

Mental Health Matters

NEWSLETTER



KC KISHWAUKEE COLLEGE

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Mental Health Matters

Happy New Year 2021!

Welcome to the start of a new year and a new semester — goodbye 2020 and hello 2021. Last year brought many challenges and adjustments, but hopefully gave us opportunities to adjust to the new “normal”. Check out this issue because your mental health matters.



In February, Kish is celebrating Black History Month with our *Brown Bag Series* featuring the 2021 theme. Details for the *Brown Bag Series* are located on myKC.

For more information on Black History Month and the 2021 theme, please visit: <https://asalh.org/black-history-themes/>

RE M I N D E R

February 17 is:
Random Act of Kindness Day



In March, we celebrate Women's History Month. This month is a celebration of all the many accomplishments and contributions women have made in history. To learn more about Women's History Month, please visit: <https://www.womenshistory.org/womens-history/womens-history-month>

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The Kish Food Pantry has some special offerings for the Spring 2021 semester.

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



Providing Direction in Life

Ben Gordon Center (BGC) has provided mental health counseling and substance abuse treatment services to the DeKalb County area since 1968.

BGC has nearly 40 counselors and therapists, that provide a wide variety of support and services, including: Mental Health Counseling, Psychiatry Services, Substance Abuse Treatment, Eating Disorder Treatment and Therapy Support Groups.

A free resource available at Ben Gordon Center is *The Living Room*. It is a safe, comfortable, non-clinical space for individuals experiencing overwhelming symptoms due to life circumstances and is offered as an alternative to our local hospital emergency rooms. *The Living Room* is housed within the Ben Gordon Center and may be utilized by any individual 18 years of age and older, who is a DeKalb County resident.



Interested in services at Ben Gordon Center?

BGC accepts most medical insurance and is an approved provider for numerous managed care companies.

BGC Response is a 24-hour, 7 day per week confidential assistance service for DeKalb County residents.

24-Hour Crisis: 866-242-0111

If you are in immediate danger, call 911.

Mental Health in the Black Community



For more information on mental health in the Black community, visit the source:

<https://adaa.org/finding-help/blackcommunitymentalhealth>

Mental health issues in the Black community can be experienced more severely due to unmet needs and other obstacles.

Many Black Americans are more reluctant to discuss mental health issues and seek treatment due to shame and stigma associated with mental illness, according to Anxiety and Depression Association of America (2020).

- 20% of Black Americans are more likely to experience serious mental health problems than the general population
- 25% of Black youth who are exposed to violence are at a greater risk for Post Traumatic Stress Disorder (PTSD)
- More likely to be exposed to factors such as homelessness and exposure to violence, that increase the risk for developing a mental health condition

Women & Mental Health

Women and men have similar rates of mental health problems — but the types of mental conditions may differ.

Recent research from the American Psychiatric Association (2017) has revealed disparities between women and men regarding risk, prevalence, presentation, course and treatment of mental disorders.



To learn more about women's mental health, visit the source:

<https://www.psychiatry.org/psychiatrists/cultural-competency/education/women-patients>

- 1 in 5 women struggle with depression, PTSD or an eating disorder each year
- 1 in 3 women has experienced a tragic event such as sexual assault, physical violence and/or stalking from an intimate partner in their lifetime
- 1 in 9 women (18 and older) have experienced a major depressive episode in the past year

Plus, barriers exist for women accessing mental health care, including: cost/lack of insurance, stigma associated with mental illness and lack of awareness about mental health issues, treatment options and services available.

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

www.kish.edu/personalcounseling



For the SP21 semester Kody's Cupboard continues to offer curbside pick-up on Tuesdays from 9:00am – 2:00 pm.

Kody's Cupboard is also offering special Food Kits each month. If you missed taking advantage of the Valentine's Night In Food Kit, keep your eyes open for the upcoming St. Patrick's Day and Welcome Spring Food Kits.



SPECIAL THANKS!

Stage Coach Players Theater Group, in DeKalb, generously donated non-perishable food and hygiene items to Kody's Cupboard in February. Since the pandemic hit, Stage Coach has been sponsoring a different community organization each month for their monthly food drive. We appreciate them including Kish in this effort!

For more info about Kody's Cupboard call 815-825-9527 or visit www.kish.edu/kodyscupboard