

VIRTUAL PARENT/CAREGIVER EDUCATIONAL SERIES

A 6-WEEK SERIES

TIME: 9AM-10AM

**DATES: JUNE 17, JUNE 24, JULY 1,
JULY 8, JULY 15, JULY 22**

TOPICS:

How to Talk so Little Kids Listen

How to Be a Happier Parent

**How to Help Your High Needs Child Grow their
Superpowers**

**Setting Limits and Encouraging Independence
Self-Compassion**

How Do We Handle Conflict in Families?

Simple Tools to Talk with Kids

**SCAN QR CODE
TO JOIN!**





NAMI

National Alliance on Mental Illness

**McHenry
County**

PEER-TO-PEER



WHAT IS PEER-TO-PEER?

NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos.

CONTACT:

 (224) 512-4250

 education@namimch.org

 namimch.org/workshops

**CLICK OR
SCAN HERE TO
REGISTER:**



What you will gain:

- Set a vision and goals for the future
- Partner with health care providers
- Develop confidence for making decisions
- Practice relaxation and stress reduction tools
- Share your story
- Strengthen relationships
- Enhance communication skills
- Learn about mental health treatment options

When: Saturday's
July 20th, 2024-
September 7th, 2024

Where: VIA Zoom

Time: 10:00 AM-
12:00 PM



The Special Education Process: A Training for New Teachers

FREE: 5 IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologist,
and CPDUs for School Professionals

This workshop is being provided to support McHenry County classroom teachers who are new to teaching special education. The target audience includes first year LBS1s, teacher residents in special education instructional roles, or long-term substitutes serving as special education teachers who would benefit from a basic understanding of the special education process and a deeper dive on how the pieces all fit together to meet student needs.



Tiffany Valkema, LBS1
Autism Resource Center Program
Manager at Options and Advocacy for
McHenry County




Darbi Carbone
Lead Educational Advocate
Options and Advocacy for
McHenry County

LOCATION

 McHenry County Mental Health Board
620 Dakota Street, Crystal Lake

DATE & TIME

 July 29, 2024
9:00 am - 3:00 pm



Contact Kris Doherty

kdoherty@mc708.org

[EVENT LINK](#)



Transform Your Case Notes: Introductory Training Workshop

FREE: 3 IDFP CEU's for LSW/LCSW, LPC/LCPC, Psychologist. IAODAPCA (pending)

With over a decade of successful deliveries throughout Illinois, this session caters to helping professionals at all experience levels. Case notes are essential to effective service delivery and outcomes tracking. But most people feel unsure how to structure them. You may wonder what to include (or leave out!).

After attending this training, you will be able to:

- Transform client interactions into useful documentation
- Write concise and accurate case notes
- Balance legal, ethical, and organizational goals in your case notes

What to Expect:

- An interactive 3-hour workshop (40% didactic, 60% experiential!)
- Methods and strategies for accurate, concise documentation
- Relevant exercises to transform client interactions into useful documentation



Kimberly Pilditch, LCSW
Intern Program Coordinator, Chicago
Compass Counseling

VIRTUAL TRAINING ON ZOOM

DATE & TIME



Wednesday, August 7, 2024
9:30 am - 12:30 pm



Contact Kris Doherty

kdoherty@mc708.org

[REGISTRATION LINK](#)



The Body in Grief: Supporting the Body in Somatic Healing

FREE: 3 IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologist and IAODAPCA (pending)

This training will include an overview of different types of losses and the various forms grief can take shape for clients. Traumatic themes that emerge in loss will be presented in addition to the losses that result in embodied traumatic reactions. Participants will learn about the impact loss has on the nervous system and body and how to support resilience and regulation amidst grief.

Attendees will have an opportunity to reflect on how their own experiences with loss impact their capacity to be an embodied support and witness to their clients. Reflective somatic exercises will be included to assist attendees in gaining a deeper understanding of the somatic impact of loss and transformative healing for self, families, and communities.




