



# Ogle County Mental Health Board

AGENCY REPORTS FOR FIRST QUARTER 2022



Family Support Services co-hosted with the Oregon Park District, Kreider Services and Starnet a sibling workshop and a family swim opportunity on February 5 at the Nash Recreation Center. A sibling workshop is designed to be a fun filled time for siblings who have a brother/sister with a disability make new friends who are in a similar situation and build a network of support. The kid's art project was decorating a jewelry box by painting and using old costume jewelry. They had so much fun sifting through the jewelry! It is during this time our facilitator weaves in talking time for them to share frustrations and

give them tools to better handle certain situations. We also brought in a yoga instructor and each child was given a yoga mat and books to take home for use. Parents and siblings with the disability were invited to join us for lunch and swimming. Everyone had a great time!



In February, we hosted a virtual training titled "Educating Children with Emotional Disabilities" and March's topic was "Sensory Strategies in the Classroom."

Our respite program is a much-needed service in the community. Here is an excerpt from a letter from a parent who receives our services:

*The Respite program has given me a much-needed break from my duties with Cecilia to take care of my own health, be it a doctor appointment for my body or a phone call with my sisters for my mental health. This program by far has been the most helpful in letting me take a deep breath and start out fresh when I care for Cecilia. It is good for both of us!*



## Lutheran Social Services of Illinois

As we near the end of the school year, Lutheran Social Services of Illinois (LSSI) is optimistic about the progress that has been made since Covid-19 restrictions began easing. Youth WORKS and Project LEAD were especially impacted by gaining reentry into their partnering schools to reengage with students.

Too Good for Violence curriculum at Polo High School, conducting the Hidden In Plain Sight parent forum at Oregon High School, and providing Social Media Youth presentations at Meridian Jr. High, and the Healthy Relationships and Bullying youth presentations at Forrester High School.

Substance Use Prevention Specialists, Shannon Tompkins and Alexandra Ocampo have worked diligently in prioritizing the needs of the schools

that we have had the privilege of serving in the past. We were able to remain partners and serve the students of David L. Rahn Jr. High School, Meridian Junior High school, and Aplington Middle school with Too Good for Drugs curriculum lessons. Tompkins and Ocampo are also currently running Communication Campaigns at Oregon High

School and at David L Rahn Jr. High. These campaigns focus on addressing misconceptions involving alcohol and marijuana use among youth within Ogle County. They include a wide variety of materials including, posters which are hung up all over the



Danielle Horst, Violence Prevention Specialist for Ogle County



Danielle Horst, Violence Prevention Specialist for Ogle County, has been able to accommodate many of the requests she has received for youth education. A few of the in-person services that have been provided in Ogle County include teaching the

schools, informational cards which are given to each student, newsletters that are sent home, and stickers to be distributed to youth. The goal is to reach a significant and diverse portion of the student body.

Lastly, the Prevention Programs have recently committed to having a stronger presence on social media in order to share their on-going successes and provide drug facts that will deter substance use among youth. Be sure to go on to Facebook and search "Lutheran Social Services of Illinois- Prevention Services" to like our page and get updates about the work being done.



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### **Easterseals-Family Support Services**

**Contact: Patti Mook/Kathleen Kurtz 815.965.5069**

### **LSSI:**

**Contact: Chris Mills 815.284.7796**

### **Village of Progress:**

**Contact: Brion Brooks 815.732.2126**

The Village has continued to take the steps to remove the protective bubble that isolates so many of our men and women from the world around them.

For work experiences, we've been doing this through the Village Bakery and the Village Cleaning Service. They both give our people experience at real-world jobs in a real-world environment. Recently, we've started to send small teams of workers to Crest Foods in Ashton. There they work at packaging food alongside Crest's own employees. It's been a wonderful experience for our people and we have heard that Crest enjoys and appreciates them.

In addition, we've continued to take small groups into the community. They're taking trips to local restaurants where they learn how to order from a menu, how to talk to waitresses, and how to pay for their food. As well as crafts and activities in the community – painting ceramics, visiting animal shelters, line dancing, bowling, and trips to the library. All in an effort to help them feel more comfortable in social settings and more confident interacting with the public.

### **HOPE of Ogle County:**

**Contact: Ruth Carter 815.562.4323**

HOPE of Ogle County provides life-changing services to survivors of domestic abuse and their children. HOPE provides counseling services to adults, teens and children, Order of Protection services, safety and support within our 24/7 emergency shelter and staff maintain our 24/7 hotline so that survivors can reach us day and night. Calendar year 2021, 475 clients were provided these confidential services at no cost. The counselors, court advocates, shelter advocates and coordinators provided over 6,500 hours of trauma-informed counseling, court, economic, transportation and resource services to survivors and their children. Staff answered 4,192 hotline calls.

