



# Kenneth Young Center Newsletter

Special Edition



## National Mental Health Awareness Month

### In This Issue

|                                 |          |
|---------------------------------|----------|
| John's Success Story.....       | Page 2   |
| Mental Illness Facts.....       | Page 3   |
| Ask the Expert.....             | Page 4   |
| Life in the Shadows.....        | Page 5-6 |
| Upcoming Events.....            | Page 6-7 |
| Volunteer Opportunities.....    | Page 8   |
| Resale Shop Sale Calendar ..... | Page 9   |

# May is National Mental Health Awareness Month

May is an important month to Kenneth Young Center - it is National Mental Health Month, as well as National Older Americans Month. Since we provide the community with mental health and senior services, we thought it was important to make this month's newsletter special. Together, our community can raise awareness and be healthier!

## Success Story

More than 20 years ago, John was married with a four-year-old daughter, two cars, a motorcycle, and was about to close on a house.

Then in a very short span of time, he began hearing voices - he had a "nervous breakdown" and found himself in a catatonic state. He was diagnosed with schizoaffective disorder with bipolar tendencies.

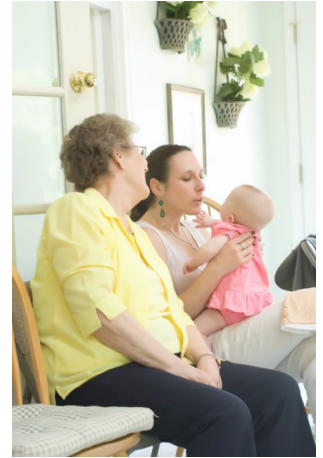
He was already in recovery from alcohol and drug addiction, so he didn't want to take medication and risk developing any form of addiction or dependency. That is when John found his way to Kenneth Young Center and joined a "dual diagnosis" group (substance abuse and mental illness).

John met with counselors and a psychiatrist, who helped him accept the fact that he would need to take psychiatric medications in conjunction with counseling to live a normal life. Several years later, John felt he was well enough to stop taking his medications. That was a mistake, because shortly thereafter, he changed jobs, lost jobs, lost a close friend and lost his home. Once again, he felt as if he hit rock bottom.

After another stay in a psychiatric hospital, John got on back the correct medications and entered Kenneth Young Center's Psychosocial Rehabilitation Program (PSR). "PSR helped me with structure, support and counseling," John said. After a while, John found he was attending PSR to help others more than to help himself.

Today, John has moved on. He has his own place, works a steady job, and has reconnected with his daughter. John is proof that with time, treatments, support and wiliness to get well, a person can heal and live a happy life.

# Mental Illness Facts



## Mental Illness

- One in four adults—approximately 57.7 million Americans—experience a mental health disorder in a given year.
- Half of us will experience some form of mental illness in our lifetime.
- 43% of all adults suffer adverse health effects from stress.
- By 2020, Major Depressive illness will be the leading cause of disability in the world for women and children.
- Families from all walks of life are affected regardless of age, race, income, religion or education.

## Children, Adolescents and Young Adults

- Mental illness usually strike individuals in the prime of their lives, often during adolescence and young adulthood.
- Approximately one in 10 children live with a serious mental or emotional disorder.
- One-half of all lifetime cases of mental illness begin by age 14, three-quarters by age 24.
- Depression now strikes 20% of all teens.
- Early-childhood trauma can lead to memory problems and mental and cognitive declines later in life.
- 50% of students who attend college drop out or fail out. Stress is the biggest life issue that students say affects their studies.

## Seniors

- Mental illness affects one out of every five senior citizens.
- Depression is considered the most common mental disorder of people aged 65 and older.
- Nearly one-fourth of the elderly who are labeled as senile actually suffer some form of mental illness that can be effectively treated.

## Treatment

The best treatments for serious mental illnesses today are highly effective; between 70% and 90% of individuals have significant reduction of symptoms and an improved quality of life with a combination of pharmacological and psychosocial treatments and supports. Call Kenneth Young Center if you or someone you know needs help at 847.524.8800.