Becky Carter, LCPC
Licensed Trauma Therapist at
Family Resilience Group

LOCATION

 McHenry County Mental Health Board
620 Dakota Street, Crystal Lake

DATE & TIME

 August 16, 2024
9:00 am - 12:00 pm



Contact Kris Doherty

kdoherty@mc708.org

[EVENT LINK](#)



Dementia Training for Healthcare Professionals

FREE: 1.5 IDFP CEU's

There is a new IDPH requirement, HB 158, Public Act 102-004, for dementia training. Attend this virtual presentation to meet the requirement. Arlene Schiff will discuss the signs, symptoms, diagnosis criteria, and assessments for Alzheimer's disease and other types of Dementia. Attendees will learn the most common forms of Dementia, how they are treated, effective communication strategies for engaging with a person living with Dementia.

At the end of this training, participants will be able to:

- Define mild cognitive impairment, Alzheimer's disease, and other dementias.
- Understand how Alzheimer's disease and other dementias (ADRD) affect a person.
- How ADRDs are assessed and diagnosed.
- Changes in communication related to ADRDs.
- Effective strategies to communicate and care for a Person Living with Dementia (PLWD).
- Behaviors, the why's and how's of management.



Arlene Schiff, BSN, RN
Education Specialist at
Elderwerks

VIRTUAL TRAINING ON ZOOM

DATE & TIME



Wednesday, August 21, 2024
11:00 am - 12:30 pm



Contact Kris Doherty

kdoherty@mc708.org

[REGISTRATION LINK](#)



Sexual Harassment Prevention Training

FREE: 1 IDFPD CEU for LSW/LCSW, LPC/LCPC, Psychologist

The U.S. Equal Employment Opportunity Commission reports that they have received over 12,000 charges of sex-based harassment allegations every year since 2010. This highlights a significant issue in workplace culture. In order to address this in Illinois, it was signed into law that all employers are required to train their employees on sexual harassment. This training will define sexual harassment and examine the options available to those who experience it.

At the end of this training, participants will be able to:

- Discuss conduct that constitutes as sexual harassment
- Examine options available to report allegations of sexual harassment
- Identify protections for retaliation



Dr. Claire Openshaw
Licensed Clinical Professional
Counselor with a PhD in Counselor
Education and Supervision

VIRTUAL TRAINING ON ZOOM

DATE & TIME



Wednesday, August 28, 2024
12:00 pm - 1:00 pm



Contact Kris Doherty

kdoherty@mc708.org

[REGISTRATION LINK](#)

NAMI TALKS PRESENTS... A JOURNEY FROM GRIEF TO JOY

Key points:

- The Process of Grief
- Grief Changes Us
- Identifying the Essence of your Grief
- Understanding the Change that Grief Creates
- The Myth of Happily Ever After & True Contentment
- Exploring the Joy within your Grief
- Harvesting the Seeds of Joy

Date:

September 5th, 2024

When:

6:00 PM- 7:30 PM

Where:

McHenry County Mental Health Board
620 Dakota St, Crystal Lake, IL 60012



GARY RUKIN

A Licensed Professional Counselor who earned a master's degree in Community Counseling from the Illinois School of Professional Psychology in 2008. Gary worked at Thresholds in McHenry County as the Intake Coordinator from 2010 to 2021 and is currently serving as the Trauma-Informed Coordinator at the McHenry County Mental Health Board. He has conducted trainings in Understanding, Coping and Healing from Abuse and Trauma, A Trauma-Informed Approach, and Dialectical Behavior Therapy for Thresholds, the Illinois Department of Human Services, Serenity House Recovery Center and the McHenry County Mental Health Board.

Please [CLICK here](#)

or
Scan here
to register



McHenry County

COMMUNITY CONNECTIONS SUMMIT

ADDRESSING THE LONELINESS
EPIDEMIC

Formerly the
Suicide
Prevention and
Mental Health
Recovery
Conference



DR. AMANDA ALLARD KEYNOTE SPEAKER

COMMUNICATION MITIGATES LONELINESS: HOW SOCIAL
SUPPORT, COMMUNAL COPING, AND EMPATHY CAN ENHANCE
CONNECTION

- FREE CEUs
- 8+ Breakout Sessions
- Complimentary Lunch



Friday, September 13, 2024



9:00 am to 3:00 pm



SPONSORSHIP OPPORTUNITIES and exhibitor
space available!! Please contact Kris at
kdoherly@mc708.org for additional
information.

