



# Finding Solutions

KENNETH YOUNG CENTER: Community Mental Health and Senior Services Vol. 22 Spring, 2007

## "I Am Not My Illness"



A group of women sit around the lunch table in PSR\*. They've been asked whether they feel there is a stigma associated with their receiving treatment for mental illness. It doesn't take long for the conversation to warm up. Heads are nodding in agreement as the women share their experiences.

"We learn in PSR to take care of ourselves, but my family feels I should put myself second. I experience a stigma in my own family. I'm pegged as the one in my family who's singled out as having mental health problems. I'm labeled as 'handicapped'."

"People think we're to blame for our mental illness. Sometimes people feel superior."

"I'd like people to know that I didn't choose to have mental illness. I can't pull myself up by my bootstraps. Mental illness is not a choice; it's a condition."

"That's right. We are not our illness; we have an illness."

"I don't think people accept mental illness. It's a sickness. Diabetes is accepted, but mental illness isn't."

"It's an invisible illness. People say, 'But you look so normal.'"

"Yes, but when your symptoms flare up, that's when people get afraid."

"Sure, and besides, what's 'normal'?"

"But there are true friends who see you for the person you are."

"Still, people are judged on the basis of their illness. How can we change that?"

"We have to educate the public. We have to teach people about mental illness. We don't fit some stereotype. We're not any less than any other person. We contribute to society. We have rights. We vote. Yet we experience discrimination in jobs, with insurance..."

"There's always hope."

"I'm a wife and mother; I'm an individual; and I have a mental illness. I have a mental illness, but I am not my illness."

\*PSR is Psychosocial Rehabilitation, where people with mental illness learn to cope with their illness, the stigma, their relationships with family and others; and to manage their disorders with medications, group support, skill building groups, and self-care.



## WALK for the Mental Health of It

May 19, 2007

We'll raise awareness about mental illness, treatment and recovery:

- Mental illness strikes 1 in 5 Americans every year.
- Half of us will experience some form of mental illness in life.
- It can happen to anyone, and there are effective treatments.

We'll raise funds to help Kenneth Young Center in its work:

- counseling children, adults and seniors through crisis and turmoil
- helping elderly people manage in their own homes
- guiding people with serious mental illness back to independence and hope

WHERE: Busse Woods in Elk Grove (Area IV, Higgins + Arl Hts Rd)

WHEN: Saturday, May 19, rain or shine. 8 am check-in; 9 am start

WHAT: WALK 5K (3.1 miles)...or run, jog, roller blade, wheelchair, wheelbarrow, piggyback, whatever...dogs welcome

COST: NO registration fee. Collect sponsorships and sponsor yourself, too ... Bring your total donation the day of the walk or you and your sponsors can donate on line. \$100 in sponsorships delivered by day of the walk puts your name in a drawing for prizes! or raise \$300+ and enter our Grand Drawing

HOW: Register on the web at [www.kennethyoung.org](http://www.kennethyoung.org) or call (847) 524-8800 ext. 156 or [bettyj@kennethyoung.org](mailto:bettyj@kennethyoung.org)

and please ask your family and friends to join you and their families and friends...and theirs!

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Dear Friends,

It seems that in most of these letters I'm asking for something. This is not an ask letter; this is a 'tell' letter! I want to tell you that Kenneth Young Center is serving 20% more clients than we did two years ago. This is good because we know that 1) more people have access to our services. 2) more people are making use of our services and, most importantly 3) more people are getting better as a result.

One reason more people have access is because more individuals and families are eligible to use our child and adolescent crisis services, since eligibility guidelines have expanded to include Medicaid clients. Another reason is that each of our clinicians sees more clients than two years ago, thanks to improvements in our scheduling and reporting systems. We are also developing our group therapy offerings; groups can address certain problems in a more effective and efficient way.

More people are using our services in part because there are just more people in our community. As the Baby Boom population ages, more people are in the Senior Services category (over 60) and they are living longer.

We also believe there is a decline in the stigma around seeking help for mental health problems. There is an ongoing effort by mental health providers and advocate groups to tell people help is available and that it is a positive thing to avail oneself of it.

This coming May 19, KYC staff, clients, families, volunteers and community people will be walking together to raise awareness about mental illness and mental health issues. The more the community understands, the more we are able to help people feel good, do better and find solutions. Walk with us on May 19th in Busse Woods and be a part of the solution.

