service providers or utilize the McHenry County Crisis Line at 800-892-8900, 2-1-1, or the MCHelp Mobile App for information and referral.

Physical Distancing While Making Social Connections

The World Health Organization (WHO) and other health experts would prefer to replace the phrase "social distancing" with "physical distancing". The term social distancing can imply a sense of disconnection from loved ones. This time of physical isolation can take a toll on mental health. WHO wants to emphasize it is critical for people to stay socially connected.

Maria Van Kerkhove, an infectious diseases epidemiologist with the WHO, explained the organization's stance, "We've been saying 'physical distancing' because it's important to remain physically separate but socially connected. People should be looking after their mental health and that of their loved ones during the pandemic.

"There is no lockdown on laughter," said Van Kerkhove. "There's no lockdown on talking to your family and finding ways to connect."

Consensual physical contact and in-person interactions release chemicals in the brain and body, including endorphins, serotonin, and oxytocin, that can boost happiness and reduce pain and stress. But a hug or a hand around a shoulder that would otherwise offer comfort during a time of uncertainty and fear is now the very thing that could endanger people's physical health.

It is important to try to replicate in-person gatherings and interactions with technologies such as FaceTime, Skype and Zoom. When technology is not accessible, pick up the phone and talk or text, write a letter and send a smile. Make a social connection while safely physically distancing, and boost happiness all around.



Utilize the McHenry County Crisis Line at 800-892-8900, 2-1-1



Self Care Tips For Health Care Workers



Caring for oneself during turbulent times can influence overall health and wellbeing. Stress, fear, worry and risk reduce the body's ability to mitigate illness. For health care workers on the frontlines of COVID-19 self-care steps are vital. For the rest of the population, the stress may be less yet still beyond what we may feel we can absorb. These tips may help.

According to an article by Rubina Kapil of Mental Health First Aid, those who are facing long, tiring hours and fear of exposure to the virus need to practice daily self-care. These tips were created for individuals who are essential medical and health care workers who must care for their own mental health and well-being. Yet, everyone with concerns over COVID-19 can benefit from these basics.

Take a few minutes during your commute, before bed or even between patients to be the difference for yourself with self-care during this stressful time.

1. RECOGNIZE THE VALUABLE ROLE you and your colleagues play on the front lines of COVID-19. Remind yourself that despite challenges, you are making a difference and taking care of those most in need.

2. PRACTICE SELF-COMPASSION. There is no road map. You are doing the best you can in a difficult situation. Take your situation day by day or hour by hour, if needed. Take breaks from work when you can.

3. VALIDATE ANY EMOTIONS you might be feeling. There is no right or wrong way to process the COVID-19 experience. It is normal to feel a range of emotions including being overwhelmed, frustrated or angry, worried, anxious, restless, agitated, sad or fatigued.

4. FIND WAYS TO SEE THE POSITIVE. It can be easy to get overwhelmed hearing about the growing number of confirmed cases, shortage of resources and loss of life. Try to find the hopeful stories about communities coming together to support local businesses, feeding hungry children and families, donating money and critical supplies, and recognizing front-line workers, like you, for their sacrifice.

These small changes to your routine can improve your overall mood and protect your mental health during this pandemic. If these are too hard to do, that's ok too. Seek out support from family or friends and find other simple self-care tactics that help you.

Upcoming Events

Check for updates on these and other Mental Health Programs

May 21 & May 28

NAMI McHenry County -
Q.P.R. Suicide Prevention Gatekeeper Training
at 4:00 pm Virtual Training – Free Admission
Register at www.NAMIMcHenryCounty.org

August 11

Annual School Behavioral Health Resource Fair

On-going Training

Visit www.McHenryCountyACE.org for information and to schedule a remote ACE Interface Training

September 11

McHenry County College or Virtual
CEUs Included – Free Admission

SAVE THE DATE

McHenry County Suicide Prevention, Mental Health & Recovery Conference – Creating a Resilient McHenry County

Keynote Speaker: Suzette Fromm Reed, PhD

The Key to Addressing the Lifelong Impact of Adverse Childhood Experiences (ACEs)

Kids and COVID



Struggling to keep children healthy, occupied, engaged and informed to their level of understanding? The Child Mind Institute offers help to calm fears, manage stress, and keep the peace in families.

