



Keystone

Practical Information for Building a Future

September, 2018

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Mental Health Resources for Parents and Youth

This edition of Keystone will focus on mental health resources for youth. School has started. While many kids are ready to go back to school--seeing friends, starting at a new school, advancing to a higher grade, school can also bring significant stress to kids. From bullying to fitting in with their peers, tough classes school is a source of stress. This edition continues the topic of mental health by identifying organizations that provide mental health resources for youth and identifying online resources that teens can access themselves. Teens are more likely to look up a question on Google than to go physically talk to someone.

Parent Resource

The Center on the Social and Emotional Foundations for Early Learning offers family tools for children birth to age 5 to help parents teach their children. The Center is a national resource organization funded by the Office of Head Start and Child Care Bureau.

In particular, they offer short information pieces that provide guidance to parents on how to support the emotional health of their children by teaching them how to handle their feelings. Each of the booklets start with a story describing a situation in which the child is acting out, not responding to requests or the parent does not understand why the child is behaving in a certain way. Then they describe the issue and offer solutions and steps to take to work with the child.

Below are some of the training pieces.

- Teaching your child to identify and express emotions
- Teaching your child about feelings
- Teaching your child to cooperate with requests
- Understanding your child's behavior: reading your child's cues from birth to Age 2

They also offer tips for parents to support their children in the areas listed below. These tips are produced in a video format and or on one page tips.

- Nurturing your child's social emotional development
- Your Child's relationship building skills



Resources for Parents and Youth Continued

- Child’s confidence
- Child’s communication skills
- Child’s persistence
- Love, learning and routines
- Temperament
- Teaching your child discipline and self-control
- Helping your children channel their aggressive tendencies

All of these areas are important to developing good mental health and giving children the foundation to handle the ups and downs of life.

Source :

<http://csefel.vanderbilt.edu/resources/family.html>



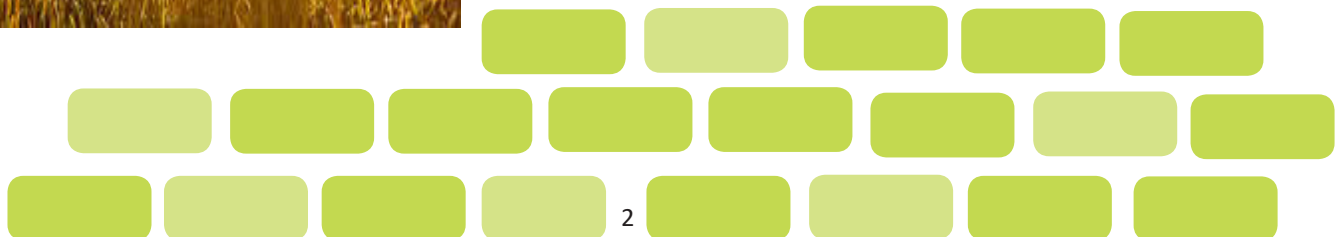
The National Alliance on Mental Illness (NAMI) is a nationwide mental health advocacy organization. They have affiliates across the country providing education and support to families, students, educators and mental health professionals. Within Illinois, there is a statewide organization and multiple local branches across the state. The local branches offer support group meetings for families coping with a child or other family member diagnosed with a mental illness. They also offer peer counselors that work to help individuals find a path to recovery or provide guidance to a family member on how to support someone diagnosis with a mental illness.

Family to Family –a training program for family members and caregivers of adults with mental illness. The program empowers families to cope with the challenges of mental illness, problem solving strategies and ways to communicate to breakthrough barriers.

Peer to Peer—Support program to help individuals living with mental illness maintain their progress toward recovery.

There are 21 local NAMI chapters in Illinois. Check out the chart to locate the NAMI chapter in your area.

<https://www.nami.org/Local-NAMI?state=IL>





NAMI Chapters in Illinois

<p>NAMI Barrington Area Contact: 847-496-1415 Barrington, IL Service Area: Barrington</p>	<p>NAMI Kane County North Contact: 847-410-9719 Elgin, IL Service Area: Northern Kane County</p>	<p>NAMI Northern Illinois Contact: 815-963-2470 Rockford, IL Service Area: Winnebago/Boone Counties</p>
<p>NAMI Champaign Champaign, IL Service Area: Champaign, Vermillion, Coles, Douglas, Effingham, and Ford Counties</p>	<p>NAMI Kane-South, DeKalb and Kendall Counties Contact: 630-896-6264 Aurora, IL Service Area: Kane County south including St. Charles, Geneva, Batavia, Aurora), DeKalb and Kendall Counties</p>	<p>NAMI Northwest Suburban Contact: 847-899-0195 Arlington Heights, IL Service Area: Northwest Suburbs of Chicago</p>
<p>NAMI Chicago Contact: 312-563-0445 Chicago, IL Service Area: Greater Chicago Area</p>	<p>NAMI Lake County Illinois Contact: 847-249-1515 Waukegan, IL Service Area: Lake County</p>	<p>NAMI Schaumburg Area Contact: 630-363-1846 Schaumburg, IL Service Area: Schaumburg, Hoffman Estates, Elk Grove, Hanover Park</p>
<p>NAMI Cook County North Suburban Contact: 847-716-2252 Skokie, IL Service Area: Northern Cook County</p>	<p>NAMI McHenry County Contact: 815-308-0851 Crystal Lake, IL Service Area: McHenry County</p>	<p>NAMI Southwest Contact: 708-425-0925 Oak Lawn, IL Service Area: Southwest suburbs of Chicago</p>
<p>NAMI of DuPage Contact: 630-752-0066 Wheaton, IL Service Area: DuPage and surrounding areas</p>	<p>NAMI Metro Suburban Contact: 708-524-2582 Oak Park, IL Service Area: West Suburban Cook County</p>	<p>NAMI Southwestern Illinois Contact: 618-798-9788 Granite City, IL Service Area: Bond, Calhoun, Clinton, Green, Jersey, Macoupin, Madison, Monroe, Montgomery, Randolph, St. Clair and Washington</p>





