



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



Interactive Skill Building Workshop: REGISTRATION REQUIRED



815-314-4422

For questions/to register,
please email us at:

help@namimch.org to

reserve your spot

(Spaces are limited)

Location: NAMI McHenry County

In Crystal Lake



“INSIGHTS” Class for Adults 18+ in Recovery

September 12th- October 24th

**Class Time: Thursdays from
6pm-8pm**

***6 weeks of learning, support,
healing and reconnecting with
social experiences***

**Come together in a safe space
with other adults in recovery-
on a journey to build self
awareness, boost confidence,
develop wellness routines &
practice coping strategies for
healthy social maintenance**

Screening required

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



- 4.5 FREE CEUs
- 8+ Breakout Sessions
- Complimentary Lunch

Schedule and Breakout Descriptions

Friday, September 13, 2024



9:00 am to 3:00 pm



McHenry County College
8900 Northwest Hwy 14
Crystal Lake, IL



REGISTRATION IS
OPEN



[CLICK HERE](#)





Hurt People, Hurt People - Part 1

FREE: 1 IDFP CEU's for LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA (Pending)

This two-part workshop series addresses intimate partner violence (IPV) perpetrated by teenagers, examining its causes, risk factors, and effective intervention strategies. Participants will learn to identify and respond to abusive behaviors in teens, emphasizing rehabilitation and healthy relationship dynamics. The workshop aims to create a supportive, proactive community to prevent IPV among teenagers, promoting safer and healthier relationships for young people.

DATE & TIME



Tuesday, September 17, 2024
12:00 pm - 1:00 pm

VIRTUAL TRAINING ON ZOOM



Alec Consigny, BA, MHP, CDVP
Children's Domestic Violence
Advocate



Zitalli Roman, MSW,
QMHP, CPAIP,
CDVP, Partner
Abuse Intervention
Program Supervisor
at Turning Point



Elissa Crowley, BFA,
MHP, CDVP
Director of Outreach and
Community Engagement
at Turning Point



Contact Kris Doherty

kdoherty@mc708.org

[WEBSITE LINK FOR EVENT](#)

ADULT MENTAL HEALTH FIRST AID

A course designed for interfaith leaders, families,
and community members interested in learning
ways to identify and assist those experiencing a
mental health crisis.

**Saturday,
September 21st, 2024
9 am - 3 pm**

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

**This training is sponsored by the
Interfaith Mental Health Coalition of McHenry County**



**Scan or
Click here
to register**



nami
National Alliance on Mental Illness

**McHenry
County**



Overdose Education and Naloxone Training

FREE: 1.5 IDFPR 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](#)



Hurt People, Hurt People - Part 2

FREE: 1 IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA (Pending)

This two-part workshop series addresses intimate partner violence (IPV) perpetrated by teenagers, examining its causes, risk factors, and effective intervention strategies. Participants will learn to identify and respond to abusive behaviors in teens, emphasizing rehabilitation and healthy relationship dynamics. The workshop aims to create a supportive, proactive community to prevent IPV among teenagers, promoting safer and healthier relationships for young people.

DATE & TIME



Tuesday, October 15, 2024
12:00 pm - 1:00 pm

VIRTUAL TRAINING ON ZOOM



Alec Consigny, BA, MHP, CDVP
Children's Domestic Violence
Advocate at Turning Point



Zitalli Roman, MSW,
QMHP, CPAIP,
CDVP, Partner
Abuse Intervention
Program Supervisor
at Turning Point



Elissa Crowley, BFA,
MHP, CDVP
Director of Outreach and
Community Engagement
at Turning Point



Contact Kris Doherty

kdoherty@mc708.org

[WEBSITE LINK FOR EVENT](#)



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](#)

Starting September 21st!