Keep your routines in place

Setting routines and keeping them in place is key, especially when at home all day. Kids should get up, eat, and go to bed at their normal times. Consistent structure can be calming during times of stress. Kids, especially younger ones, or those who are anxious, benefit from knowing what's going to happen and when.

The schedule should reflect school or day camp, changing activities at predictable intervals, alternating between periods of study and play.

To help prevent meltdowns, print the schedule and go over it with frequent reminders of the daily plan and the transition from one thing to the next.

Be creative about new activities – and exercise

Incorporate new activities into your routine, like doing a puzzle or having a family game time. Build in activities that help everyone get some exercise (avoiding physical contact with other kids). Daily walks or bike rides clear the mind and introduce fresh oxygen into the heart and lungs. Try yoga to calm and center with breathing exercises. Challenge yourself to create activities and exercise without devices or screens. Arts and crafts, music and science, even household projects can be a fun way to work together and make memories.

Manage your own anxiety

Keeping your worries in check will help your whole family navigate this uncertain situation as easily as possible. For those moments when you find yourself feeling anxious, try to avoid talking about your concerns where your children can listen. If you feel overwhelmed, step away and take a break. Step outside and take a few deep breaths, take a shower or bath, go into another room, count your blessings.

Limit consumption of news

Staying informed is important. Determine news sources you trust to provide the facts instead of opinions and extreme examples. Too much information can overwhelm. Limit your consumption of news and social media that may feed your anxiety and that of your family. Explore programming and social media that provide content which will relieve focus on the crisis and expand your positive energy with nature, art, baking, music or crafts.

Stay in touch virtually

Keep your support network strong, even when you are only able to call or text friends and family. Socializing is important to help regulate your mood and keep you grounded. Children need their social networks, too. Allowing children to use social media, Skype or FaceTime to virtually see and speak with friends will reduce stress that comes from unusual circumstances in their world. Technology can connect with grandparents, cousins and family friends. Sharing video clips of children singing, dancing and describing their activities for the day brings people closer and adds joy.



Make plans and memories

Be proactive about what you can control. Making plans helps you visualize the near future. Explore options and ideas with your children to gather their input on future plans for play dates, trips, outside activities, and events. Make lists together and allow your kids to add to the lists over time. Imagine the memories that will come from the future plans. Discuss memories from past events and activities.

Keep it positive

Though adults are feeling apprehensive, to most children staying home from school is a treat. Validate the feeling of excitement and use it as a springboard to help children stay calm and happy. Let your children know that you are glad they are excited, but make sure they understand that though it may feel like vacation, things are different. Remind them that there will still be school work, schedules and expectations to be met.

Keep kids in the loop – but keep it simple

Talking to children in a clear, reasonable way about what is happening in our world is the best way to help them understand. But, kids don't need to know every little thing. Unless they ask specifically, there is no need to volunteer information that might worry or upset them. Older kids can handle and expect to receive more detail, but be thoughtful about what you share and how you react to the situation.

Check in with little kids

Young children may be oblivious to the facts of the situation, but they may still feel unsettled by the changes in routine, or pick up on the people around them who are worried and upset. Check in with your young children periodically. Give them a chance to process their worries or confusion. Anxious feelings may be demonstrated through tantrums, being defiant and acting up. Try to respond to outbursts in a calm, consistent and comforting manner.

Sometimes the path of least resistance is the right path

Be reasonable and kind to yourself. We all want to be the best parent we can be. Sometimes that best self is one that gives allowance to the situation. It's okay to relax the boundaries a little bit. Explain to your kids that this is a unique situation and boundaries will be re-instituted when life becomes more normal.

As you problem-solve proactively in a crisis, you model for your children how they can react to future difficulties. This is instructive and reassuring for children.