NAMI Chapters continued

NAMI Jackson County Contact: 618-549-4327 Service Area: Jackson and neighboring counties in Southern Illinois	Nami Mid Central Illinois Contact: 309-287-9913 Bloomington, IL Service Area: Bloomington, Normal, Pontiac	NAMI Tri County Illinois Contact: 309-693-0541 Peoria, IL Service area: Peoria, Tazewell, Woodford Counties
NAMI South Suburbs of Chicago Contact: 708-335-4008 Service Area: South and Southwest Suburbs of Chicago	NAMI Sauk Area Contact: 815-761-7654 Rochelle, IL Service Area: Carroll, Lee, Ogle, Whiteside Countise and surrounding areas	NAMI Will County Contact: 815-731-9103 Joliet, IL Service Area: Will County

Suicide Prevention

September is National Suicide Prevention Awareness Month. It is noted by a yellow ribbon. According to the NAMI Illinois, over 41,000 die by suicide, hugely affecting people under the age of 24 and over 65.

The National Suicide Prevention Lifeline offers a web chat in which you can talk to a counselor to provide support and guidance. You have to enter your zip code and then it will connect you to chat with someone in your area that can also share with you available resources near you. You can also call the Lifeline at 1-800-273-(TALK) 8255

<https://suicidepreventionlifeline.org/chat/>



1-800-273-TALK (8255)

Source:

<https://namiillinois.org/september-national-suicide-prevention-awareness-month/>



Web Sources for Teens

Reach Out: This website is a resource for teens and young people offering mental health service online. They offer resources for teens and parents on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, managing stress and coping with feeling lonely. The website hosts articles on the topic areas and they also have tools and apps that you can navigate to help support your health and wellbeing. <http://au.reachout.com/>

Girls Health.Gov is a website created by the U.S. Department of Health and Human Services, the Office of Women's Health. It is designed to offer tips and information to adolescent girls related to health and well-being. It includes guidance on bullying, boosting self-esteem, dealing with conflict, building friendships and physical health related topics. Even though the website is dated (2015) it still offers some good information and it is easy to navigate through the site. The "Your Feelings" section of this website offers guidance to teenage girls on recognizing a mental health problem, getting help, and talking to parents. <http://girlshealth.gov/feelings/index.html>

Teen Mental Health: Geared towards teenagers, this website provides learning tools on a variety of mental illnesses, videos, and resources for friends. <http://teenmentalhealth.org/>

Source: <https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Adolesc.>



OK2TALK

Ok to talk is a website affiliated with NAMI that provides a forum for teens and young adults to post their experience with mental illness to allow them to express themselves and hopefully inspire others to get help. You must be 13 years or older to submit something on the site. The submissions are reviewed before they are approved to be posted. The link to the site shares some experiences that the reader can find inspiring. Check out the link below to the website.

<http://ok2talk.org/>



Keystone Resources

General - Housing/shelter, food, clothing, emergency services, energy assistance, information and referral, others

- 📍 Community Action Agencies location search
Local cities and counties
<http://www.iacaanet.org/members.php>
- 📍 Secretary of State (FAQs & ID cards)
Statewide
<http://www.cyberdriveillinois.com/departments/drivers/homelessfaq.html>
- 📍 Child Care
Statewide
http://www.actforchildren.org/site/PageServer?pagename=Family_FindChildCare
- 📍 Re-entry Illinois - Alternatives to re-incarceration
Statewide
<http://www.reentryillinois.net/>

Domestic Violence

- 📍 Illinois Domestic Violence Helpline: (877) TO END DV (877) 863-6338
- 📍 Domestic Violence Agencies by City
<http://www.dhs.state.il.us/page.aspx?item=31886>

Food

- 📍 Chicago Metro Food Search
Local cities and counties
<http://www.direct2food.org>
- 📍 Illinois Food Pantries, Soup Kitchens and Homeless Shelters
Statewide
<http://www.illinoisfoodbanks.org/sites.asp>
- 📍 Northern Illinois Food Bank
Local cities and counties
www.northernillfoodbank.org/GetHelp.aspx
- 📍 SNAP (SNAP (Food Stamps, Link card))
Statewide
<http://www.dhs.state.il.us/page.aspx?item=30357>

