

Mental Health Matters

NEWSLETTER



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Meet Carolyn Kernan, Counselor at Kish.



Carolyn is a licensed Clinical Social Worker who received her Bachelor of Science degree from the University of South Carolina. She then went on to earn her Master's degree from the University of Illinois, Chicago. Carolyn is also a member of the National Association of Social Workers.

Carolyn has been at Kish for 10 years and in higher education for 22 years. In a recent interview we asked her a few questions:

Q: What are some signs someone may need to meet with a counselor?

A: Noticing stressors in their lives or feeling overwhelmed. Struggling between classes, daily life and these days, Covid.

Q: How do you approach counseling and what treatment do you offer a client?

A: Listen to what the students' needs are and what will help them. Students have an idea of what they want, but maybe not sure how to get it. Refer them out as needed and provide the resources that can help.

Q: What has been your greatest accomplishment when counseling?

A: Having a student continue on toward their goals. Helping them get through situations and seeing what they have accomplished after graduating from Kish.

For additional information about counseling services or to schedule an appointment, visit:

www.kish.edu/personalcounseling

If you need any assistance please reach out to Student Services at 815-825-9375 or email dlee2@kish.edu

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Learn more information on the services they offer.

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Take care of your busy mind and learn how to relax your thoughts.

Disability Services

Kish offers a wide variety of options for anyone who needs accommodations.



Providing Care, Offering Hope

Sinnissippi Centers provide many services to Ogle, Lee and other counties.

SINNISSIPPI CENTERS, INC. is a community based behavioral healthcare center that has provided quality care to the Illinois residents of Carroll, Lee, Ogle and Whiteside Counties since 1966. Sinnissippi is a fully accredited behavioral healthcare agency by The Joint Commission.

Sinnissippi serves all ages ranging from 5-100 years old. The following are just some of the services offered at Sinnissippi: Crisis, Substance Use, Psychiatric and Domestic Violence. Visit the website below for a full list of services available.



SINNISSIPPI CENTERS
PROVIDING CARE, OFFERING HOPE



Interested in services at Sinnissippi?

For your convenience, offices are located in Rochelle, Dixon, Mt. Carroll, Oregon and Sterling. If needed, Sinnissippi also has a 24-hour emergency number:

24-Hour Crisis: 800-242-7642

Medicare, Medicaid, Kidcare and private insurance are accepted.

If you are in immediate danger, call 911.

R E S O U R C E S : Visit <https://sinnissippi.org>



Source: <http://strandfitnessllc.com/three-positive-thinking-tips-busy-mind/>

3 Positive Thinking Tips

Relax the mind.

Greg Putra, Director of Financial Aid & Veterans Affairs at Kish, decided to take control and change his perspective. He went from a negative mindset to a positive one. Here are 3 things that helped him along his path.

Starting a Positivity Journal. I took time each evening to reflect on my day. I focused on the highlight reel and did my best to find three things that happened that were positive. Some days were easier than others but it built a foundation of positivity.

Finding Time for Meditation. Each day I would find a quiet place and focus on my breathing for 5 minutes, slowly building up to 15 minutes. Most people who know me would likely not describe me as a fearful or angry person, but inside I was a nightmare. Meditation allowed me to begin letting go of those nightmares and start to heal myself.

Stopped believing my thoughts. I was able to listen to my thoughts and identify what was real and what wasn't. I became realistic about what I could control and what I couldn't. I also gained clarity on what was temporary and what wasn't. Over time, I was able to identify my true self and turn off the thought train that was bringing me down.

Disability Services

Kishwaukee College's Disability Services sets up educational accommodations for students with a documented disability.

To receive accommodations — documentation and an intake interview with a staff member are required. Many students don't realize a mental health disorder qualifies as a disability. Approximately 2 out of 3 students living with significant anxiety and/or depression don't seek treatment.



Accommodations Available:

- Extended time on tests
- Testing in a separate room
- Preferential seating
- Accessible furniture
- Note takers
- Accessible Text Materials
- Captionists
- Interpreters
- Brailled materials
- Audio record lectures
- Audio versions of tests

Disability Services works with students to identify resources and accommodations available to support them along their academic journey.



According to the ADA, if a student lives with a mental health impairment that "substantially limits one or more major life activities," he/she qualifies to inquire about receiving accommodations. A major life activity includes learning, working and self-care.

Visit our website for additional information on what services we provide:

www.kish.edu/services/disability-services

Disability Services (DS) is located in C1210. At this time, we are open by appointment only Monday-Friday, 8 am to 4 pm.

December 3rd is International Day of Persons with Disabilities

For more information please call 815-825-2931 or email ds@kish.edu