



Collaborating for the health of residents in
Aurora, Batavia, Big Rock, Blackberry, Kaneville,
Sugar Grove, and Virgil Townships

June 2024
INC Links

Featured Agency **Marklund**



Marklund is an INC-funded agency that provides services for infants, children, teens, and adults with developmental disabilities throughout Kane County and is one of only eight providers in the state of Illinois licensed to care for individuals with profound disabilities and complex medical needs. Marklund's mission is *making everyday life possible* for individuals with profound disabilities.

The Geneva based location serves 96 adult residents through residential and community day service programs. Most of the

residents and community clients are non-ambulatory and have severe cognitive deficits due to genetic disorders; disabilities acquired during infancy, or through tragic childhood accidents.

Due to the complexity and severity of the residents' needs, they require medical treatments, therapeutic, and support services. Marklund has a team of full-time, on-site therapists that provide comprehensive therapeutic treatments including Occupational Therapy, Physical Therapy, Aquatic Therapy, Speech Therapy, and Recreational Therapy. These services help residents maintain standards of health, gain independence, and implement life-skills to live life to the fullest. For more information, visit them at <https://www.marklund.org/>

Remembering Ron Gilkerson

Ron Gilkerson passed away in February. Mr. Gilkerson was a Professor of Psychology at Waubensee Community College and served on the Batavia Township 708 board. He also served on the INC Board

**of Directors from 2008 to 2013. Our deepest sympathy goes out to
John's family.**

Remembering Kari Evans

Kari Evans passed away in May. Kari was the Director of Prevention Services and Grant Writer for Suicide Prevention Services (SPS). She started with SPS 30 years ago as a volunteer, taking calls for the Crisis Line and Suicide hotline. Eventually she was hired on as staff and had been with SPS up until her death. Our deepest condolences go out to her family and our friends at SPS.

Welcome New Board Members

INC welcomes Finnegan Gannon (Virgil Township), Dana Lozano (Sugar Grove Township), and Janice Smith (INC Board). Each of these board members has a vast array of experience to offer in their new roles!

708 Township Board Vacancies

There are vacancies on the Blackberry and Kaneville Township 708 Mental Health boards. This is a terrific opportunity to serve your community! Board members work with INC staff on the mental health levy in each respective township. The levies are distributed to local agencies for eligible services by INC. Board members meet 4 times a year in February, June, and October, with the INC annual meeting in May serving as the fourth meeting. Members must reside in the township in which they serve. To learn more about this opportunity, contact staff at 630-892-5456 or info@incmha.org.

What's Happening With

INC is excited to host an educational session for our funded agencies on June 10th with Dr. Christopher Duffrin, PhD. The session will focus on understanding, creating, and defining evaluation and assessment measures in grant funded projects. This is an opportunity for our funded agencies to participate in this interactive session, focused on defining and measuring outcomes-based measures with their programs!

Batavia Township Supervisor Leigh Tracy asked INC to share what we do with the Batavia Rotary Club on May 7th. There were roughly 35 Rotarians in attendance and many questions were asked about INC!

INC staff will be meeting with our seven township 708 mental health boards throughout the month of June. Details on these open meetings will be available on our website at www.incmha.org.



Did you know that several mental health disorders are diagnosed at higher rates for men such as Attention-deficit/hyperactivity disorder (ADHD), and men are more likely to die by suicide than women according to the Centers for Disease Control and Prevention? Men are also less likely to seek help for mental health symptoms due to stigma. It's important to understand mental health indicators to support and encourage men to seek help. Below is a list of common symptoms:

- **Anger, irritability, or aggressiveness**
- **Difficulty sleeping or sleeping too much**

- **Increased worry or feeling stressed**
- **Misuse of alcohol, drugs, or both**
- **Engaging in high-risk activities**
- **Obsessive thinking or compulsive behavior**
- **Thoughts or behaviors that interfere with work, family, or social life**
- **Thoughts of death or suicide**
- **Putting off regular checkups and medical care**
- **Persistent sadness or feelings of hopelessness**

It's also important to know where to turn if help for men is needed. INC-funded agency NAMI KDK offers support groups and safe spaces to engage with mental health professionals. For more information, visit them at <https://www.namikdk.org/>.

**INC invites you to take some time
and enjoy the Summer months!**



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