



Finding Solutions

KENNETH YOUNG CENTER: Community Mental Health and Senior Services Vol. 27 Summer, 2009

A Jewel

Nena Bell is a Family Resource Developer for KYC. That means she is a parent who has gone through a mental health crisis with her own child and successfully navigated the mental health system. Now she works to empower parents and families to use community and peer resources to get through crises with their children.

In Nena's case, when her own son had mental health problems and was receiving care, his school linked up Nena with "Families Helping Families", a peer support group for parents of at-risk and special needs youth. She later became a leader for 'FHF' groups, encouraging communication, sharing, and parent/professional partnerships. She became a member of the IL State Board of Education Technical Assistance Team.

Then Nena became a Parent Mentor at KYC, assisting parents in learning and fine tuning skills needed to be successful for their children struggling with mental health issues. Again, her own experience raising a child with mental

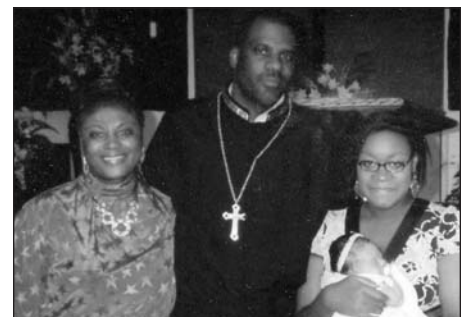
health needs helped her know how to be the best kind of caring helper. Now she includes parent mentoring skills in her current job: Family Resource Developer. When children come into KYC's Screening, Assessment and Support Services (SASS) program for at-risk youth, they are in an immediate crisis in which they may be in danger of self-harm or harming others. It's never just the child who needs help. As the KYC crisis worker works with the child, Nena works with the parents. She guides the family after the initial crisis to access resources to help their child stabilize in the community. She encourages them back into what she calls the "natural flow of the family".

Since she's "been there" with her own child, she can bring excellent guidance and support. She participates in home and hospital visits, school meetings, juvenile hearings and family visits to juvenile detention. She helps families gain access to resources like finances, health care, housing, employment or education. She helps families support the child who is the primary "client" at KYC.

Years ago Nena was a mentor to a young girl, Theresa, whose mother had passed away. Theresa was being raised by her dad. He needed support and she needed a caring female role model. Theresa is now a mother with a child of her own.

Nena has stayed in her life and participated in the birth and dedication of her child. Nena says she always wanted to make a positive difference for families. She knows that "change isn't easy, but it's inevitable if things are to get better".

Theresa says Nena has been "an angel" in her life and others have referred to Nena as "my sunshine". The Sonya Peterson Award Committee, in naming Nena the first adult to receive their award for her caring and compassionate work, refers to her as the "jewel" in the community. People like Nena help families during very difficult times in moving on through to the other side.



Mitch Bruski letter	2
Child & Adolescent Team	2
Golf Outing	3
Going "E"	3
Thank You	4
Congratulations	5
Senior Services	6
Help Needed	7
Coming Events	8



Dear Friends,

The theme of this newsletter is “KIDS!” We’ve said before in this newsletter that we never serve ‘just the kid’. When a child or adolescent has a problem, the family system is a part of the solution. Parents need support, direction and often training to make things better.

Due to the current unemployment, home foreclosures and financial losses unseen in most of our lifetimes, families are under tremendous stress. Fear, anxiety and depression have brought many to our doors, especially over the past three months. Even though we used to pride ourselves on the absence of a ‘waiting list’, we currently have about 100 clients waiting to be seen.

Kids are particularly vulnerable because their families are under stress. When a child does have a mental health problem, his or her parent may not be as able to help, given other strains at home and work.

In our SASS Program (crisis services for children) last year was our busiest year. We evaluated 1200 youth for crisis service or hospitalization. This current year we will exceed 1500 children and adolescents served with psychiatric crisis service.

I’m so proud of the services we’ve developed at KYC to help both kids in crisis and children hitting rough spots, as well as their parents trying to help their kids through mental health challenges. We are also fortunate to have a positive and cooperative relationship with the school districts, police departments and social service agencies in our area, so help is there for children and adolescents.