McHenry County College
8900 Northwest Hwy 14
Crystal Lake, IL



REGISTRATION WILL OPEN
BEGINNING OF AUGUST



For More Information
CLICK HERE





Overdose Education and Naloxone Training

FREE: 1.5 IDFP CEU's for LSW/LCSW, LPC/LCPC, Psychologist, IAODAPCA included

This training will teach you what opioids are, including how they work, and the current opioid overdose epidemic. You'll learn to identify the signs of an opioid overdose and how to respond effectively, including how to administer Naloxone, a life-saving medication that can reverse the effects of an overdose. We'll also discuss harm reduction strategies and important overdose prevention policies. This training is perfect for anyone looking to make a positive impact in their community by gaining valuable knowledge and skills. Together, we can help combat the opioid crisis and save lives. Don't miss out on this opportunity to make a difference!




Teagan Ferraresi
Outreach Coordinator for
Live4Lali

LOCATION

 McHenry County Mental Health Board
620 Dakota Street, Crystal Lake

DATE & TIME

 Thursday, October 10, 2024
1:00 pm - 2:30 pm



Contact Kris Doherty

kdoherty@mc708.org

[EVENT LINK](#)



World Trauma Day Training: Kintsugi & Healing from Trauma Adapting the lessons of Kintsugi to Trauma Informed Care


FREE: 5.5 IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA (pending)

Join us to explore Kintsugi as a metaphor for healing. Learn how trauma affects self-connection and relationships, understand Bruce Perry's Neurosequential Model, and discover ways to overcome unconscious bias and social stigma. The session covers emotional awareness, Radical Compassion, interconnectedness versus "The Rugged Individual," and the benefits of yoga and somatic healing. Discover the importance of belonging, Brené Brown's BRAVING framework for trust, and the healing power of music and rhythm. Embark on this journey to understand trauma and foster recovery and resilience.




Gary Rukin, LPC, MA, MS
The Trauma-Informed
Coordinator for the McHenry
County Mental Health Board

LOCATION

 McHenry County Mental Health Board
620 Dakota Street, Crystal Lake

DATE & TIME

 Thursday, October 17, 2024
9:00 am - 3:30 pm



Contact Kris Doherty

kdoherty@mc708.org

[EVENT LINK](#)

IN PARTNERSHIP WITH SPECIALTY COURTS, MCHENRY COUNTY
DIVISION OF TRANSPORTATION, AND INDEPENDENCE HEALTH & THERAPY

RIDE TO RECOVERY

Bus Route

SCHEDULE

ROUTE 1

8:30 WOODSTOCK METRA
8:45 MCHENRY COUNTY COURTHOUSE
9:15 MCHENRY METRA
9:40 CRYSTAL LAKE METRA
10:05 WOODSTOCK METRA
10:20 MCHENRY COUNTY COURTHOUSE

ROUTE 2

1:00 MCHENRY COUNTY COURTHOUSE
1:15 WOODSTOCK METRA
1:45 ROSECRANCE CRYSTAL LAKE
2:00 CRYSTAL LAKE METRA
2:25 MCHENRY METRA
2:50 WOODSTOCK METRA
3:05 MCHENRY COUNTY COURTHOUSE

ROUTE 3

4:00 MCHENRY COUNTY COURTHOUSE
*RIDERS MUST TELL DRIVER DESTINATION
STOPS FROM THE LIST BELOW. PICK UP ONLY
AT MCHENRY COUNTY COURTHOUSE.*

WOODSTOCK METRA
CRYSTAL LAKE METRA
MCHENRY METRA
MARENGO MCDONALDS
HARVARD METRA



Tracey Weston 815-342-3472 for ride information
Specialty Court 815-334-4502 for court information
**All dates/times subject to change



Association for
Individual Development

DROP-IN ACTIVITIES FOR THOSE IN MENTAL HEALTH RECOVERY

1201 DEAN ST., WOODSTOCK, IL 60098

(Located in Woodstock Assembly of God)

TUESDAY

ALL GROUPS ARE FREE TO PARTICIPATE!