Shelters

- 📍 Chicago homeless shelters
Chicago
http://www.cityofchicago.org/city/en/general/search_results.html?keyword=homeless+shelters+in+chicago
- 📍 Homeless shelters outside Chicago
Statewide
<http://www.hud.gov/local/il/homeless/Shelters/Sheltable.cfm>

Housing

- 📍 Apartment Search
Statewide
<http://www.ihda.org/renter/listIHDAunits.aspx>
- 📍 Chicago Metro Housing Search
Local cities and counties
<http://www.direct2housing.org>
- 📍 CIL Housing Search
<http://www.ilhousingsearch.org/>
- 📍 HUD Homeless Resource Exchange
Statewide
<http://www.hudhre.info/index.cfm?do=viewHomelessResources>

Housing: Rental Assistance

- 📍 Local Public Housing Authorities
Local cities and counties
<http://www.hud.gov/offices/pih/pha/contacts/states/il.cfm>
- 📍 Low Rent Apartment Search (Section 8)
Statewide
<http://www.hud.gov/apps/section8>
- 📍 Rental Housing Support Program
Local cities and counties
<http://www.ihda.org/renter/rentalassistance.htm>

Income Support

- 📍 Illinois Department of Employment Security (Unemployment Office)
Local cities and counties
<http://www.ides.illinois.gov>
- 📍 Illinois Department of Human Services: Temporary Assistance for Needy Families (TANF or Public Aid)
Statewide
<http://www.dhs.state.il.us/page.aspx?item=30358>
- 📍 Social Security
Statewide
<http://www.ssa.gov>
- 📍 Township Supervisors
Local Townships
<http://www.toi.org/Resources/townshipsbycounty.aspx>

Job training, job placement

- 📍 Illinois Workforce Development System (IWDS)
Local cities and counties
<http://www.iwds.state.il.us>
- 📍 Illinois WorkNet
Statewide
<http://www.illinoisworknet.com>
- 📍 Illinois Joblink
Statewide
<https://illinoisjoblink.illinois.gov/ada/default.cfm>
- 📍 Re-Entry Employment Service - Statewide
<http://www.ides.illinois.gov/page.aspx?item=42>
- 📍 Resources for People with Disabilities - Statewide
<http://www.ides.illinois.gov/page.aspx?item=200>

Legal Assistance

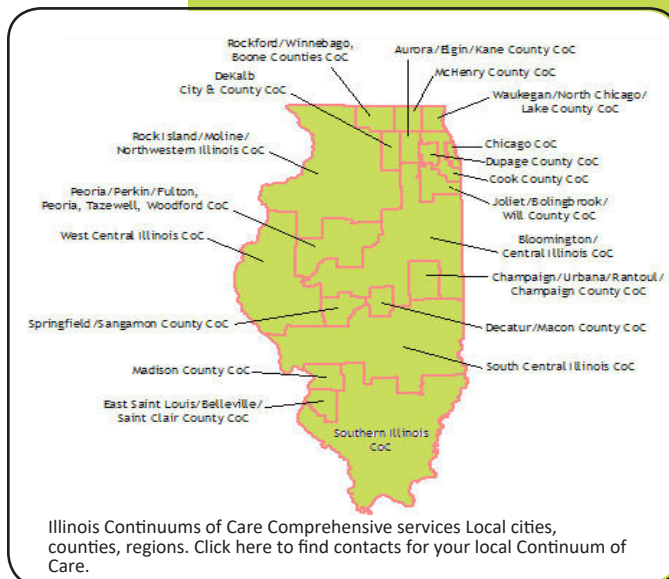
- 📍 Local legal assistance agencies locator
Local cities and counties
<http://www.illinoislegalaid.org>
- 📍 Illinois Legal Self-help Centers
Statewide
www.illinoislegalaid.org/index.cfm?useaction=directory.selfHelpCenterList

Medical Services

- 📍 Health & Medical Services
Statewide
<http://www.dhs.state.il.us/page.aspx?item=29722>
- 📍 Low Cost Health Clinic
Statewide
 - ✦ http://findahealthcenter.hrsa.gov/Search_HCC.aspx?byCounty=1
 - ✦ http://freeclinicdirectory.org/illinois_care.html
- 📍 Prescriptions / Free Clinic
Statewide
<http://www.needymeds.org/>
- 📍 Illinois State Dental Society
Statewide
<http://www.isds.org/findDentist/index.asp>

Internet Services

- 📍 Free Computer and Internet Lessons
<http://www.gcflearnfree.org/computers>
- 📍 Internet How-to Guide
<http://www.learnthenet.com/how-to-get-started/>
- 📍 Libraries in Illinois (Free access)
Local cities and counties
<http://www.publiclibraries.com/illinois.htm>
- 📍 Illinois Internet: Service Providers in Illinois
Local cities and counties
<http://www.internetproviders.org/in/illinois.php>
- 📍 Illinois ISPs
Local cities and counties
<http://illinois.theispguide.com>



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