Mitch Bruski, CEO

## Anger Management Groups

Anger is a normal emotion, but when it gets out of control it can lead to the loss of a job, a spouse, even one's freedom to enjoy life.



KYC offers a ten-week group where members learn strategies to manage their anger more effectively and reduce conflict in different areas of their lives. The goal is to reduce both your emotional feelings and the behaviors anger causes. You probably can't get rid of the things that make you mad, but you can control your reactions, learning to suppress and redirect anger and calm not just your outward behavior but your internal responses.

The anger management group is an appropriate placement for those referred by the court for anger management treatment, or for anyone seeking to reduce conflict in their lives.

There is a sliding scale fee for residents of Elk Grove Township and Schaumburg Township and a set fee for members outside this area. Medicaid is accepted.

Call 847.524.8800 x136 to learn more about anger management groups at KYC.

## Anxiety Management

Anxiety disorders affect about 40 million American adults (about 18%) in a given year.



Anxiety disorders are the most prevalent and the most treatable mental health problem in America.

People who are anxious may have difficulty sleeping, feel nervous around others and find it almost impossible to relax.

They may worry daily about money, health, family or work. They may experience fatigue, physical pain and irritability.

Kenneth Young Center offers Anxiety Management groups, where members learn strategies and techniques to reduce anxiety and cope with stress. There is a sliding fee scale for residents of Elk Grove and Schaumburg Townships and a set fee for members outside the KYC service area. Medicaid is accepted.

Call 847.524.8800 x136 to learn more about these groups.

## An interview with Joe Serio



Q Joe, you're the new Manager of Child and Adolescent Services here at KYC. Why are you working with kids and why are you working at KYC?

A I like working with kids. They're still optimistic and open to change. They're growing and changing so fast. There's so much potential and hope, and their resilience is amazing. I came to KYC because of its outstanding reputation for quality services. It's a presence in the community, not just a building. I see a place where I can learn as well as contribute.

Q What's the difference between mental health services for adults and for children?

A With children we look at the situation from a 'system' point of view. It takes a special kind of training. We have to see the child, other individuals in the family, and the family system itself. We often find ourselves helping parents learn what kids need: to feel safe, to be respected, to have limits, structure and consistency, and to feel they belong. Ultimately, what children need is to be heard -- and more. Parents have to not just hear, but listen. Sometimes parents themselves have problems that prevent them being fully there for the kids. ...Then there's the reality that kids are brought here, whereas many adults seek out services on their own, so we have to work harder to engage the child from the start and build motivation.

Q What do you look forward to as a new manager here at KYC?

A For one thing, we're developing our group program for children and adolescents. There's a lot of potential there and we have a great staff to take on these groups.

Q Why would you see a child in a group, rather than one-on-one?

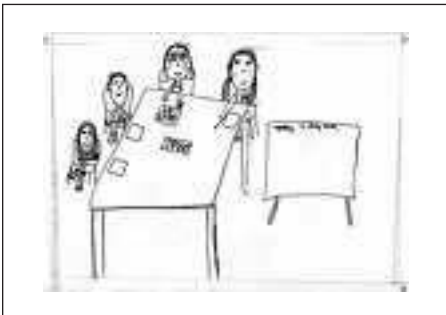
A Groups for kids are small, specifically targeted and engaging. Kids learn from each other through their successes and failures. Then there's the social support piece. It's a far more real environment for practicing behaviors, with ones peers rather than with a single adult.

Q Practice what kind of behaviors?

A For example, a social skill building group: As a kid with poor social skills, how do you approach someone you don't know? How do you ask a question without sounding aggressive or defiant? How do you make problem-solving decisions? We will also have anger management groups and psychoeducational groups for parents.

Q How do parents know when to call for help for their child?

A Kids don't change overnight, so any drastic change is a warning sign: a change in personality, in school performance, in behavior, is a reason to question what is going on with your child...if a child is suddenly withdrawn....anything out of character. And remember, a warning sign doesn't always mean it's a mental health issue, just something that needs listening to. Again, that's the key. Listen. They're trying to tell us when something's wrong.



KYC is dedicated to serving kids having problems anywhere in the mental health spectrum, from kids experiencing minor bumps on the road to adulthood to kids experiencing more serious difficulties as a result of mental illness. We help kids with all types of troubles feel good, do better and find solutions, so that they are ready as adults to be healthy active members of the community.