10:00 A.M. - 12:00 P.M. | MOVIES GROUP: This group is for movie enthusiasts who want to watch movies that are PG or PG-13 and you choose the movie.

12:15 P.M. - 1:15 P.M. | PEER SUPPORT GROUP: Provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

1:30 P.M. - 2:30 P.M. | SPIRITUALITY GROUP: This group covers the ability for the client to identify their own personal spirituality by learning what spirituality is and how to use the skills to help them in their mental health recovery.

NOTE: THERE WILL BE NO DROP-IN GROUPS
FROM MAY 26 THROUGH JUNE 1, 2024.

WEDNESDAY

10:00 A.M. - 11:00 A.M. | MOVEMENT GROUP: This group will focus on movement of the body for physical benefits for health and release of stress and trauma held in our bodies.

11:15 A.M. - 12:45 P.M. | EXPRESSIVE ART GROUP: Provides a space for creativity and expression through various art activities with the use of art supplies.

1:00 P.M. - 2:00 P.M. | PEER SUPPORT GROUP: Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

2:15 P.M. - 3:00 P.M. | WEDNESDAY WISDOM: This group will explore different pathways to gain insight for perspective and well being.

THURSDAY

10:00 A.M. - 10:45 A.M. | WALKING GROUP: This exercise-based group is to provide time to walk a path that is pre-designed for comfort and safety.

11:00 A.M. - 12:00 P.M. | TOPIC/SNACK GROUP: This group is a time for unwinding with a snack and having a topic each week to discuss.

12:15 P.M. - 1:15 P.M. | PEER SUPPORT GROUP: Peer Support provides a format to discuss weekly struggles/successes in a safe and comfortable environment and to share wisdom with other peers.

1:30 P.M. - 3:00 P.M. | GAMES GROUP: Enjoy card games like skip-Bo, Phase -10, and Uno, and sometimes bingo if 3 or more players. Other games are also available or you can bring a game of your choice!

OPEN TO ALL MCHENRY COUNTY RESIDENTS!

(Please provide proof of McHenry County residency)

Drop-In Activities are available to all McHenry County residents, age 18 or older, free of charge.

There is no need to schedule or call ahead; just drop on in!

QUESTIONS? Contact Donna Buss, MHP/CRSS: (630) 777-7721

Individual peer support sessions are available by appointment.



**WE
ARE
HIRING**



**COMMUNITY HEALTH
PARTNERSHIP OF ILLINOIS**

**WE ARE
HIRING!**

JOIN OUR TEAM!

CHP is seeking dedicated individuals who are looking for an opportunity to make a difference in our community. All of our positions may participate in outreach and community education activities occasionally.

- **Great Benefits**
- **Competitive Wage**
- **Supportive Work Environment!**

OPEN POSITIONS:

- Behavioral Health Director
- Licensed Clinical Professional Counselor (LCPC/LCSW)
- Psychiatrist MD/ NP

Send Your Resume to Tiffany Lott:

- ✉ tlott@chpoil.org
- ☎ 312-795-0000 ext. 224
- 📞 773-415-2041

Community Health Partnership of Illinois

- 📍 205 West Randolph Street
Suite #1340
Chicago, Illinois 60606
- ☎ (312) 795-0000
- 🌐 WWW.CHPOFIL.ORG



MCHENRY RESOURCE FUN FAIR!



AID HOSTED BY:
Association for
Individual Development

WEDNESDAY, AUGUST 7 • 11:00 A.M. - 3:00 P.M.
5342 W. ELM ST., MCHENRY, IL 60050

Enjoy:

- **FREE PIZZA, REFRESHMENTS, HOT DOGS AND TREATS (WHILE SUPPLIES LAST!)**
- **FUN KID'S BOUNCE HOUSE AND EXCITING GAMES**
- **MEETING LOCAL COMMUNITY PROVIDERS**

NO REGISTRATION NEEDED! FUN FOR ALL AGES!

