

Mental Health Matters

NEWSLETTER



KC KISHWAUKEE COLLEGE

APR / MAY 2021 • ISSUE 4

Mental Health Matters

Hello Spring!

Take some time to listen to the birds sing and watch the flowers bloom. Breathe in the fresh air and take some time for you — because your mental health matters.

Broaden your knowledge of these April Awareness Month topics:

Sexual Assault Awareness

Activism for sexual assault prevention became prevalent in the 1970s. This year marks the 20th anniversary of Sexual Assault Awareness Month (SAAM). The purpose of SAAM is to educate and raise awareness about sexual assault and violence. The 2021 campaign is *We Can Build Safe Online Spaces*.

According to the National Sexual Violence Resource Center (NSVRC), "online sexual harassment and abuse can threaten your sense of safety and overwhelm your nervous system the same ways harm, physical threats, and in-person events are experienced." Without treatment for sexual assault people can develop PTSD or other health issues.

For more information on SAAM visit, www.nsvrc.org/saam For local help visit, www.safepassage.org or call 815-756-5228.



Autism Awareness

Autism Spectrum Disorder (ASD) is a developmental condition that affects a person's ability to communicate and interact with others. The word "spectrum" refers to the wide degree of symptoms. People with ASD are at a high risk for mental health crisis because of the behavior challenges associated with it.

Many people with ASD are also diagnosed with anxiety disorders, depression and/or ADHD. According to Autism Speaks, 42% of those with ASD also have an anxiety disorder, 26% also have depression and 30-60% also have ADHD. There has been an increase in diagnoses of ASD due to the increased level of awareness.

For more information on Autism and Mental Health, please visit the National Alliance on Mental Illness (NAMI) at www.nami.org

Inside this issue . . .



Family Service Agency

2

Learn more about what Family Service Agency is and what they offer.

Family Support

3

It's hard to manage all the tasks in a day, but with support it is possible.

Mental Health — Tools 2 Thrive

Learn about some practical tools to help your mental health and more.

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



Family Service Agency

Strengthening individuals and families.

Family Service Agency provides counseling and other essential services to De Kalb County. They have five distinct community programs: Youth Mentoring, Children’s Advocacy Center for Counseling, Community Action Program, and Senior Services.

Children’s Advocacy Center is a child-focused, facilities-based program with representatives from many disciplines who work together to investigate, prosecute, and treat child abuse.

Youth Mentoring contributes to strengthening kids, families, and the community as a whole by providing successful mentoring programs for all children who need and want them.

The Center for Counseling staff are a diverse group of experienced, licensed professionals who can assist during life’s journey.

Community Action Program strives to help low-income families achieve and maintain their highest level of self-sufficiency by providing a variety of programs.

Senior Services strive to develop and implement a comprehensive program of therapeutic recreation, socialization, physical and mental stimulation, health education, and intergenerational companionship.



Family Service Agency exists to strengthen people and communities through healing, mentoring, and social engagement.

FSA has created Believe Big, to help them grow and expand to the needs of De Kalb County, you can help by donating on their website found below.

If you are in immediate danger, call 911.

R E S O U R C E S : Visit www.fsadekalbcounty.org or call 815-758-8616



Family Support

The Early Learning Center at Kish

Children’s Home & Aid states that children born in high-risk environments (defined by low income, young parental age, single parents and low maternal education) face significant barriers to healthy development and learning. Research shows that children from high-risk environments on average test at a 3-year-old level upon entering kindergarten.

If these deficits are not addressed, the majority of these children will face a lifetime of obstacles that can directly correlate to poor school performance.

Kish would like to help. We offer our students, faculty, staff and the community the Early Learning Center, right on campus. The ELC provides high-quality early childhood care and education for two through five-year-old children and their families. Plus, coming this fall, the ELC will add one-year-old children.

If you have decided to better life for you and your family, the obstacles you face are not always easy. Balancing kids, school and a job can make dreams seem impossible. But while you are attending Kish — we would like to help remove some of those obstacles.

For additional information about the Early Learning Center (ELC), visit: www.kish.edu/earlylearningcenter

May is Mental Health Month

The Mental Health America continuing theme for 2021 is: **Tools 2 Thrive**

Mental Health America is providing practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation.



Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year.

For more information on Mental Health Month, the observant days during the month, events, and additional resources, please visit: www.mhanational.org/mental-health-month

The 2021 Mental Health Month Toolkit includes material on the following topics:

- Adapting after trauma and stress
- Dealing with anger and frustration
- Getting out of thinking traps
- Processing big changes
- Taking time for yourself
- Radical acceptance

Download the Toolkit at: www.mhanational.org/mental-health-month

Check out these May events:

May 5, 2021: World Maternal Mental Health Day

May 6, 2021: National Older Adult Mental Health Awareness Day Symposium

May 7, 2021: National Children’s Mental Health Awareness Day: Resources and Event

May 9-15, 2021: SAMHSA’s National Prevention Week

Meet KayCee

Kody Kougar's new friend.

KayCee is here to help you with questions you may have about Kish.

Visit kish.edu

Click on Ask KayCee Available 24/7

For more info about services offered on and off campus, visit: www.kish.edu/personalcounseling