# Ask the Expert

Kenneth Young Center's CEO, Mitch Bruski, is also a Licensed Clinical Social Worker. We asked him a few questions about mental health and mental illness:



**Q: I have a lot of anxiety, how do I know if I need professional help?**

A: Everybody experiences anxiety, it's a part of life for all of us. The question is, is it getting in the way of your daily schedule and normal functioning? If you are having troubles getting out of bed, getting to work and appointments on time, functioning in daily activities, or if it causes you pain that you don't wish to experience, your anxiety is sending you a message that professional help is worth exploring.

**Q: I have a loved one that I believe needs help. What can family members do?**

A: The first thing to do would be to talk to your loved one. Ask him/her what his/her experiences are. Sometimes talking about it brings it into the open and provides a sense of relief and support for that person. However, people are often resistant and in denial of the situation. In that case, you should tell your loved one your experiences regarding what you see happening. Be sure to talk about the behaviors and not attack who they are as a person. If you still experience resistance, you can always call Kenneth Young Center and ask for advice at 847.524.8800.

**Q: How does medication fit into treatment and how successful is it?**

A: For serious mental illness, medication in conjunction with brief cognitive behavioral therapy has been demonstrated to be most effective. In fact, 90% of the symptoms will improve substantially. For example, 50% of the time, prescribed medication for depression is not significantly effective at first and needs to be altered. 30% of those cases are effectively treated with a second choice of medication, and 10% are treated properly by the third alteration.

**Q: What can I do to improve my own mental health?**

A: People don't always realize that there are several things you can do for yourself everyday to improve your mental health:

- Get enough sleep. Sleep is essential to the brain for proper performance and mood management.
- Eat a properly balanced diet. Good nutrition is brain fuel, without it, the brain doesn't have high performance capabilities.
- Exercise regularly. Exercise increases endorphins, and also improves mood and self-confidence.
- Physical health is closely related to mental health, so see your doctor regularly for check-ups and for other health problems.

# Life in the Shadows

Martica King  
Peer Counselor at Kenneth Young Center

There are those of us who live in the shadows, never being seen in a true light because we are coping with mental illness. I am sorry for victims of violence like Congresswoman Giffords who was injured in January's Tucson, Arizona shooting. It is obvious that her offender, Jared Laughner, has mental issues, but don't lump us all together and assume every "lunatic" should be locked up, put away, or mocked and scorned.

Laughner is a person and he does NOT represent the vast majority of those who suffer from mental illness. Statistics show the mentally ill are far more often the victims of crime rather than the perpetrators. I do not agree with the verdict, "innocent by reason of insanity" - I believe, if you do the crime, you should serve the time regardless of your state of mind.

One in four Americans cope with some form of mental illness each year, and in the course of a lifetime, a staggering 49 percent. It is likely that someone in your family suffers from mental illness - you must realize that we are your sisters, brothers, sons, daughters, mothers, fathers, neighbors and fellow workers... to paint us all with one broad brush is grossly unfair.

If we maintain false and distorted impressions about the truth of mental illness, we are perpetuating totally unfounded fears. The stigmas are more disturbing and disruptive than the diagnoses themselves. The public must learn to look at us above the media frenzy and panic peddling against the mentally ill... look at us with the eye of the "Golden Rule." The mentally ill population is filled with good hearted, honest, gentle and intelligent folks who are less likely to be violent than the so-called "normal" population.

In spite of the negative perception, there is a positive movement underway - the Recovery Movement. There is hope and evidence of success in treating severe mental illness. The expectation is recovery, and not thinking we are condemned to a hopeless, hapless life. Statistics show that 70-90% see a reduction in symptoms with treatments and lifestyle changes.

Community mental health centers provide solutions through and outreach of services that include psychiatric services, counseling, recovery education, and peer support. The community mental health center is also the most effective and cost efficient way to assist the mentally ill today, but sadly, funding is increasingly being restricted and access to help is being reduced - we need government and private funding.

So, as you look into the faces of those with mental illness, know that each person is unique. Just as you would not fear a person with cancer or assume all cancer victims are

alike, do not assume all victims of mental illness are alike either. But just as you do with a cancer victim, show compassion and understanding, not hatred or loathing towards the mentally ill. You may find yourself dealing with it in your own family, so please treat us as such.

For more information or to make a donation please call 847.524.8800.

