



The Alliance News

November 2017

Connection Expansion



In May, The Alliance launched our new website (www.ilalliance.org) so that we may communicate and connect with as many families as possible. This month, we are excited to release our first

newsletter! Both our website and newsletter will provide information about The Alliance, our staff, and the services we offer as well as provide an abundance of various resources, information on upcoming events, and any necessary updates.

Family Leadership Retreat

Recently, we collaborated with Illinois Choices Family Leadership Council and Egyptian County Family Resource Developers to hold our first Family Leadership Retreat at Lake Williamson In Carlinville, IL!! This retreat included youth and adult training sessions that focused on the foundation of building effective parent/youth leaders, structured childcare, and plenty of family-fun activities. In addition to Alliance staff, both Toni Donnelly (*Director of Training and Innovation Family Information Center*) and Shandra Summerville (*Champaign County Mental Health Disability Board*) facilitated training sessions.



"it was very informative" "Thank you for providing such a cool place that our whole family could come. This was so good for our kids also!"

UPCOMING EVENTS

November 28:

Parents Promoting Presence (P3), Youth Kickbacks, Family Leadership Council (FLC). Dinner is served @5:15pm

IN THE COMMUNITY

Salt & Light Grand Opening Urbana

Location 11/13/17;

1819 Philo Road Urbana, IL 61801

(217) 355-5654

Hours 9:00 am – 8 pm

Parade of Lights (FREE)

Downtown Champaign

302 N. Neil Street 6pm – 8pm

Breakfast with Santa

Saturday, December 16, 2017

9:30 am – 11:30 am

Skateland – 208 W. Curtis Road, Savoy, IL (217) 359-3335

SPOTLIGHT CORNER....

*Visit our website: www.ilalliance.org and complete a Parent Survey!

***BECOME A PARENT NETWORK COMMITTEE VOLUNTEER!** Application is available on our website!

Parent Leadership Opportunity

Parents/guardians of youth with mental health challenges who are looking to change the way mental health services are provided to youth in the state of Illinois are invited to join our Statewide Parent Network Committee.

Being a part of the Parent Network Committee will allow you to meet other parents who are dealing with similar experiences and allow you to be a part of a movement around advocacy not only for your child, but for other youth in our state. Being a part of the committee will also provide opportunities for continued learning and leadership development. If interested, please visit our website to complete an online application or contact our office, (217) 282-9852.

Don't be S.A.D

Seasonal affective disorder (SAD) - is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

Symptoms: **FALL** and **WINTER**

- Irritability
- Tiredness or low energy
- Problems getting along with other people
- Hypersensitivity to rejection
- Heavy, "leaden" feeling in the arms or legs
- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain

During this season, please be aware of these signs so that you can overcome SAD early and not late!



"An unhealthy mind, even in a healthy body, will ultimately destroy health."

TIPS for SUCCESS!!!

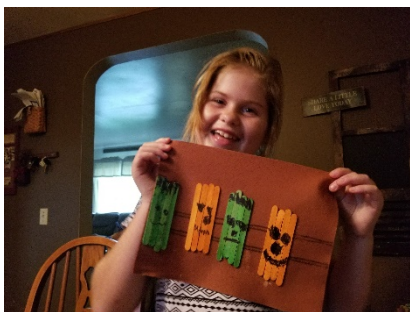
Tips for Dealing with S.A.D.

- ☺ Open windows to let in sunlight
- ☺ Aromatherapy
- ☺ Exercise
- ☺ Journaling
- ☺ Stick to a schedule
- ☺ Take a vacation/Plan a getaway
- ☺ Get more Vitamin D
- ☺ Get outside
- ☺ Brighten your environment
- ☺ Anti-depressants

Dealing with S.A.D. in Youth

- ☺ Be patient
- ☺ Talk with your child more than normal
- ☺ Nurture
- ☺ Keep them busy
- ☺ Have conversations without distractions
- ☺ Pay attention to behaviors
- ☺ Develop a coping plan together

SUPERSTAR Success Story



This month the Alliance wants to put a spotlight on Brittini Hoaks and her daughter RaeAnnah Heldreth! Ten-year-old, RaeAnnah, is a very sweet, beautiful, intelligent, lively, entertaining, and sometimes mischievous young lady who enjoys swinging, reading books, and playing on her tablet. If she meets you one time, she'll remember you forever! Despite her multiple mental health diagnoses, including autism and severe sensory processing disorder, RaeAnnah continues to thrive and push herself out of her comfort zone. This summer she even attended a full-time, 7-week camp. This was a major milestone for RaeAnnah. Not only did she attend, but she enjoyed interacting with other youth and participating in the activities.

