

[View this email in your browser](#)



Welcome!

Our monthly newsletters are intended to inform YOU, as a valuable member of the Project SUN Network. We want to encourage you and equip you to help others to become involved in our efforts to help children flourish.

This month we are pleased to share:

In July We Celebrate Bebe Moore Campbell National Minority Mental Health Awareness Month

"Mental health conditions do not discriminate based on race, color, gender, or identity. Anyone can experience the challenges of mental illness regardless of their background. However, **a person's culture and identity can make access to mental health treatment much more difficult.** Bebe Moore Campbell National Minority Mental Health Awareness Month was established in 2008 to start changing this reality."

- National Alliance on Mental Illness (NAMI)

[Read More](#)

Project SUN is working with other interested parties to re-establish a NAMI chapter in Kankakee County. See more below!



Kankakee County Racial Equity Assessment

Project SUN is conducting a survey of Kankakee County residents about experiences with racial discrimination and other information to help guide future actions to promote racial equity. Addressing equity is paramount to establishing a children's mental health system of

and access to children's mental health services in Kankakee County.

Over 100 people have completed this survey so far!

If you have not completed this survey, please do so today. Use the buttons below to complete the survey in English or Spanish.

[Racial Equity Assessment Survey \(ENGLISH\)](#)

[Racial Equity Assessment Survey \(SPANISH\)](#)

You are encouraged to copy and share these survey links with your network. Please notify us about events in the community where we can recruit people to complete this survey in-person. If you would like to distribute paper copies of this survey in English or Spanish, please contact us.

Racial inequalities and disparities have been well documented.

- For key facts and figures, [click here](#).
- Visit our [Cultural Competency Resources](#) page for additional information.

Free, Online Mental Health Support Groups

What is NAMI? NAMI exists to support individuals with mental illness, and their families, through advocacy, education, and outreach.

Participate in a free NAMI Support Group online from your computer or phone using Zoom!



Virtual NAMI Connection Peer Recovery Support Group

Meets every Sunday at 6:00 PM

Free, peer-led support group for any adult (18+) who has experienced symptoms of a mental health condition. The group is led by people with mental health conditions and a structured model is followed to ensure you and others in the group have an opportunity to be heard.

Virtual NAMI Family Support Groups

Groups meet the 3rd Sunday of Month at 4:00 PM, the 4th Sunday of Month at 4:00 PM, and the 3rd Thursday of Month at 6:00 PM

Free support groups for those who love and care for someone living with mental illness. These groups provide a place to meet and learn from others who have experienced similar challenges.

Register for a virtual NAMI Support Group!

Once you have attended a NAMI Support Group session, tell us...

- Did you find the NAMI Support Group session to be helpful?
- Are you interested in a Peer Recovery or Family Support Group?
- Would you be interested in participating in a NAMI group locally?
- Would you prefer the group to be virtual or in-person?
- What days of the week and times would be most convenient for you?

Use the survey link below to share your input. If you'd like to become a part of the planning group please contact Rhonda Showers at: rhonda.showers@gmail.com

TRAININGS WILL RETURN SOON!



Community Navigator Trainings Will Return September 2021

Summer is a busy time for all of us. In light of the summer scheduling mania, we've decided to cancel our July and August System of Care Community Navigator Training dates. We look forward to resuming our 2021 training schedule in September. Stay tuned for further updates!

Helpful Resources for You to Explore

FRIENDLY READ - *Less Than 5 Minutes*

- [\[Infographic\] Solutions & Challenges for Children's Mental Health in the COVID-19 Pandemic](#)

REFLECTIVE READ - *More than 5 Minutes*

- [Kids Benefit When Parents Open Up About Mental Health Struggles](#)

CULTURAL COMPETENCE READ

- [Understanding The Impacts of Racial Trauma](#)

Visit the Resources tab on our website
to find helpful articles, videos,
past newsletters, and more!