Accept and ask for help

If you have a partner at home, agree to trade off childcare. Give yourself a break and some breathing space. Everyone who can pitch in, should. Give kids age appropriate jobs. Work as a team when possible to prevent any one person from being overwhelmed. Set small goals and celebrate their achievement. Doing dishes, making a meal, cleaning a closet or sorting a drawer are as important as completing school assignments. Be creative and flexible. Don't be too hard on yourself. Find a balance for your family that works. Stay home, stay together, sane and safe.

Virtual Counseling & Recovery Supports

Adapting and Adjusting

Leaders in the behavioral health community have been expecting an increased demand for service during the pandemic because of anxiety and turmoil caused by distressing information, physical health concerns, economic stress, and physical isolation.

Federal and state health partners, behavioral health organizations and insurers are adapting their approaches to mental health and substance use treatments to safely meet this demand.

The Centers for Disease Control and Prevention recommends that individuals with preexisting mental health conditions continue their treatment during the pandemic and be aware of possibly worsening symptoms caused by increased stress and anxiety.

According to Chuck Ingoglia, CEO of the National Council for Behavioral Health, radical changes to telehealth reimbursement policies are being enacted by increasing types of services that can be delivered by telehealth, the types of professionals that can deliver those services, as well as thinking very broadly about the types of technologies that can be used.

Those looking for counseling, medication-assisted treatment, group therapy or other forms of care are turning to telehealth as the public is urged to practice social distancing.

Some 12-step programs for addiction have been affected by the mandated

closures, many have switched to meeting digitally via Zoom or other platforms. This allows the groups to continue keeping the focus on common welfare and primary purpose.

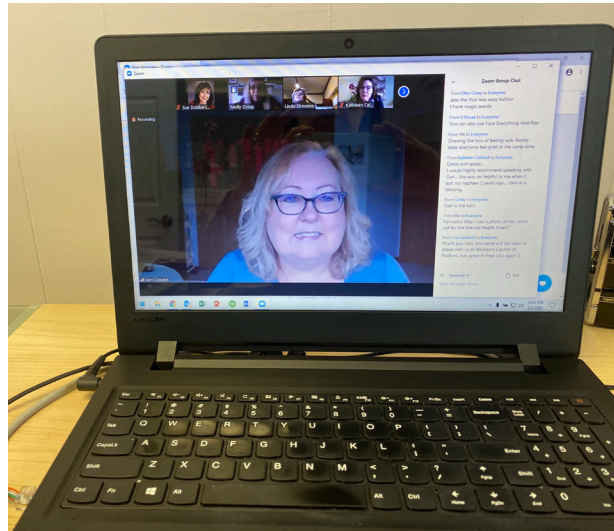
Many insurers are waiving copays for telemedicine visits, including for mental health. Many are looking into ways to expand digital mental well-being methods. Most insurers are expanding behavioral support

Staying HIPAA compliant is very important when using third-party platforms to communicate with clients. In order to comply with HIPAA standards, it is important to only use platforms that abide by their rules. There are many more platforms that are HIPAA compliant. Be sure to check with your provider.

Be sure to check your insurance website, contact existing provider, or contact the McHenry County Mental Health Board or Substance Abuse Coalition for updates on telemedicine options, supports and access to care.

In response to the current pandemic, almost all McHenry County Mental Health Board network providers and many local 12-step and recovery groups have adapted operations to include virtual

options. These new options provide increased opportunities to engage in treatment and recovery supports!



SENIOR SERVICES ASSOCIATES, INC.

KANE COUNTY | KENDALL COUNTY | McHENRY COUNTY

Information • Assistance • Resources • Programs • Services

Dedicated to preserving seniors independence, promoting mental and physical well-being and protecting their rights and dignity.

Aurora 630.897.4035 | Crystal Lake 815.356.7457 | Elgin 847.741.0404

McHenry 815.344.3555 | Yorkville 630.553.5777

HOW ARE YOU FEELING?

If you are experiencing a fever, cough or shortness of breath, please seek immediate medical attention.

Feeling anxious about the current changes? Please call us for guidance and advice.

