



Community Resources Available

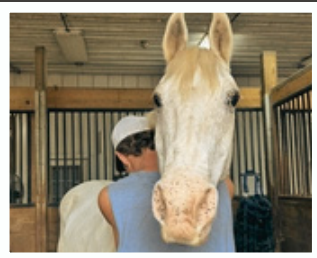
Often during therapy, we see clients who are struggling with anxiety or depression due to economic or societal issues. It's important to know that resources are available.

Screening, Assessment and Support Services (SASS) - A partnership between the Department of Children and Family Services (DCFS), the Department of Healthcare and Family Services (HFS) and the Department of Human Services (DHS) to provide a single, statewide system to serve children experiencing a mental health crisis.

EPIC - Provides programs for people with intellectual and developmental disabilities, like host homes, job placement, behavioral health, community day services, and transition services for age 16+.

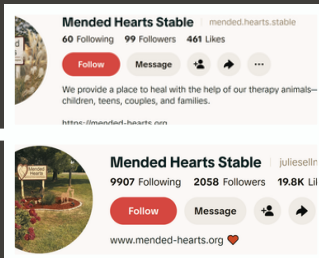
Central Illinois Agency on Aging - Supports family caregivers with counseling, respite, and help finding the right services for aging loved ones.

United Way 211 - Connects people to local resources, from food, housing and utilities, to health care, jobs, and childcare, as well as transportation and free state and federal tax return preparation.



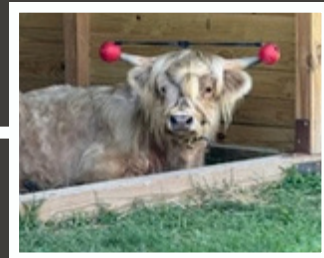
Welcome, Diesel

Diesel joined Mended Hearts in September. After taking some time to settle in, he has started his new job as a therapy horse. Diesel loves children and has a very quirky personality. Say hello the next time you're here!



Follow Us on TikTok

Mended Hearts has had a Facebook account for a while, but we now have two TikTok accounts: one hosted by founder Julie Sellner and one created by therapists Elizabeth and Ciara. Check them out today!



Welcome, Otis

Otis joined Mended Hearts this summer. When he first arrived, he was malnourished, and his hair was matted and tangled. He has put on weight after a couple of months of good food. Those red balls on his horns are Kong dog toys for your protection.





Gloria's Corner



Meeting new people and making new friends can be really hard, especially if you have changed schools or started a new grade. If you or your child are struggling with social issues, there are some easy things to try.

- Think about and practice some conversation-starters, like, "I really like your shirt," "Do you play any video games?," or "Who is your favorite teacher?"
- Think about your child's interests, and encourage them to participate in school activities. Not into sports? What about choir, drama, or Dungeons & Dragons club?
- Teach conversation basics, like listening and sharing information about likes and dislikes, rather than monopolizing conversations.
- Foster resilience. Not every person will like your child, and that's OK, just like your child will not like everyone they meet. Acknowledge and validate your child's emotions about meeting new people.
- Teach your child that they can make choices that affect outcomes. Help them consider what outcomes might be.



Monthly Mental Health Events

October

- ADHD Awareness Month
- Communicate with Your Kids Month
- Domestic Violence Awareness Month
- National Bullying Prevention Month
- National Depression and Mental Health Screening Month

November

- National Family Caregivers Month
- Adoption Awareness Month