Connect & Create!
Monthly Crafters Club
4th Saturday of each month

Adults 18+

RSVP Only: 815-314-4422 (text/vm)

Location: The Pointe Outreach Center
5650 Northwest Hwy, in Crystal Lake, IL

Supplies Available at no cost
Feel free to bring your own projects!



National Alliance on Mental Illness

NAMI

**McHenry
County**

Drop In & Join Us!



Questions?

Text us at 815-314-4422

Date	Location	Theme
August 17th	NAMI McHenry County 620 Dakota Street, CL	Choosing Wellness & Understanding the differences between mental health specialists and providers. Exploring different types of mental health support while being supported by other peers in recovery! Activity: Coping Coins
September 21st	NAMI McHenry County 620 Dakota Street, CL	Awareness about mental health and addiction recovery.. Raw Talk– Adults 18+ How have you been impacted by mental health challenges with addiction? Activity: Support & Group Discussion
October 19th	Cary Junior High 2109 Crystal Lake Rd, Cary, IL 60013	Health Literacy! Personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others. Activity: Referrals and Resources for Distress Tolerance
November 16th	NAMI McHenry County 620 Dakota Street, CL	De-Stress the Holidays—Community Potluck Activity: Decorating Ornaments with guided mediation
December 21st	NAMI McHenry County 620 Dakota Street, CL	Reflections of 2024 - Holiday Community Potluck & Games

The NAMI McHenry County “Pop Up Drop In: Mobile Recovery Support program” made possible with the generous partnership and support of The United Way of Greater McHenry County..



TOGETHER for Mental Health

Connect with us at help@namimch.org

MIDDLE SCHOOL CONNECTIONS SUPPORT GROUP

◆ For ages 11 to 14 ◆

◆ Tackle the challenges of everyday life and mental health

◆ This support group is co-led by a licensed clinical psychologist from Ascension and a NAMI Recovery Support Specialist

EVERY FOURTH MONDAY
MONTHLY - 4:30 PM - 6:00 PM

620 Dakota Street
Crystal Lake, IL 60012
Scan the QR code to RSVP or
email help@namimch.org
Questions: (815) 421-9459



TREM GROUP

Trauma Recovery & Empowerment

PSYCHOEDUCATION



SKILLS

Join us for a 26-week psychoeducational closed-group focused on trauma recovery & empowerment within domestic violence relationships. Group members will learn techniques, strategies, & skills necessary for them to work towards healing from the trauma of abuse.

EVERY MONDAY FROM 5:30-7PM
Starting September 23rd

TOPIC DISCUSSIONS INCLUDE:

Types of Abuse • Boundaries
Trust • Cycle of Violence • Self-Esteem

This is a "second-level" group. Please speak with an advocate to see if you are ready.

**REGISTER AFTER
COMPLETING AN
ASSESSMENT!**

STRATEGIES

TECHNIQUES

For more information or to schedule an intake assessment, call 815-338-8081.
Must be a Turning Point client (survivor). Childcare provided.

SOS

Survivors of Suicide Loss Support Group

When a loved one takes their own life, pain and confusion can be crippling for those they leave behind. SOS– Survivors of Suicide Loss is a support from to those grieving such a loss.

Join us in a compassionate, caring, confidential setting to share your story and to find strength, inspiration and hope in each other.

Sponsored by:
McHenry County Mental Health Board

For more information on suicide prevention efforts in McHenry County visit the McHenry County Suicide Prevention Task Force website, www.mchenrycountysptf.org



MCHENRY COUNTY
SUICIDE PREVENTION
TASK FORCE

Meeting Information:

First Thursday

McHenry County Mental
Health Board
Conference Room D
620 Dakota St, Crystal Lake
7pm-9pm

Questions?
Contact Jenn Balleto, LCPC
Jballeto@independencehealth.org



BEHAVIORAL HEALTH SERVICES

Therapeutic services for children, teens, adults and families at all levels of care throughout McHenry County and the surrounding region.