# Thank You!

**ADOPT-A-FAMILY** Thank you to all who participated this year. More than 500 KYC clients (comprised of children, families, adults and seniors) were “adopted” during the holidays. From the tender warm hug of a lonely senior overjoyed with being remembered, to the squealing delight of a child finding presents on Christmas morning, to the tearful gratitude in a mom’s eyes, the evidence was there that you had made a difference.

Employees of these companies contributed:

- AIT International
- Alexian Cardiovascular Group
- Citicorp, Elk Grove Village
- Elk Grove Park District
- Farmers Insurance (Gene Vanko, agent)
- Greater O’Hare Business Association
- Motorola
- NNR Logistics
- Oxford Industries, Elk Grove Village
- Sprint
- Cook Co Circuit Court – Rolling Meadows



In addition, the Volunteer Center “Caring Hearts Community Drive” provided gift cards for groceries and toys. More than a dozen individuals

from the community and from KYC staff donated items for adults and children. Donna McGuire, Andrew Wagner and Gene & Marie Vanko got their children involved to remember other families.

KYC clients and staff send a heartfelt “thank you” to all for your kindness and generosity.

**TURKEY DINNERS** Thank you to Jaine and Larry Monroe, who organized 20 of their friends to purchase over 20 pre-cooked turkey dinners for our clients, and helped staff hand-deliver them. This has been a tradi-



tion for this group for the last four years. Thank you very much from the staff of KYC.

**MITTENS** Thank you, Rose Meehan, for knitting enough hats and mittens to bring winter warmth to nearly 100 children. You used yarn remnants from your neighbors at the senior apartment complex and worked throughout the year. And we understand you’ve started on next year’s batch already. Your loving efforts brought smiles to many faces.



**BASKETS** Thank you to the Schaumburg Hoffman Rotary for another holiday season in which needy seniors were thrilled to receive baskets bulging with needed food and personal items. Rotary is a good friend to KYC’s Senior Services program.

**FASHION SHOW** Thank you to all who helped make our November Fashion Show the biggest and most successful yet. There were 530 attendees and we raised over \$22,000! Thank you to all the attendees, child/teen models, Men in Tux, sponsors, in kind donors and the hard working committee, consisting of Jan Eaton (chairperson), Oli Amour, Donna Bartoli, Nancy Czarnik, Ruth Gilbert, Kathy



Goodwin, Jan Jacobson, Sue Koznecki, Rose Lester, Eileen Logan, Karen Maczka-Bishop, Marie Nolan, Karen Poncher, and Joan Weiss.

**AQUARIUM** Thank you to ALL the benefactors, especially Woodfield Media, RoccoVino’s, A&J Printing, Schaumburg/Hoffman Rotary and Aquarium Artists, who underwrote the cost of the beautiful aquarium which will grace our waiting room. The finished product should be installed this month. You’ll see photos in our next newsletter.

**TRAINING** Thank you to the donor who paid for an intensive leadership training program for KYC’s Management Team. This creative and meaningful gift was well received and meant a lot.

**THANK YOU**, in honor of National Volunteer Week in April, to every KYC volunteer.



This thanks also comes from our clients: the seniors who are able to stay in their own homes because of your help, and the people, both children and adults, who benefit from your friendship and encouragement as they face mental health problems.

## A Caring Heart



Nancy Helzing is this year's Caring Hearts Award nominee. Nancy recently told us she thinks it's often a hollow offer to say, "Let me know if there's anything I can do for you." She'd rather say, "Why don't I do this for you!" She doesn't wait to be asked; she sees a need and steps right in. Nancy has been active in her community in many ways, one being as a KYC Meals-on-Wheels volunteer, where her acts of kindness and respect in that position moved us to honor her.

Those seniors who receive Meals-on-Wheels are incapacitated in some way. The meals offer them a nutritious lunch they couldn't prepare on their own, a daily visit from familiar volunteer friends, and a safety check, since they are typically somewhat fragile, isolated and/or homebound. 'Meals-on-Wheels' is sometimes the only thing in a day that connects a client to the community and offers a brief chance for social interaction.