If you feel lonely, you can reach the Institute on Aging's Friendship Line: 800.971.0016



DO YOU HAVE ENOUGH FOOD TO EAT?

Senior Services Associates provides access to home delivered meals, food pantry items, and proxy shoppers who will do the shopping for you. We are here to assist you to **BE HEALTHY** - at no cost to you.



WHAT DO YOU NEED? WE CAN HELP!

Do you have prescriptions which need to be refilled?

Are you running out of household cleaning supplies, personal hygiene items, or personal medical care supplies? CALL US



DO YOU NEED TRANSPORTATION?

Senior Services Associates assists with transportation to/from medical appointments. Volunteers provide free transportation for seniors. Contact us in advance when possible, so we can arrange your ride.



Aurora 630.897.4035
Crystal Lake 815.356.7457
Elgin 847.741.0404
McHenry 815.344.3555
Yorkville 630.553.5777

For up-to-date information, visit us our website:

www.seniorservicesassoc.org

STAY WELL • REMAIN VIGILANT • TAKE CARE



Offering QPR Suicide Prevention Training

Suicide can be prevented. National Alliance on Mental Illness (NAMI) of McHenry County offers a program that can prevent suicide called Q.P.R.

Q.P.R. represents Question, Persuade, Refer. Similar to CPR and the Heimlich maneuver, Q.P.R. can prepare individuals to recognize the clues and make a difference in someone's life.

Training for Q.P.R. is available at no charge to individuals, businesses, churches, schools and groups. Anyone seeking to better understand and expand awareness and prevention of suicide can participate. Sessions can be scheduled virtually for groups and individuals by contacting NAMI McHenry County at 815-308-0655 or the website: NAMIMcHenryCounty.org.



or the MCHelp Mobile App for information and referral. On the web, visit www.MC708.org

With physical distancing due to COVID 19 our community is being challenged to live our lives in a new way. While this has created hardships, it has also created many opportunities to return to simpler lives filled with family and exploration of new opportunities for communication. In relationship to substance use/abuse and substance use disorders we see both a concern for increased use and a celebration of individuals accessing online support.

Historically, we know that use of all substances increases during times of stress and economic hardship. There have been several states reporting large surges in home sale of alcohol products and this could indicate a point of concern in many households. Many providers of mental health and substance use disorder services indicate an increase in both the intensity and frequency of calls for support. There is reason to be concerned about increased use in this community of people that are already living in stressful conditions.

The great news in McHenry County is that our social services network of agencies are ready to meet these challenging times by altering services for non-contact interactions. They have opened or expanded tele-services, expanded open support groups, and have made phone calls to those individuals that do not have access to

the internet. In McHenry County no agency has closed their doors and we continue to offer options for detox, intensive outpatient services, recovery support meetings, naloxone training and harm reduction supplies.

Daily people ask "what can I do?", here are some answers:

- 1. Stay connected.** Reach out to people every day, especially those that might be struggling.
- 2. Ask for help.** Information and resources are available to individuals, family and friends and can be accessed anonymously if necessary.
- 3. Support local agencies.** The economics of this time have hit our social service agencies that rely on fund-raising but their staff are sometimes the forgotten front-line workers and a thank you can go a long way.

If you are looking for information, need help finding resources, have a mental health or substance related crisis contact one of the following numbers and they will assist you or connect you to the right services for your situation.



McHenry County Crisis Line:
1-800-892-8900

McHelp – download on your iPhone or Android

McHenry County Substance Abuse Coalition
815-701-6004

A Way Out McHenry County
815-347-0385

If you need naloxone or other supplies, Live 4 Lali
708-638-8432

Interfaith Mental Health Coalition



27 year old Matthew Warren took his life in 2013. His father, Rick Warren, is the pastor of Saddleback Church in California, and the author of The Purpose Driven Life. In 2018, Rick was asked during an interview: "What can the church do to help in the area of mental illness?" His reply was "The biggest thing we can do as ministers and pastors is removing the stigma behind it. ...we have to assure people that it's not a sin to be sick. Your chemistry is not your character, and your illness is not your identity. **If you have heart or kidney issues, we tell people to take a pill for that, so why is it a problem when it comes to mental illness? We're all broken.**"

Within that context, a group of interested and passionate individuals has been meeting since January of this year, aligned around the goals of education and de-stigmatization of mental illness in faith communities throughout McHenry County. **The resulting Interfaith Mental Health Coalition of McHenry County (IMHCMC)** is in the formative stages.