## Upcoming Events

### May 9

***Assistive Devices = An Easier Life with Independence.*** A seminar to help seniors and their families understand how technology and new devices can help seniors maintain independence by utilizing creative solutions, modifications and adaptations.

**When:** Monday, May 9, 2011  
4:00 to 8:00 p.m.

**Where:** Alexian Village  
975 Martha Street  
Elk Grove Village, IL 6000

Call Daxa Sanghvi at 847.524.8800 x168 for more information

### May 11, 2011

***Legal and Financial Problem Solving for Caregiver.*** This educational seminar will provide you the necessary tools and resources needed for understanding and navigating Advanced Directives.

**When:** Wednesday, May 11, 2011  
6:30 to 8:00 p.m.

**Where:** St. Alexius Medical Center  
1555 Barrington Rd.  
Hoffman Estates, IL 60169

**Fees:** Suggested donation of \$5.00

Call Daxa Sanghvi at 847.524.8800 x168 for more information

## **August 4**

***KYC Annual Golf Outing!*** Help make a difference and join us in a round of golf at Kenneth Young Center's annual golf outing! Breakfast, lunch, raffles, split-the-pot, goody bags, golfing, socializing, fun, and much more! Call Fran Kirk for more information at 847.524.8800 x103.

## **July through August**

***Take Charge of Your Health*** is a free six week program open to all older adults who want to learn to thrive, not simply survive, with chronic health conditions.

Wednesdays, July 13 through August 17, 2010

Time: 10:00 a.m. - 12:30 p.m.

Location: Kenneth Young Center  
1001 Rohlwing Road, Elk Grove Village

Cost: FREE

Call Diane Iser at 847.524.8800 x203 for more information.

## **First Monday of every month**

***Grandparents Raising Grandchildren Support Group***, a support group for grandparents to share ideas and experiences about raising grandchildren, and get information about available resources. It meets the first Monday of every month from 10:00 to 11:30 a.m. at:

Our Saviour's United Methodist Church  
701 E. Schaumburg Rd.  
Schaumburg, IL 60173

Please call Daxa Sanghvi at 847.524.8800 x168 for more information. Child care may be available.

## **Third Wednesday of every month**

***Caregiver Support Group*** for those who have a family member or a loved one who depends on them for help with shopping, driving, personal care, medicines, finances, etc. In this group, you will meet other caregivers, exchange ideas, learn about available resources, receive support and feel empowered. It meets the third Wednesday of every month from 2:30 to 4:00 p.m. at:

Kenneth Young Center, Senior Services Department  
1001 Rohlwing Road, Elk Grove Village

For more information or to register, please call Daxa Sanghvi at 847.524.8800 x168.

# Volunteer Opportunities

**KYC Resale Shop** is looking for:

- Responsible and reliable cashiers to help out at the register
- Volunteers to accept, sort and mark donated items for resale.
- A volunteer(s) with a special interest in, and love for books - the shop receives dozens of wonderful books, but we need help sorting and categorizing them.
- A volunteer with knowledge of Ebay and pricing of collectible items. KYC receives several collectible items that are sold online. We need an individual who can price, list and sell these items on the internet (particularly, Ebay).

**Translator Volunteer** is needed to help translate existing print materials (especially program brochures) from English to Spanish. It is important that this volunteer be fluent in both reading and writing in Spanish.

**Meals-on-Wheels** is in need of volunteer substitute drivers. Drivers deliver hot meals ensuring good nutrition and social contact for elderly persons home alone.

Our **HOME Support** team is looking for volunteers to help with visiting, shopping or respite for one to three hours a week. The HOME Support team works with fragile and isolated elderly clients.

**Friendship Volunteers** are needed to visit clients weekly and share friendship, role modeling, and social outings with people challenged by the stigma of mental illness.

**KYC Clerical Volunteers** are wanted to help assist staff with a variety of tasks or special projects like bulk mailings.

KYC is looking **Special Events Volunteers** to serve on a committee that helps plan and execute fund-raising projects, such as our Fashion Show, Golf Outing and 5K WALK.

Contact Colette Young if you are interested at 847.524.8800 x181  
or at [colettey@kennethyoung.org](mailto:colettey@kennethyoung.org).