



Ogle County Mental Health Board

AGENCY REPORTS FOR FIRST QUARTER 2023



Lutheran Social Services of Illinois

The hard work and dedication from the Prevention Specialists within Ogle County at Lutheran Social Services of Illinois (LSSI) is definitely making a difference in our communities. Project LEAD (Leaders Encouraging Abstinence from Drugs) and Youth WORKS (Wellness, Opportunities and Resources for Key Services) are having such an exciting and empowering school year. The complete transition from the Covid-19 pandemic to serving all eligible grade levels occurred this year and the programs have already served approximately 745 students within Ogle County.

One motivating factor for the Prevention Team has been the results from the 2022 Illinois Youth Survey (IYS). Students participated in the survey anonymously, which helped ensure honest responses regarding tough topics. The team

has been reviewing those results and researching the perceptions that Ogle County students have on drugs and violence. For example, 49% of 10th graders felt so sad or hopeless every day for two weeks or more in a row that they stopped doing usual activities. For 10th graders, 9% reported using e-cigarettes or other vaping devices on 20 or more occasions. The Youth Survey results clearly indicate programs like Youth WORKS and Project LEAD of Ogle County are needed.

Both LSSI prevention programs are grant-funded through the Illinois Department of Human Services (DHS). Youth WORKS is designed to reduce delinquency and violence and Project LEAD is geared toward reducing youth substance use. Both programs

provide youth prevention education, Hidden in Plain Sight Exhibits, Community presentations, and other relevant activities in Ogle County. LSSI's Prevention Specialists believe all



participating youth can learn lifelong skills to become the best versions of themselves.

To contact prevention staff to schedule an informational meeting, review program details, or ask further questions, please email

PreventionServices@lssi.org



Easterseals Family Support Services, along with Kreider/Florissa Services, Starnet and the Oregon Park District, co-hosted our annual sibling workshop and family fun day at the Nash Recreation Center. A sibling workshop is intended for siblings of children with a disability to



provide fun, education and peer support. The siblings enjoyed St. Patrick's Day themed crafts and word searches, the facilitator helped the siblings journal their

feelings and talk about what it's like to have a brother or sister with a disability.



We then brought in a yoga instructor to end the workshop with a fun yoga session, that the kids just loved. Parents and siblings with a disability were then invited to join for lunch and open swimming.

Each kid that attended was given a St. Patrick's themed goody bag to take home which included, a lucky gold coin, shamrock tattoos, shamrock necklaces and the kids favorite was the green mustaches that several kids put on right away. It was a successful fun family afternoon.

Our respite program has given much needed service

to the community. We are currently supporting four families in respite services. Here is an excerpt from a letter by a parent who receives our services:

Having a respite worker has been a blessing for my family. My husband and I get time alone together and that has helped our marriage and so much more. On days when our son has a different schedule than I do, it has helped having respite services, so I didn't have to miss work because he was off school.

Respite services has done wonders for our family to have in place to keep a marriage going and to keep my job in place. Thank you, Easterseals Family Support Services, for helping our family with much needed respite services.





Easterseals-Family Support Services

Contact: Christi Starr 815.965.5069

LSSI:

Contact: Chris Mills 815.284.7796

Rockford Sexual Assault Counseling:

Contact: Erica Engler 815.636.9811

Rockford Sexual Assault Counseling (RSAC) continues to provide essential services to the Ogle County community including counseling, legal advocacy, crisis intervention, prevention education and professional training. We have continued to receive referrals from schools throughout the school year and are thankful for the collaboration of the Ogle County schools. As the school year closes, school-based clients will be given a choice between the Oregon office, telehealth or resuming at the beginning of the next school year. The Ogle County office stays busy during the summer with presentations to other organizations and counseling sessions as well as collaborative meetings and networking.

April is Sexual Assault Awareness Month! You might not realize it, but chances are you know someone who is affected by sexual assault/abuse. 1 in 4 women and 1 in 6 men are sexually abused or assaulted by the age of 18. If you or an agency or business you are a part of aren't sure how you would handle a disclosure of sexual assault/abuse, please contact us to set up a "How to Respond to Disclosures" training for your staff. As part of Sexual Assault Awareness Month, we have a campaign to raise awareness and funds with our email and social media campaign, Raising Up Survivors. If you would like more information, please go to our website to sign-up for our updates through email or go to our Facebook page.

Please contact us for more information by phone (815) 732-0000, Facebook page or website at www.rockfordsexualassaultcounseling.org.