Residential Group Homes

Our five group homes in McHenry County provide a safe, comfortable living environment for adults with mental illness under the supervision of caring staff.

01

Outpatient Therapy and Mentoring

Families heal from trauma, build resilience and improve associated symptoms through individual and group therapy and mentoring.

02

Runaway and Homeless Youth

We have 24-Hour crisis services for youth who have run away, been locked out or who are at risk of either. Call 988 for crisis response.

03

Prevention and Education

Our three tiers of prevention are one-time classroom/community presentations, 12-week small group counseling and ongoing individual case management support.

04



(815) 344-1230



BH@pioneercenter.org

www.pioneercenter.org

The poster is decorated with various autumn-themed illustrations. At the top, there is a large orange maple leaf on the left, a brown acorn, a red maple leaf, a yellow and brown leaf, and a green fern-like leaf. On the right side, there is a red maple leaf, a brown branch, and a brown acorn. On the left side, there is a brown oak leaf, a brown branch, and a green fern-like leaf. At the bottom, there is a red maple leaf, a brown acorn, a large orange maple leaf, a green fern-like leaf, and a brown flower-like leaf.

FALL INTO MINDFULNESS PRE-ADOLESCENT GROUP

This group is for adolescents from ages 9-13 who are looking to learn about mindfulness tools and how to apply them to daily life and stressful situations.

When?

8/27, 9/3, 9/10/, 9/17 |

From 5 to 6 pm

Where?

365 Millennium Drive Suite A
Crystal Lake, IL 60012

In order to attend, intake must be completed prior to group starting. If you are interested, please contact Yazmin Fitch at 815-859-0701 or yazmin.fitch@opad.org





SUMERGETE EN LA ATENCIÓN PLENA GRUPO PREADOLESCENTE

Este grupo es para adolescentes de 9 a 13 años que buscan aprender sobre las herramientas de atención plena y cómo aplicarlas en la vida diaria y en situaciones estresantes.

¿Cuándo?

8/27, 9/3, 9/10/, 9/17 |
De 5:00 a 6:00 pm

¿Dónde?

365 Millennium Drive Suite A Crystal Lake,
IL 60012

Para poder asistir, la admisión debe completarse antes de que comience el grupo. Si está interesado, comuníquese con Yazmin Fitch al 815-859-0701 o yazmin.fitch@opad.org



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.



END OF SUMMER BASH

SPONSORED BY: HOSTED BY:



rosecrance®
BEHAVIORAL HEALTH



AUGUST 24TH

DOORS OPEN AT 6:00PM

SPEAKERS AT 7:00PM

BRYAN F. & ROBBIN K.

DANCE TO FOLLOW



\$5.00 SUGGESTED DONATION AT THE DOOR

50/50 RAFFLE \$1.00 PER TICKET

RAFFLE ITEMS \$1.00 PER TICKET



BRING AN APPETIZER
OR DESSERT TO PASS
PIZZA WILL BE SERVED

Registration is Required



820 MCARDLE DRIVE, UNIT, C.
CRYSTAL LAKE, IL 60014



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



YEA



QUARTERLY

— In-person —

MEETING

**SEPTEMBER
16**

2:00 - 3:30 PM

**McHenry County
Community Foundation**

**33 E Woodstock St,
Crystal Lake, IL 60014**

Join YEA for our in-person quarterly meeting. This month we will plan our next year of YEA with your input and networking with your fellow McHenry County Youth Agencies.

REGISTRATION NOW OPEN

Never Walk Alone

Saturday 9/28/24 at The Dole in Crystal Lake



**Scan here to register
for the walk:**



**Scan here to
volunteer at the walk:**



**MCHENRY COUNTY
SUICIDE PREVENTION
TASK FORCE**

NAMI Walks McHenry County

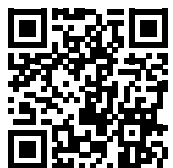
Saturday,
Oct. 5, 2024 - 9AM

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