The mission of Interfaith Mental Health Coalition of McHenry County is to encourage, educate, and enrich faith groups throughout McHenry County to cultivate welcoming, supporting, and healing communities around behavioral health and well-being.

The group planned for a May kickoff training event to coincide with Mental Health Awareness Month. In compliance with the COVID-19 protocols, plans have been changed and the event will be held at a future date to be determined.

Meanwhile, at virtual meetings members are putting together ideas on how to raise awareness within our communities of faith of the many existing mental health programs, services, and resources. Beyond that, members aspire to organize speaking events and supportive gatherings when physical distancing is less of an impediment.

IMHCMC is actively trying to broaden connections with people who wish to work together to achieve the mission. Interested parties can obtain more information or become involved by contacting either Pastor Cesar Hernandez at chernandez@firstchurchcl.org or Greg Alexander at gca@ameritech.net.

For more information about Rick Warren and his story, read a more in-depth interview that was published in Christianity Today: <https://www.premierchristianity.com/Blog/Rick-Warren-My-son-s-suicide-and-God-s-garden-of-grace>.



Utilize the McHenry County Crisis Line at 800-892-8900, 2-1-1

McHenry County Mental Health Resource Guide 2020

Home to comprehensive mental health services, McHenry County Mental Health Board encourages direct connections with services. Access to the organizations listed in this Resource Guide can be via phone, web, or connect through the MCHelp app available for free download on iTunes or Google.

For more information about these individual services, visit their websites or contact the McHenry County Mental Health Board.

Twenty Second Judicial Circuit Specialty Courts
815-334-4913 | <https://www.mchenrycountyil.gov>

**Alexian Brothers Behavioral Health Hospital
Youth Outpatient Hospitalization Programs**
855-MyAMITA | <https://www.amitahealth.org/services/behavioral-medicine>

**Association for Individual Development (AID)
Psychiatric and Behavioral Tele-Health Services**
847-931-2340 | <https://www.aidcares.org/>

Aunt Martha's Health and Wellness, Inc – Psychiatric Tele-Health Services
708-747-8111 | <https://www.auntmarthas.org>

Behavioral Perspectives, Inc. - Applied Behavioral Analysis Resource
331-431-4006 | <https://behavioralperspectiveaba.com/>

Child Advocacy Center of McHenry County, Inc - Secondary Trauma Services
815-334-9597 | <https://mchenrycac.org/>

Clearbrook - CHOICE Program and Respite services
815-893-0012 | <http://www.clearbrook.org/>

Community Health Partnership of Illinois – Bilingual Mental Health Services
815-943-4339 | <http://www.chpofil.org/>

**Consumer Credit Counseling Service of Northern Illinois, Inc.
Financial Counseling**
815-338-5757 | <http://www.illinoiscccs.org/>

**Family Health Partnership Clinic – Service Navigation and
Mental Health Services**
779-220-9300 | <http://hpclinic.org/>

**Greater Elgin Family Care Center (McHenry Community Health Center)
Psychiatric Tele-Health**
815-363-9900 | <http://gefcc.org/locations/mchenry-community-health-center/>

**Harvard Community Senior Center - PEARLS Program
Depression in the Elderly**
815-943-2720 | <http://harvardseniorcenter.org/>

Home of the Sparrow, Inc. - Case Management Services
815-271-5444 | <https://www.hosparrow.org/>

Horizons Behavioral Health Professional Services, LLC – Psychiatric Services
815-455-7100 | <http://www.horizonsbh.com/>

**Independence Health and Therapy – Psychiatric, Brain Injury,
Mental Health Services**
815-338-3590 | <https://www.independencehealth.org/>

