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Welcome to our May Newsletter



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.



Discover next steps if your child is struggling with their emotions, behaviors, or if a screening has indicated a potential mental health concern.

[Click to view a video introduction to Project SUN!](#)

May Is Mental Health Awareness Month - Project SUN Is Here to Help Families Find Answers!

Why is mental health awareness so important? The American Academy of Pediatrics estimates that **1 in 5, or 20%**, of America's children will be affected by a mental health disorder (2019). When applied to estimates for Kankakee County, that figure indicates around 5,000 children in our community are in need of mental health services.

How can Project SUN help? Project SUN can assist Kankakee County families with children under the age of 21 in navigating their mental health journey. Call Project SUN's office at 815-304-5933 if you would like help:

- Discovering next steps if your child is struggling with their emotions, behaviors, or if a screening has indicated a potential mental health concern.
- Connecting with other parents who have gone through the process of accessing behavioral health care for their child.
- Learning more about children's behavioral health and relevant child and family wellness topics.

Please share this message with parents or caregivers who may benefit from Project SUN's assistance!



Parent Café Update

Parent Cafés Are Off For the Summer!

Project SUN's Parent Café schedule will resume in the Fall of 2021. At that time we hope to resume monthly gatherings in-person. We look forward to creating a space where parents, grandparents, and other caregivers can gather to learn about relevant children's mental health topics and share personal challenges and victories.

Workforce Training Feedback Needed!

Project SUN needs your help in identifying local professional development priorities.

The 2021 Kankakee County Workforce Training Opportunities survey is designed to collect input from mental health professionals, school staff, and community volunteers.

[Click here to complete a 9-minute survey!](#)

May 25 is Trauma-Informed Awareness Day

May 25, 2021 is Trauma-Informed Awareness Day in Illinois. This day was created to highlight the impact of trauma and the importance of prevention efforts. "Being trauma-informed means recognizing that people often have many different types of trauma in their lives," states the Trauma Informed Care Project.

[Click here](#) to view a collection of resources for agencies and organizations to promote and sustain trauma-informed care.

May is National Foster Care Month

The [American Academy of Pediatrics](#) states, "Mental and behavioral health is the largest unmet health need for children and teens in foster care." Project SUN wants to find ways to support the children, parents, and professionals involved in Kankakee County's child welfare system.

If you are a foster or adoptive parent and would like to assist in planning an upcoming focus group, please call Project SUN at (815) 304-5933 or email projectsun@ckrv.org.

Community Navigator Trainings

Join Project SUN's team of locally certified System of Care Community Navigators by attending an upcoming training session! This program helps participants learn more about Project SUN and how to assist families in identifying community resources to meet their needs. **[Click a link below to register:](#)**

[Fri, Jun 25, 2021 9:30 AM - 11:30 AM](#)

[Sat, Jul 31, 2021 9:30 AM - 11:30 AM](#)



Helpful Resources for You to Explore

FRIENDLY READ - Less Than 5 Minutes

- [Parenting a Depressed Teenager](#)

REFLECTIVE READ - More than 5 Minutes

ACADEMIC READ - Longer than 10 Minutes

- [2021 Kankakee County Community Themes and Strengths Assessment](#)

CULTURAL COMPETENCE READ

- [Unequal Opportunity: Race and Education](#)



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