In this newsletter you’ll learn about some issues our young clients and their families face, and how we help. You can learn more on our web site: www.kennethyoung.org.

Sincerely,

Mitch Bruski, CEO

A Conversation with KYC’s Child and Adolescent Team

During a visit to the Child and Adolescent ‘Outpatient’ Team, we discussed how this team uses individual, family and group therapy, parent support, skill building and case management to help children and adolescents.

Many of the kids served by this team are going through transitions. They may not have a diagnosis of a major mental health disorder per se, but they’re struggling through changes like moving, custody, someone in the family dying or getting sick.

One team member put it this way: “We teach kids how to jump hurdles.” Their job is to continue their development. Things get in their way, and we help them over the hurdles by giving them skills and understanding to succeed.

Another clinician shared: “A big difference between therapy for kids and

adults is that our clients don’t want help! It’s their parents who are seeking it for them, while adults come in and ask for help for themselves.” Part of our job is to help the kids know why change is important and that life can be better than it is now, so the first step is for kids to agree that this process can be something they’ll buy into.

Parents are concerned and want to help, but they often need their own skill-building. That’s why parent education, support, mentoring and classes are helpful. The family typically has many challenges and threats to its stability, so case management is important to help address issues of a more global nature.

Children’s Groups at KYC address issues like developing social skills (*Saturday Club*), overcoming depres-

sion (*Taking Action*), handling anxiety (*Coping Club*). Several groups for teens address a variety of issues to help kids manage their anger, build healthy relationships, decrease destructive behaviors, combat depression and build social skills.

Parenting groups provide a place to get support from other parents while developing skills in things like setting limits, taking charge, parenting children with ADHD, and learning about “Parent Power”, a system of helping kids modify their behavior to increase prosocial interactions.

While most of our programs help kids deal with their problems, one of our programs, Positive Youth Development, strives to reach kids before problems occur and prevent them from happening. PYD not only reaches out to help youth make good

KYC Golf Outing

- WHEN:** Wed, August 12, 2009
- WHERE:** Bloomingdale Golf Club
181 Glen Ellyn Rd, Bloomingdale 630.529.6232
- AGENDA:** 6:15 – 7:15 am Registration and Continental Breakfast
7:30 am Tee Time for Shotgun/Scramble
Lunch and Raffles, including Split-the-Pot, will follow golfing
- GOLF FEES INCLUDE:** continental breakfast, green fees, golf carts, goody bag games, lunch buffet and more!
- GAMES:** colored ball, 36" string, chip shot, mulligans, marshmallow game
- CONTESTS:** hole-in-one, closest to pin, longest putt, foursome with lowest score, longest drive in fairway (for men & women)



YOU WILL LOVE THIS GOLF OUTING!

Contact Fran Kirk at 847.524.8800 x103 or frank@kennethyoung.org

A Conversation with ... continued from page 3.

decisions and healthy choices they also help professionals broaden their skill base so the professionals can better help kids in the community. This spring they sponsored 'The Power of Positive Parenting: A Skill Building Training for Professionals Working with Families'.

Therapists, case workers, school personal and prevention professionals learned the core features of parent management training, and how to incorporate the training of parents to engage in positive discipline techniques into the ongoing practice of children's mental health services. Using positive parenting techniques helps parents in multi-problem, highly stressed families from focusing solely on punishment to set limits and helps strengthen and repair the parent child relationship.

Going "E"

Our newsletter is going

electronic.

Please send an e-mail to email@kennethyoung.org so that your e-mail can be added to our list. You can just type "newsletter" in the subject line, or if you feel like leaving a message you may. Our intention is to send out a monthly link to a "Mid Month Memo" of upcoming events, educational feature stories, Resale Shop sale calendar and coupons, volunteer opportunities and links to information that can help you. These mini-newsletters will also be viewable on our web site:
www.kennethyoung.org.