Sinnissippi Centers:

Contact: Patrick Phelan 815.284.6611

Sinnissippi Centers has expanded our Oregon office to add one office and a small group room. This will give us the opportunity to increase group services at the Oregon office. This quarter has seen the continued trend of more demand for services at our Ogle County offices: Clinicians at both the Oregon and Rochelle offices have been extremely busy serving clients. We have changed the intake process and are able to get clients in within 10 days. We engaged in a parent community night with the elementary schools in Rochelle, to help lower income families learn what services are available in our community. During this quarter we also worked on plans for a May is Mental Health Month awareness campaign. We are continuing to plan with other community partners to bring a nationally recognized Psychologist, speaker, and trainer to the area in September.

HOPE of Ogle County:

Contact: Ruth Carter 815.562.4323

HOPE of Ogle County's 9th Annual Cinco K is underway. Celebrate Cinco de Mayo and move for a great cause! The 5K will be held in-person on Saturday, May 6th. Check in begins at noon and the 5K starts at 1:00 PM. Cinco K will be held at the Rochelle First Presbyterian Church parking lot which hooks up to the bike path. Participants can also register virtually and walk whenever they like. Register by April 19th to receive a purple "Walk Bold" t-shirt and this year we have pet bandanas with the same logo and paw prints. Register through <https://hopedv.org/5k.html> or through HOPE of Ogle County's Facebook Page.

HOPE of Ogle County is will finish well needed shelter updates this spring with state funding dollars to increase accessibility, decrease virus' and allergens and increase economic efficiency. New flooring, windows, ventilation have been installed with plans for updated blinds and cabinetry this spring.

Serenity Hospice & Home:

Contact: Lynn Knodle 815.732.2499

Serenity's bereavement programs continue to provide solace and hope to people experiencing grief. We are always coming up with new ways to improve and expand our services. Creating small groups to cater to a specific demographic has been very beneficial, helping participants to offer one another ongoing support and to form lifelong friendships. We recently started a coffee group led by an outstanding male volunteer that is specifically for men. The group has been meeting regularly and we have been hearing extremely positive feedback. The men are opening up, having in-depth discussions, and becoming good friends.

Thanks to a grant from the Community Foundation of Northern Illinois, we also recently started a new music therapy program in partnership with Music Speaks. We have multiple goals for our music therapy program. In addition to helping alleviate pain, music therapy provides pre-bereavement benefits to loved ones. Peer reviewed research shows that music therapy has a positive impact not only directly on patients, but on family members as well. Music therapy can provide patients with nonpharmacologic pain relief, helping them to have an enhanced quality of life and allowing them to better connect with loved ones at the end of life. Music therapy often leads to positive memories of the hospice journey that reflect the peace, interaction, and emotional expression that often arise as a result of music therapy. These memories stay with family throughout their lifetime and impact their view of hospice.

Shining Star:

Contact: Jessica Cash 815-284-1891

Shining Star Children's Advocacy is celebrating Child Abuse Awareness Month by bringing awareness to each community we serve in Ogle and Lee Counties. Shining Star CAC is planting pinwheel gardens in each town with a sign bringing awareness to child abuse in each community. The pinwheel is a national symbol for child abuse prevention as it resembles happy, healthy childhoods that each child deserves. Child abuse knows no boundaries with age, race, city/county/state, socioeconomic status, and it takes an entire community to protect children. Several towns throughout Ogle County have proclaimed April as Child Abuse Awareness month, and we appreciate their commitment to protecting children. Shining Star CAC is hosted a Hands Around the Courthouse Child Abuse Awareness event on April 14th at the Old Lee County Courthouse at 12:15pm. For more information on how you can help support child abuse awareness in your community feel free to contact us at 815-284-1891.

Village of Progress:

Contact: Brion Brooks 815.732.2126

To increase exposure to the community, The Village of Progress is continuing to increase the variety and number of small group outings. Our goal is to promote and improve self-advocacy, informed decision making, budgeting/money skills and greater life experiences. Everyone chooses the activities they want to participate in each time. Over the past few months, we have been able to visit Rustic Ridge Axe Throwing, the Pelicans at the Oregon Dam, Cin's Treasures Ceramics, local park districts, bingo at Rock River Center, bowling at T-Byrd Lanes, and Build a Bear workshop.

In addition, the Village Bike Club is getting ready to start back up. The Bike Club pairs local volunteers with those who attend the Village for rides through Oregon Park West. Each year our volunteers seem eager to resume the Bike Club as are our men and women who ride with them.

And finally, we are also excited about the new addition of the Village Hike Club that plans to explore a different local park or trail every week.