Nancy brings meals at noontime to several elderly clients who have expressed great appreciation for her friendship and help. She spends time when she can to talk a little while. If she has clients who really enjoy that, she'll rearrange her delivery route to make sure they are last and that she has time to visit awhile. She calls the family if a senior is in the hospital and makes arrangements to visit, usually bringing flowers. She even has one man who's not known for being overly friendly, standing with his arms out to embrace her when she comes to deliver. She has managed to warm his heart.

Recently a client had a major stroke and wouldn't be living on her own again. The woman's first stroke had come at about age 60 and she had difficulty speaking. Nancy's quiet friendship allowed Deanna to feel she had something to offer in the friendship. This last big stroke, at age 67, presented an occasion where Nancy didn't want to offer "Let me know if there's anything I can do." She stepped in and adopted the woman's cat. What a kindness to the woman and her family!

When we're talking about helping elderly people to finish out their lives with as much comfort, dignity and connection to others as they can possible have, it's the little, gentle acts of kindness and helpfulness that show elders they are still important. The cumulative effect, though, from the efforts of Nancy and others, is that more seniors are able to avoid premature nursing home placement because they are cared for in their homes, and more families are relieved of some of the caregiving pressures they would otherwise have to bear.

Nancy represents the caring, compassion, and deep respect for the people she helps, that exemplify what is special and valuable about a volunteer friend.

### Talk to Us!

Do you like receiving our newsletter?

If you wish to discontinue, please contact Betty Jones at 847.524.8800x156 or [bettyj@kennethyoung.org](mailto:bettyj@kennethyoung.org).

If you'd rather receive our newsletter via e-mail, please send your e-mail address to [bettyj@kennethyoung.org](mailto:bettyj@kennethyoung.org).

If you have a suggestion for content or style of our newsletter, we'd like to hear that, too.

## SENIOR COMMUNITY

### News and Events from KYC Senior Services

*Some people who know about KYC's Mental Health Services don't know about our Senior Services; some familiar with Senior Services don't realize we're a Mental Health Center. Daxa Sanghvi, Caregiver Specialist in Senior Services, presents this ongoing informational column for seniors and their families, to bring you information about resources and to tie it all together.*

### Coping with Challenging Behaviors....



When a loved one has memory loss and communication becomes difficult, often it is associated with challenging behavior. Understanding the disease process is the first step in dealing with the behaviors resulting from the person's cognitive impairment. Communicating your own needs to get some help, and coordinating efforts, help cope with this situation. This may involve the other family members, paid help and the medical staff.

3/15/07, 3:30 to 5:00, Arden Court, 1940 Nerge Rd, Elk Grove Village. Please call 847 534-8815 for reservations; walk-ins welcome.

### Managing the Stress of Caregiving

Caregiving is full of ups and downs; how you survive depends on how you manage your responsibilities as a caregiver while you continue to take care of yourself. Get a road map on how to recognize stress, manage responsibilities and cope, while preserving your sense of well-being.

4/26/07, 9:00 to 10:30, Arden Court, 1940 Nerge Rd, Elk Grove Village. Call 847.524.8800 x189.

### Home Again

While most older adults wish to live in their own homes for as long as possible, illness or injury sometimes changes their plans. A new pilot program from the Illinois Department on Aging, **Home Again**, can help seniors 60 and older who reside in a nursing facility but want, and are able, to return to the community.

Some entered nursing homes because they were not aware of community based services available; others entered for rehabilitation but were not able to return home. Home Again workers visit seniors in the nursing facility and determine whether services in the community could help them manage in a more independent setting. To learn more, call KYC Senior Services 847.524.8800 x113.

## Think About This!

The Pension Protection Act of 2006 allows taxpayers who are 70½ years old to make charitable gifts directly from their traditional or Roth IRA tax-free. These funds can be a direct transfer to Kenneth Young Center, a qualifying charity. There are several provisions with this, so talk to your investment company or accountant today about this great opportunity.

Don't throw away the donation envelope that fell out of this newsletter. If you can't use it now, please keep it on your desk. Perhaps in the coming months something will happen that will move you to help others through KYC. Many donors do so in gratitude for help a friend or family member has received.

Some employers match the amount you donate to a charity. Some even donate "dollars for doers" and will make a contribution in proportion to the number of hours you volunteer for Kenneth Young Center. Ask your employer.

Use this coupon at our Kenneth Young Resale Shop. You'll be surprised at the quality and variety you'll find, and our Spring clothing will be out this month.