The 8th Annual Virtual CincoK is underway. Enter and get a heather blue "Love = Kindness T-shirt and get entered to win one of three prize baskets. Register through [www.hopedv.org](http://www.hopedv.org), on HOPE of Ogle County's Facebook Page or through Race Entry <https://www.raceentry.com/cinco-k/race-information>.

### **Rockford Sexual Assault Counseling:**

**Contact: Erica Engler 815.636.9811**

Rockford Sexual Assault Counseling (RSAC) continues to provide services in our 3-county service area of Ogle, Boone, and Winnebago counties. April is Sexual Assault/Abuse Awareness Month! Please contact us if you would like us to come to your agency, business, or school to share about RSAC services. We offer a variety of presentations beyond agency services including bullying, consent, sexual harassment, effects of sexual abuse/assault on children and adults as well as many other trainings related to sexual abuse/assault. April 27th is Denim Day! Please join us in supporting survivors of sexual assault and abuse by wearing denim that day. Take a picture and post it on Facebook to show your support! For more information on Denim Day, please go to <https://www.denimdayinfo.org/why-denim>.

RSAC is also excited to announce that our Rockford office is moving! We will be moving into a larger space, and we are so excited! The offices in Winnebago County will be closed for in-person sessions from April 11-15 due to the move. We will still be responding to crisis calls and medical advocacy calls. Our new address is 5301 E. State St, Ste 301, Rockford, IL 61108.

Please contact us for more information or check out our Facebook page or website at [www.rockfordsexualassaultcounseling.org](http://www.rockfordsexualassaultcounseling.org).

Ogle County phone: (815) 732-0000 • 24-hour crisis hotline: (815) 636-9811

### **Sinnissippi Centers:**

**Contact: Patrick Phelan 815.284.6611**

Ogle county has become one of our busier areas for clients in need of our peer support and mentoring (PS&M) program. We currently have 37 active clients in ogle county. The only peer on our team in Ogle County is bringing clients into Lee County to participate in drop-in center activities. Ogle County has become so involved with the PS&M program that we have had to utilize Lee county staff as well as RSS staff to help take some of the Ogle county clients.

Referrals continue to come in for our Ogle County Community Support Team (CST) and the team now supports close to 50 adults. Additionally, the team has been able to step down a handful of clients to a lower level of care.

During the past quarter Sinnissippi Centers' Connie Davis took over supervision of all area offices including both Ogle County offices (Oregon and Rochelle). Davis had previously managed Sinnissippi Centers' Mt. Carroll office. We continue to have open positions and are faced with the same struggles many employers continue to face as the effects of the pandemic linger.

We have continued to provide school-based services in Polo, Creston, and limited services in Stillman Valley. We are planning to increase services in Stillman next fall. We plan to provide youth summer group services this year. Also during this quarter, we were able to relax COVID-19 mitigation measures and all staff and clients who are fully vaccinated no longer are required to wear masks. We continue to monitor data on the pandemic and will adjust policies accordingly.

During the first part of the year we continued to implement policies, procedures, and programming related to our SAMSHA CCBHC grant. We also continue our progress in efforts to implement improvements related to Diversity Equity and Inclusion including installing a translation service for our website and a review of website language to make sure we are compliant with the components of DEI. Further changes may occur as a result of this review.

Finally, we began Motivational Interviewing training in February through the National Council and eventually most staff will receive this training.

### **Serenity Hospice & Home:**

**Contact: Lynn Knodle 815.732.2499**

Our one-of-a-kind bereavement programs are an integral part of our mission. We help our terminally ill patients to die with dignity in the most loving, peaceful and painless way possible. Equally important is the work our bereavement team does to help families heal and gradually move forward to find their new normal. Everyone grieves differently and not everyone is easily able to open up and share their feelings. The Serenity Shed is an innovative bereavement center and workshop, where people can come to engage in activities like repurposing furniture or making arts and crafts.

Serenity is pleased to announce a unique program - "Virtual Reality for Patient Peace and Pain Relief." Many of our hospice patients are bedbound. They often have little interaction with nature or the outside world. The highlight of their day might be looking out the window. Imagine a patient in this scenario having the opportunity to take their bucket-list trip to see the Eiffel tower or Taj Mahal, by putting on the Virtual Reality (VR) Oculus headset. Not only would this give patients the opportunity to experience some things that broaden their world, research studies have demonstrated that VR can be used to manage pain and distress. We plan to use these Oculus headsets to broaden horizons for our own patients as well as to have Serenity volunteers take them to Skilled Nursing and assisted living facilities to support virtual experiences for their residents. For our hospice patients in particular, we see this as not only an effective integrative therapy to help manage patients' pain, but also as a further way for us to enhance a patient's last precious moments of life. The Oculus Headsets will allow us to take patients to a dream destination they may have never gotten to see or once again experience the beauty of a sunrise on the beach or a magnificent waterfall. Our goal is not only to ensure that patients have a comfortable end-of-life journey, but that their life's last moments are as beautiful and peaceful as possible.