This coupon good for

HALF OFF

your purchase of

\$20 or more

(excluding furniture)

at

KYC Resale Shop

1150 S Roselle Rd

Schaumburg

(expires 9/01/09)

Thank You To:

Gloria DeBiasi - for Village Grove's Hotdog Fundraiser

Longtime KYC volunteer Gloria DeBiasi organized a Hotdog Fundraiser at Village Grove Apartments in April. A packed house (and the complex's mailman) enjoyed lunch for \$3. Donations were also collected. \$500 was raised by the residents, thanks to Gloria and Village Grove staff.



First Midwest Bank in Itasca Employees - for Easter Baskets

Thirty Easter baskets were donated to needy families whose children are served by KYC. Toys, treats and colorful wrappings made the gifts a big hit with the children.



Corporate sponsors - for supporting KYC's WALK

Our deep appreciation goes to these sponsors of the walk:

- Alexian Brothers Behavioral Health Hospital
- Alexian Brothers Health System
- Argosy University
- Harris Bank NA
- K&M Printing
- Esco Technologies Foundation
- Workplace Solutions EAP
- Gullo International
- WTMX



Walkers, Sponsors, Donors, Volunteers, Committee, and ALL who participated in KYC's WALK FOR THE MENTAL HEALTH OF IT!

310 walkers and 24 dogs walked three miles to celebrate the work of KYC, raise money and raise awareness about mental health and mental illness. If only we could mention every name! See all the photos at www.kennethyoung.org.

Esco Technologies Foundation - \$15,000 grant to expand KYC's Parent Mentoring Program

Parenting a child who is functioning well is difficult enough, but to parent a child struggling with problems is truly

an uphill battle. Parent mentors spend time in the family's home observing, providing feedback and helping parents fine tune skills to be successful parents for children struggling with mental health issues. Parents learn to better manage mood, behavior, time, money and stress. Thanks to Esco Foundation more parents will receive these vital services.

California Pizza Kitchen - for 20% Day Fundraiser

Diners at California Pizza Kitchen enjoyed a meal while benefiting KYC. The Schaumburg restaurant donated 20% of all money spent by diners who presented a KYC certificate. Yummy and beneficial!

Peg and Tony Vallillo

Thanks, Peg and Tony, for 16 years service on Senior Advisory Council. Happy Retirement!



Schaumburg AM Rotary Club

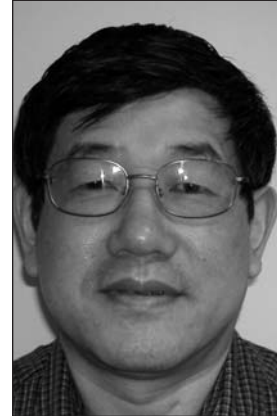
The Schaumburg AM Rotary is sponsoring the Schaumburg Flyers vs. Fargo Redhawks game on Thursday, July 30. The game begins at 7:05 p.m. – gates open at 5:35 p.m. Tickets are \$10 for reserved seats and \$5 for lawn. 100% of your support will help people from your communities and bring quality to their lives. A portion of the proceeds will benefit Kenneth Young Center. Contact (847)895-3989 or www.rotary-fundraiser.org to reserve your tickets today.

Congratulations Gongmin Mou

KYC's Information Systems Manager Gongmin Mou has received the Ellen T. Quinn Award for excellence in the field of mental health. Gongmin dedicated 20 years to developing a user-friendly client information system that holds vast amounts of data. Kenneth Young Center uses this system, and now 35 mental health agencies throughout Illinois use it, too.

The work he has done is the ultimate intersection of administrative and clinical commitment – currently so crucial to the survival of mental health centers. For years, he insisted on having his office adjacent to clinicians so he could use their feedback in the design of digital progress notes, treatment plans and assessments. He is devoted to creating a system designed by mental health providers for those providers, not by technicians who sell to providers.

Gongmin is both brilliant and a gentleman. He could have taken his talent to the for-profit world and attained enormous financial success. Instead he chooses to work in the non-profit sector and devote his time to assuring that mental health centers in Illinois are able to capture as much funding as possible in order to provide services to the neediest in the community, and ease the burden of paperwork that providers are required to complete.



