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# Project SUN Billboards Launch Outreach Initiative

Starting August 1, Project SUN colors will be seen throughout Kankakee County on four billboards. The billboards aim to help reduce the stigma that surrounds mental health and provide access to resources for those who need it.

The billboards are the first phase of a new communications initiative to raise awareness of Project SUN's services for Kankakee County families. Be on the lookout for the other components we will be rolling out over the next several months.

If you come across one of the billboards around our community, take a photo and share it with Project SUN. You can tag #Project SUN in a photo or video of the billboards and post them on social media or email them to projectsun@cfkrv.org.

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## New Opportunities for Expanding Mental Health Services

To expand children's mental health services and grow the system of care network in Kankakee County, Project SUN is offering several opportunities for local licensed clinical therapists and school social workers.

These opportunities will allow providers to partner with Project SUN to offer group counseling to families and youth that address topics such as anger management, coping skills, anxiety, and depression, as well as Theraplay programs for parents and other caregivers. In addition, tuition assistance will be

available to obtain certifications in: Theraplay, Mental Health First Aid for Youth and Teens, and Trauma-Focused Cognitive Behavioral Therapy. Stipends for supervisors and interns will also be funded.

Currently, Kankakee County lacks a sufficient number of mental health service providers to meet the needs of the community. These partnerships will initiate a new era of expanded mental health care for youth in Kankakee County by offering new contracting opportunities and financial incentives to service providers.

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## Empowering Parents to Drive Our Children's Care

Parents and Caregivers! You are the experts on your child's mental, behavioral, and emotional health. Project SUN has designed our network to put you in the driver's seat of your child's care. With access to peer relationships, to mental health education, and to leadership training, we want to help empower you to make positive changes in your family and our community.

With this understanding that you, parents, are the key to your child's health, we are thrilled to launch a PARENT COUNCIL! We are partnering with a national organization to provide you with:

1. **Leadership training** to enhance your voice as the expert on your child. We will help you prepare to serve as an even more effective advocate for your child and to serve on community committees and boards to represent the parent voice in the behavioral health system of care.
2. **Mental Health Education** to recognize the emerging symptoms of mental, behavioral, and emotional health problems and how to best promote well-being. You will also learn to access services like a pro!
3. **Connection** with other parents who are seeking support and services for their children to reinforce that you are not alone.

As a member of the PARENT COUNCIL, you will have a full menu of ways to be involved. Each project is optional, so you choose what interests you. And, because your time is valuable, we offer our parents stipends to honor your service to the mission.

We cannot wait to send our official invites! You are encouraged to spread the word to other families with children who are seeking mental health services. We want to hear from you! Feel free to contact our Family Liaison, Rhonda Showers (Rhonda@cfkrv.org), for updates or to express your interest in participating.

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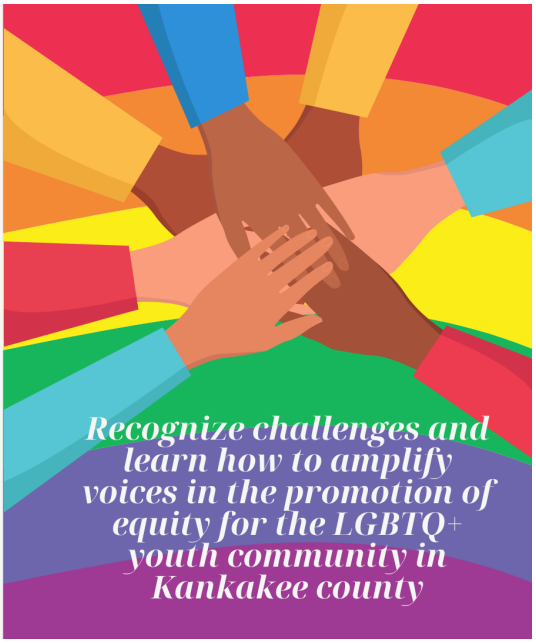
## Supporting Kankakee LGBTQ+ Youth

SCAN THIS




An important step in supporting Kankakee LGBTQ+ Youth is to conduct a survey of Kankakee County residents about experiences with gender identity and sexual orientation discrimination, as well as gather other information to help guide future actions to promote greater equity.

In the fall of 2022, Project SUN is planning to host informational sessions to bring awareness to the issues experienced by youth in the LGBTQ+ Community. These sessions will seek to recognize challenges and learn how to amplify voices in the promotion of equity for the LGBTQ+ youth community.

**Complete the Survey Here**

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# Cyndi's Caregivers Craft Classes

## Coffee Mug Coloring

**Monday, August 22**
**6-8 pm**
**B Harley Bradley House**
**701 s. Harrison Ave Kankakee IL 60914**

Prior registration is required through EventBrite by noon on Sunday, August 21st

**Register Here**

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Project SUN monthly newsletters are intended to inform family members and those working with families. You are all valuable members of the **S**trong and **U**nified **N**etwork (SUN) being built to support the children's mental, emotional, and behavioral health system of care in Kankakee County. You are encouraged to invite others to become involved in these efforts to help children flourish. Please share this newsletter with those who may find this information useful. Suggest they visit projectsunkankakee.org and sign-up to receive their own copy and become a member of the Network.

**An initiative of:**

**Funded by:**

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