



The Alliance News

December 2017

HAPPY HOLIDAYS!



The Alliance staff would like to wish all of our friends and families a safe, holly, jolly, MERRY CHRISTMAS and a HAPPY NEW YEAR! This year has been filled with so many "firsts" and positive changes and we are extremely glad to have had your participation and support along the way. We are excited to see what 2018 has in store and are looking forward to you all continuing this journey with us.

Frosty Fun!

For the Month of November, P3 and Youth Kickbacks decided to switch it up. Instead of breaking off into the usual groups, after dinner the families sat together and completed a Rice Snowman craft as a family. Afterwards, the childcare age youth made snow globe ornaments while parents and teens completed various winter-themed puzzles to earn extra shopping bucks for our P3 store. Overall, it was very successful night and the staff enjoyed watching the families have fun together!



JUST A REMINDER



Due to the upcoming holidays, there will be no P3 or Youth Kickbacks for the month of December. We will reconvene January 23, 2018. Dinner will be served at 5:15pm.

UPCOMING EVENTS

HOLIDAY WHODUNIT

Dec.16 12:00pm - 2:00pm @ Douglas Center (ages 12 up):

"Join us for our newest holiday tradition. Use your best CSI skills to solve the crime at the Ugly Sweater Shindig. Enjoy lunch, games, pizza, and more as we sift through clues to find the culprit. If you would like to play a character, please call us 217-398-2573"

First Christian Church: Hosting Community Dinner Dec. 25, 3601 S. Staley Road, Champaign, IL. To register: call (217) 991-0250 or email christmasdinner@fcc-online.org. Please provide name, daytime phone number, and number of guests attending. All children under 12 will receive a small gift. **Deadline to register is Dec. 22.

IN THE COMMUNITY

Champaign and Urbana's Salt and Light's grocery and thrift stores are open to the community and offer a huge variety of items at affordable prices. For those who are unable to use financial resources, volunteer credit options are available. Contact the store for details: 217.355.5654 or visit their website for more information and store locations: <http://www.saltandlightministry.org>

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!

SUICIDE AWARENESS

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. Depression and suicide rates are especially high around the holiday season. The following is a list of possible signs/symptoms to be aware of:

Talking about suicide - Any talk about suicide, dying, or self-harm, such as "I wish I hadn't been born," "If I see you again..." and "I'd be better off dead."

Seeking out lethal means - Seeking access to guns, pills, knives, or other objects that could be used in a suicide attempt.

Preoccupation with death - Unusual focus on death, dying, or violence. Writing poems or stories about death.

No hope for the future - Feelings of helplessness, hopelessness, and being trapped ("There's no way out"). Belief that things will never get better or change.

Self-loathing, self-hatred - Feelings of worthlessness, guilt, shame, and self-hatred. Feeling like a burden.

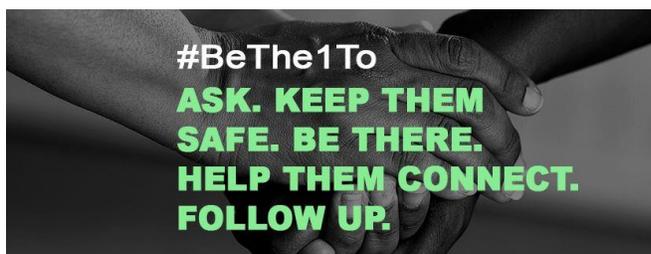
Getting affairs in order - Making out a will. Giving away prized possessions. Making arrangements for family members.

Saying goodbye - Unusual or unexpected visits or calls to family and friends. Saying goodbye as if they won't be seen again.

Withdrawing from others - Withdrawing from friends and family. Increasing social isolation. Desire to be left alone.

Self-destructive behavior - Increased alcohol or drug use, reckless driving, unsafe sex. Taking unnecessary risks as if they have a "death wish."

Sudden sense of calm - A sudden sense of calm and happiness after being extremely depressed can mean that the person has made a decision to attempt suicide.



KNOW YOUR FACTS

Myth: People who talk about suicide won't really do it.

Fact: Almost everyone who attempts suicide has given some clue or warning. Don't ignore even indirect references to death or suicide.

Myth: Anyone who tries to kill him/herself must be crazy.

Fact: Most suicidal people are not psychotic or insane. They must be upset, grief-stricken, depressed or despairing, but extreme distress and emotional pain are not necessarily signs of mental illness.

Myth: Talking about suicide may give someone the idea.

Fact: You don't give a suicidal person morbid ideas by talking about suicide. The opposite is true—bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.

*****Most suicidal people do not want death; they want the pain to stop.*****

Source: *SAVE - Suicide Awareness Voices of Education*

If you or someone you know is having suicidal thoughts, don't hesitate to call:

National Suicide Prevention Lifeline

1 (800) 273-TALK (8255)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

SUPERSTAR Success Story

This month the Alliance wants to put a spotlight on Micci Granger and her family. Micci is sure, anyone meeting her family for the first time is in for quite an experience. They are a huge, multiracial family with seven children. Micci and her husband have been married 22 years and began their family with three biological



children. Ten years ago, they moved from the suburbs of Chicago to rural Rantoul Illinois. They moved to Hope Meadows, an intergenerational foster, adoptive community. Since then, they have adopted four children from foster care. Not only have their children

experienced very traumatic histories, but they also struggle with a myriad of mental illnesses. *"This type of therapeutic parenting is very skilled, but it is also very stressful and exhausting. It takes far more than love and nurture to wade through the chaotic and often disturbing behaviors that we deal with daily."*

The Grangers have found themselves navigating through many systems of Care, advocating for their children's various needs to be met. Often it is very overwhelming and intimidating for them. Micci is thankful that she found The Alliance where she can participate in various workshops, meetings, and trainings and is grateful for the friendship and support she receives from her Peer Partner.



Q. How do Christmas trees keep their fresh breath?

A. Orna-mints

Q. What's so special about the Christmas Holiday

A. There's Noel

Let's Try Something Fun!

The ideas and decorations for these cute **Popsicle Stick Snowflake Ornaments** are endless!



Supplies you'll need

- Popsicle sticks (colored or plain)
- Tacky glue or glue gun
- Christmas Bells
- Glitter Stickers
- Silver Glitter
- Tinsel Poms Poms and/or craft foam balls
- Fabric Snowflakes
- Twine - for hanging

3 Easy Steps

1. First you need to paint your Popsicle Sticks if you don't already have **colored sticks**.
2. Next you need to hot glue gun your popsicle sticks together. Forming the shape of the snowflake, put a small bit of hot glue in between each popsicle stick.
3. Now is the fun part! Time to decorate! We did all different kinds of decorations.


Winter Sudoku


Every row, column and mini-grid must contain the letters W I N T E R. Don't guess - use logic



WE STILL 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