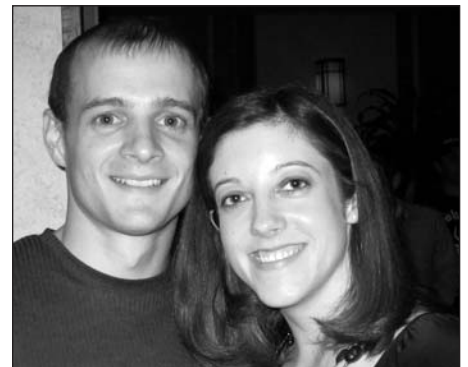
Congratulations Andrew and Erin Schaus

Andrew and Erin Schaus were our nominees for the Village of Elk Grove Volunteer Award.

Andrew is an engineer by day. He enjoys helping with 'handyman' chores in his spare time, and responded to our notice that we were looking for a handyman to help seniors. Andy and his wife Erin grew up in Elk Grove and wanted to serve their community together. Andy goes into the homes of elderly residents, usually a couple of times a week, to help with things like installing grab bars, hanging curtain rods or pictures, fixing a leaky toilet or doing repairs. His wife Erin often comes along to visit with the senior who is being served. The visit means a lot, as do the chores and repairs.

Jean LaSpisa coordinates the handyman requests from KYC senior clients. Jean says Andy's career as an engineer qualifies him to bring all sorts of great solutions that otherwise would have caused a financial burden on the senior. Jean says the clients love Andy and Erin. She says Andy's a dynamo who will tackle anything and who is very generous with his time.

This young couple has entered into service to their community in a significant and caring way. We are so grateful for their volunteer help and wanted to recognize their good work with this nomination.





Senior Services

Daxa Sanghvi, Caregiver specialist, writes this ongoing informational column for caregivers of elderly clients. In this issue she addresses the topic of Grandparents Raising Grandchildren.



Grandparents and their grandchildren have a special kind of relationship. But some grandparents are actually raising their grandkids. They have taken on the parent role; there's no sending the children home; it's a full-time job that can bring gratification as well as physical, emotional and financial stress.

Some of these grandparents are struggling because they are not aware of or cannot access the benefits to support their efforts. Sometimes they have limitations due to their own poor health or they do not have legal status or they do not know how to obtain benefits or navigate within legal boundaries.

When a grandchild is being raised by a grandparent, it is an adjustment for both of them. There are several factors involved: the circumstances that led to this situation, grand-

parent's physical ability to provide care for an energetic toddler or to meet emotional needs of a teenager, financial resources, legal status, involvement of the parent etc. Managing all these can become challenging for a grandparent. It is best to seek assistance in navigating the maze of resources and benefits.

Adjusting to the new situation can be another challenge for grandparents as well as grandchildren. Make sure to keep the channel of communication open, express your ideas and feelings, be non-judgmental, be supportive and understanding, and forgive others and yourself. Try to engage in some fun activity that you can enjoy as a family. It can be cooking meals together, playing games or walking in the park.

Resources in our Area for Grandparents Raising Grandchildren:

Kenneth Young Center has services for children and families that can help you look at your options, access benefits and obtain support.

Support groups provide support, information & resources for grandparents raising grandchildren. For either of these support groups, Contact Linda at (847) 640-9590:

- Children's Home & Aid Society, Our Savior Methodist Church, 701 E. Schaumburg Rd, Schaumburg IL (first Monday of month, 10 to 11:30 am)
- Children's Home & Aid Society, Euclid School, 1211 N. Wheeling Rd, Mt. Prospect IL (second Thursday of month, 7 to 8:30 pm)

Advocacy office for Children and Families ---
1-800-232-3798

- Contact them regarding child welfare issues including adoption and guardianship.

Illinois Department of Human Services----1-800-447-6404

- Can provide financial assistance, medical card, child care, food stamps etc.

Illinois State Board of Education-----1-866-262-6663

- Assists with school enrollment, special education issues etc.

Illinois Department on Aging----1-888-252-8966

- Info on support groups, health care, special needs, legal assistance, advocacy, visitation, etc.