RaeAnnah's success at summer camp prompted her mother, Brittini, to spring into action to start the conversation and process of transitioning RaeAnnah back into her home school, Milford Grade School. Although she is small in stature, do not be fooled, Brittini is like a small stick of dynamite! Time after time Brittini has proven that she is willing to do whatever it takes to advocate for her daughter to ensure that she gets the best services and treatment she can get for RaeAnnah and to ensure that "no stone is left unturned". Over the years, this has included traveling for hours for appointments, educating herself about RaeAnnah's diagnoses, trying multiple services, getting multiple screenings, scheduling and attending meetings, searching for resources on her own, making tough decisions about her daughter's treatment plan, and sometimes standing alone when she's had no other supports who understood her battle. Despite all the obstacles, the scrutiny, judgement, and tears, Brittini has refused to give up. On Thursday, October 26 it was approved that RaeAnnah will begin transitioning back into her home school this month!!!



"If I don't fight for her, who will?"

Let's Try Something Fun!

Looking for something you can do as a family that does not require a lot of time and can be affordable? How about making a trail mix?!



HOT & SPICY TRAIL MIX

Ingredients

- 3 cups Corn Chex™ cereal
- 3 cups Rice Chex™ cereal
- 3 cups Wheat Chex™ cereal
- 1 cup mixed nuts
- 1 cup pretzels
- 1 cup bite-size cheese crackers
- 1/4 cup butter or margarine
- 1 tablespoon Worcestershire sauce
- 1 1/4 teaspoons seasoned salt
- 2 to 3 teaspoons red pepper sauce

Steps

1. In large microwavable bowl, mix cereals, nuts, pretzels and crackers; set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in Worcestershire sauce, seasoned salt and red pepper sauce. Pour over cereal mixture; stir until evenly coated.
2. Microwave uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

FAMILY FALL EVENT

In honor of Thanksgiving, our monthly groups (P3, Kickbacks, FLC), will be done differently. Instead of breaking off into separate groups, we will be staying in the basement for a family craft and lots of family FUN!!!. Come prepared to have a wonderful time with your family!



WE NEED YOUR HELP!



The Champaign County Mental Health Board and the Champaign County Developmental Disabilities Board are conducting a community needs assessment. To better understand how the services and supports available in Champaign County are used, what is going well, and what should be improved, we invite you to complete a survey about your experiences.

If you are...

- a **person** with a mental health condition, substance use disorder, or intellectual or developmental disability,
- a **family member, guardian, caregiver, loved one, or friend** of such a person,
- a **provider** of these services or supports, or
- a **stakeholder** or other interested party,

...then we want to know about your experience with the local systems of services and supports. Surveys can be found at champaigncountysurvey.com. Thanks in advance!!!

Resources

Food Banks:

Rantoul

- Rantoul Community Center
520 Wabash Ave. Mon - Fri
9 - 5 pm.
(217) 893-1530
- Stone Creek Food Pantry 3105
North Maplewood Drive Open
last Tuesday of the month
6 - 8 pm

Urbana

- Stone Creek Food Pantry
(Inside Grace & Quest Church
Building) 204 Philo Road -
10:30 am - 1 pm (Mondays
only)
- Vineyard Church 1802 N.
Lincoln Open Wednesday Hope
Center 10 -12pm & 5 -6 pm

Champaign

- Emmanuel Memorial Episcopal
208 W. University Ave. Ch. IL
Mon - Fri 9 am - 10 am
- Daily Soup Kitchen 116 N.
First St. CH. Lunch served 7
days a week 11 - 2:30 pm

Vermillion County

- St. James United Methodist
504 N. Vermillion St. Danville
3rd Wednesday of the month
from 4 - 6 pm

Ford County

- Gibson City Community Food
Pantry 2nd & 4th Saturday of
the month 9 - 12 pm 1117 N.
Melvin St. Gibson City, IL
(217) 784-5201