Meet these wonderful Community Providers:



...and more!



Behavioral Health Resource Fair for School Professionals

Come connect with area providers and learn about the helpful resources and services available in our community. Boost your ability to provide information and referrals to the families and individuals you work with. All school professionals are welcome to attend!



BENEFITS

- ✓ 40 + Providers & Organizations on-site
- ✓ Questions Answered
- ✓ Informational Material provided

DATE & TIME



August 13, 2024
9-11 am

LOCATION



McHenry County Mental Health Board
620 Dakota Street, Crystal Lake, IL

Contact Kris Doherty

kdoherty@mc708.org

[WEBSITE LINK FOR EVENT](#)

SAVE THE DATE

INTERNATIONAL OVERDOSE AWARENESS DAY

SATURDAY, AUGUST 31ST, 2024

HISTORIC WOODSTOCK SQUARE

**HOSTED BY THE MCHENRY
COUNTY SUBSTANCE ABUSE
COALITION AND LIVE4LALI**

**TO MAKE A DONATION OR
SPONSOR THE EVENT,
SCAN QR CODE**



MCHENRY COUNTY
SUBSTANCE ABUSE COALITION

LIVE  LALI



NAMI Walks McHenry County

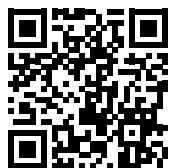
Saturday,
Oct. 5, 2024 - 9AM

Veteran Acres Park
Crystal Lake, IL



MentalHealthForAll

OUR SPONSORS



Learn more at
namiwalks.org/mchenrycounty





CHP

Community Health
Partnership of Illinois
HEALTH CENTERS

2024 Harvest Fest Masquerade Ball

Saturday, October 19 - 6:00pm - 800 N. Kinross Ave., Bradley, IL 60915



Best Mask/Best Dressed Take the Prize!

CHP's Annual 2024 Harvest Fest Masquerade Ball: Support Levels



CHP

Community Health
Partnership of Illinois
HEALTH CENTERS

Single Ticket: \$75



| PERKS Amount | FRIEND OF COMMUNITY HEALTH \$500+ | ALLY IN COMMUNITY HEALTH \$1000+ | SUPPORTER OF COMMUNITY HEALTH \$2,500+ | PARTNER IN COMMUNITY HEALTH \$5,000+ | SUSTAINER OF COMMUNITY HEALTH \$10,000+ |
|--|--|---|---|---|--|
| Name Showcased in CHP's Monthly Newsletter | ✓ | ✓ | ✓ | ✓ | ✓ |
| Name Showcased on CHP's Donor Page | ✓ | ✓ | ✓ | ✓ | ✓ |
| Seats or Table at CHP's Annual Harvest Fest | 2 seats | 8 seats | 10 seats | 12 seats | 16 seats |
| Special Acknowledgement During 2024 Harvest Fest | | | ✓ | ✓ | ✓ |
| Special Acknowledgements at all CHP's Community Events | | | | ✓ | ✓ |
| ¼ Page Simple Ad in CHP's Event Program Booklet | ✓ | | | | |
| ½ Special Page Ad in CHP's Event Program Booklet | | ✓ | ✓ | ✓ | |
| Full Premium Page Ad in CHP's Event Program Booklet | | | | | ✓ |

FOR ONLINE
DONATIONS
SCAN HERE:

FOR TICKET
SCAN HERE:



COMING FROM FAR?

THE HOSTING VENUE HAS A BLOCK OF ROOMS WITH DISCOUNTED RATES: \$94/NIGHT AND \$104/NIGHT FOR A SUITE. PLEASE CALL 815-939-3501 AND SHARE "CHP_QE IL" AS THE ROOM CODE TO BOOK YOUR RESERVATION TODAY.

THANK YOU FOR YOUR
SUPPORT