✂

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**Kenneth Young Resale**  
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Schaumburg  
847.891.0978  
(expires April 30, 2007)



March 07

## Kenneth Young Center

1001 Rohlwing Rd  
Elk Grove Village  
Help Needed



Please post

# Help Needed

### Did you know:

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

**Please join us.** Be a friend/helper to an elderly person...Deliver Meals-on-Wheels...Be a mentor to a child or adult needing support and friendship...Work at KYC Resale Shop...Serve on a Special Event Committee...or talk to us about how you can bring your special skills and energy to KYC.

### The most pressing needs at this time are:

**Cashiers:** Have fun running the register and interacting with customers! We have several morning shifts (10 to 1) and afternoon shifts (1 to 4) where we could use another cashier. The shop is at 1150 S Roselle Rd (Wise and Roselle) in Schaumburg.

**Friendship:** Meet a woman who is struggling with the social isolation of mental illness and will benefit from your companionship and acceptance as you spend an hour or two together once a week.

**Golf:** Join our Golf Committee to plan for our August Golf Outing. You'll be soliciting support, encouraging attendees and helping plan the event.

**Money Management:** Be matched with a senior who can use your help with simple budgeting, opening mail, writing checks, with some friendship thrown in.



**Meals-on-Wheels:** Give about an hour and a half once a week over the lunch hour. At this time we need a driver every other Thursday in Elk Grove Village.

**Resale Auxiliary:** Join our newly-formed auxiliary. We are pursuing creative ways to promote the resale shop, bring in new customers and solicit wonderful donations for resale.

**Clerical Help:** Can you give a few hours a week (or sporadically, as needed) to help with data entry, mailing projects, phone calls and other clerical tasks? We'd also love to find someone trained in the Donor Perfect computer program

**Group Opportunities:** Call to learn how your group can have a fun event or spend an afternoon helping KYC, while building friendships among your group. Consider supporting our walk in May. Get together a team and raise money to support KYC's work.

*Kenneth Young Center is the Elk Grove-based center for community mental health and senior services. Our "home area" is the two townships of Schaumburg and Elk Grove. We specialize in counseling for adults and children, individuals and families; assessment, stabilization treatment and rehabilitation for those with mental illness, and in-home support coordination for elderly people.*

**To learn more or to volunteer** contact Betty Jones: 847.524.8800 x156, [bettyj@kennethyoung.org](mailto:bettyj@kennethyoung.org)

## KYC COMING EVENTS:



### Kenneth Young Center

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

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|-------------|--|
| March 15    | <b>Coping With Challenging Behaviors:<br/>Communicating Effectively with Families</b><br>Daxa Sanghvi, KYC Caregiver Specialist<br>Seminar at Arden Courts, Elk Grove<br>for caregivers of seniors (Call 847.534.8815) |
| March 15    | <b>Attachment Disorders and Intervention Therapies</b><br>9:30 - 12:30 Clinical Seminar at KYC<br>Professionals receive 3 CEUs. (Call 847.524.8800 x141)   |
| April 13    | Cinematology Movie Night 7-9:30 pm at KYC<br><b>As Good As It Gets.</b> View and discuss this film.  |
| April 26    | <b>Managing the Stress of Caregiving</b><br>Seminar at Arden Courts, Elk Grove<br>for caregivers of seniors (Call 847.524.8800 x1689)  |
| May 4       | Cinematology Movie Night 7-9:30 pm at KYC<br><b>One Flew Over the Cuckoo's Nest.</b> View and discuss  |
| May 19      | <b>Walk for the Mental Health of It,</b> Busse Woods<br>8am check-in and pre-walk fun; 9 am start  |
| June 1      | <b>Illicit Drug Abuse Trends in the Chicago Area</b><br>8:30 –to noon at Poplar Creek Country Club<br>CEU's for professionals. Call 847.524.8800 x162  |
| June ---    | Village of Elk Grove <b>Flea Market</b><br>To benefit Kenneth Young Center<br>-- more details -- and the exact date -- to come   |
| August 8    | <b>KYC Golf Outing,</b> Bloomingdale Country Club  |
| October 4   | <b>KYC Volunteer Dinner</b> at Belvedere Banquets  |
| November 17 | KYC Fashion Show Luncheon, Belvedere Banquets<br>Theme: <b>"The Sparkle of Fashion"</b>  |