Warm weather would allow you to enjoy outdoors and nurture your spirits so take advantage of it.

Feel free to contact me if you have any comments, questions or feedback.
Daxa Sanghvi, Caregiver Specialist, 847-524-8800, ext. 168

Upcoming events for Caregivers of Seniors:

CAREGIVER SUPPORT GROUP continues to meet at KYC 3rd Wednesday of the month.

POWERFUL TOOLS FOR CAREGIVERS is being offered at KYC on Fridays, July 10, 17 and 24th from 10:00 a.m. to 3:00 p.m. Contact Daxa if you are planning to attend.

Kenneth Young Center **VOLUNTEER HELP NEEDED** Summer '09



- KYC counsels adults, children and families through difficult times.
- We help elderly people manage in their own homes.
- We guide people with serious mental illness back to independence.

- Help a senior:**
- meals driver
 - money management helper
 - visitor
 - shopper
 - handyman
 - red tape cutter

- Help an adult with mental illness:**
- friendship volunteer
 - psychosocial rehab aide
 - Saturday social group

- Help with events:**
- 8/12 Golf Outing
 - 9/12 House Walk
 - 11/21 Fashion Show

- Help at KYC Resale Shop:**
- shop volunteer
 - monthly cleanup
 - cashier
 - solicitor of donations

- Help us with your special talents. Is ONE of these true of you?**
- Do you know "Donor Perfect" software?
 - Are you great on social networking sites?
 - Do you have expertise to help promote our Resale Shop?
 - Are you an artist?
 - Are you very strong? ...VERY strong??
 - Do you love making phone calls?
 - Do you like to organize events?

... Do WE have the volunteer job for YOU!

Kenneth Young Center 1001 Rohlwing Rd Elk Grove 60007 847.524.8800x156 www.kennethyoung.org



HUGE SALE Warehouse Furniture and Décor

Friday June 5, 10 - 6:00 and Saturday, June 6, 10 - 2:00

Takes place at 2315 Landmeier Rd, Elk Grove Village IL 60007
(Just west of Touhy/Higgins on Landmeier Rd, south side, brightly colored building)

Thanks to Giovanni Gullo with Gullo International Development Corporation & many businesses who have left behind some great donations, you will find:

- | | |
|---|---|
| <ul style="list-style-type: none"> • desks • file cabinets • love seats • credenzas • chairs • tables | <ul style="list-style-type: none"> • décor items • rotisseries • exercise equipment • office supplies • and many, many surprises • ...some of these items in bulk |
|---|---|



DON'T MISS IT! All proceeds will benefit Kenneth Young Center.

For more information call 847.524.8800 x103; photos at www.kennethyoung.org



Kenneth Young Center

Community Mental Health and Senior Services
1001 Rohlwing Rd.
Elk Grove Village, IL 60007

ph (847) 524-8800
fax (847) 524-8824
deaf relay 711
net www.kennethyoung.org

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forward it to a friend



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Coming Events:

- June 5 and 6 Furniture and Décor Warehouse Sale to Benefit KYC
Tables, chairs, office supplies, décor, surprises
Friday 10 - 6; Saturday 10 – 2. Photos on www.kennethyoung.org.
- July 30 Schaumburg Flyers 'Rotary Night' Gates open 5:35; game at 7:05
Schaumburg AM Rotary is sponsoring Flyers vs. Fargo Redhawks.
\$10 reserved seats, \$5 lawn. 100% of your support will help people from
our communities. A portion of proceeds will benefit KYC. (847)895-3989 or
www.rotaryfundraiser.org
- August 12 KYC Golf Outing
Bloomingdale Golf Club
Don't miss the 'early bird' cutoff, July 1, for bargain price.
- September 9 KYC Volunteer Dinner at Belvedere
You ARE the best! Thank you to our 400+ volunteers!
- September 12 KYC 'Finding Solutions' HouseWalk noon to 5 pm
A NEW event! Elk Grove tract homes that have been built out, built up,
renewed and reinvented! (Here's your chance to get inside and take a
peek at some great examples of feeling good, doing better and finding
solutions.) Info at 847.524 8800 x119