**Live 4 Lali, Inc. - McHenry County Harm Reduction, Narcan,
and Recovery Program**
844-LV4-LALI | <https://live4lali.org/>

**Mathers Community Mental Health Center, LLC
Psychiatric and Opiate Recovery Services**
773-775-2800 | <http://www.themathersclinic.com/>

**National Alliance on Mental Illness (NAMI) McHenry County
Recovery Support Services**
815-308-0855 | <http://namimchenrycounty.org/>

**New Directions Addiction Recovery Services
Sober Living Case Management**
779-220-0336 | <http://ndars.org/>

Northwestern Medicine – Crisis Line and Mental Health Services
815-338-2500 | <https://www.nm.org/locations/woodstock-hospital>

**Northern Illinois Special Recreation Association (NISRA)
Community Integration Services**
815-459-0737 | <http://www.nisra.org/>

**Northwest Center Against Sexual Assault
Sexual Assault Intervention Program**
815-671-4004 | <http://www.nwcasa.org/>

Options & Advocacy – Autism Resource Center
815-477-4720 | <http://www.optionsandadvocacy.org/>

**Pioneer Center for Human Services – Day Programs, Autism,
and PADS Services**
815-344-1230 | <http://www.pioneercenter.org/>

**Rosecrance, Inc. – Psychiatric, Tele-Health, Mental Health &
Substance Abuse Services**
815-363-6132 | <http://www.rosecrance.org/>

Thresholds - Community Support Mental Health Services
815-679-4622 | <http://www.thresholds.org/>

**Transitional Living Services, Inc. dba TLS Veterans
Veteran Mental Health and Peer Services**
815-679-6667 | <http://www.tlsveterans.org/>

Turning Point, Inc – Domestic Violence Services
815-338-8081 | <http://www.turnpt.org/>

**Youth and Family Center of McHenry County
Adult & Youth Prevention and Support Services**
815-322-2357 | <https://yfc-mc.org/>

or the MCHelp Mobile App for information and referral. On the web, visit www.MC708.org



McHenry County Mental Health Resource Guide 2020



McHELP App is a quick click to reach immediate crisis support and information via text or voice. Anonymous access to trained, licensed crisis counselors in times of emergency, concern, anxiety or need.

The app can be downloaded from Apple Store or Google Play.

La aplicación McHELP es un clic rápido para obtener información y apoyo inmediato durante una crisis a través de texto o voz. Acceso anónimo a consejeros de crisis capacitados y con licencia durante una crisis o tiempos de emergencia, preocupación, ansiedad o necesidad.

La aplicación se puede descargar desde Apple Store o Google Play



Northwestern Medicine Crisis Services serves as the first point of contact for callers in need of immediate assistance for mental health emergencies. Crisis line professionals are also available to help people with intense personal, family and/or marital problems

1-800-892-8900

Northwestern Medicine sirve como el primer punto de contacto para las personas que llaman que necesitan asistencia inmediata para las personas que llaman que necesitan asistencia inmediata para emergencias de salud mental. Los profesionales en la línea de crisis también están disponibles para ayudar a las personas con problemas personales, familiares y/o problemas de pareja intensos.

1-800-892-8900

United Way 211 is available 24/7 to make referrals to health and human service agencies – from mortgage, rent and utility assistance to food banks, child care, health services, job training, clothing emergency shelter, counseling and much more.

2-1-1

United Way 211 está disponible las 24 horas del día, los 7 días de la semana, para enlazarlo a agencias de servicios humanos y de salud, desde hipotecas, alquiler y asistencia de servicios públicos a bancos de alimentos, cuidado infantil, servicios de salud, capacitación laboral, ropa, refugio de emergencia, asesoramiento y mucho más.

2-1-1

The McHenry County Mental Health Board is able to assist with questions regarding mental health and substance abuse resources available in McHenry County.

815-455-2828



La Junta Directiva de Salud Mental del Condado de McHenry puede ayudar con preguntas sobre los recursos de salud mental y abuso de sustancias disponibles en el Condado de McHenry

815-455-2828