



**KANE COUNTY
MENTAL HEALTH COUNCIL**
making a difference ...together



Message of the Month March 2017

www.kanecountymentalhealth.org
Facebook: We Support Mental Health
Twitter: @KCMentalHealth

Kane County Mental Health Council

- The Association for Individual Development
630-966-4000
- Aunt Martha's Youth Service Center 630-859-6562
- Breaking Free 630-897-1003
- Ecker Center for Mental Health Services 847-695-0484
- Family Counseling Service of Aurora 630-844-2662
- Family Service Association of Greater Elgin Area 847-695-3680
- Gateway Foundation/Aurora 630-966-7400
- Greater Elgin Family Care Center 847-608-1344
- INC Board 630-892-5456
- Kane County Health Department 630-208-3801
- League of Women Voters 630-365-2138
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc. 630-896-6264
- National Alliance on Mental Illness Kane County North 847-410-9719
- Northwestern Medicine Behavioral Health 630-933-4000
- Open Door Clinic 847-695-1093
- Presence Mercy Medical Center 630-801-2657
- Presence St. Joseph Hospital 847-931-5521
- Renz Addiction Counseling Center 847-742-3545
- Senior Services Associates 847-741-0404
- Suicide Prevention Services 630-482-9699
- TriCity Family Services 630-232-1070
- VNA Health Care 630-978-9835

Celebrating St. Patrick's Day Responsibly

On March 17th this year no matter your ethnic background everyone becomes Irish! Yes, St. Patrick's Day will soon be upon us and the green beer will be flowing! Although we all love the "wearing of the green" it is also a time to be careful that our revelry doesn't turn into tragedy. As we all have witnessed St. Patrick's Day has become associated with heaving drinking.

Originally it is thought that this became so because Lent was temporarily lifted for the day according to Catholic tradition. Whatever the reason sales of alcohol soar during this time of the year and it is important to be aware of your drinking and of those around you. In fact the latest statistics available reveal that 276 people were killed by drunk driving related car accidents from 2009-2013 on St. Patrick's Day.

As a result you can plan ahead to ensure that you drink responsibly if alcohol is part of your celebration. The following are some suggestions for keeping your drinking in check:

- Plan ahead and set a limit to the number of drinks that you will have
- Pour and measure your own drinks
- Limit yourself to one drink per hour to give your body the ability to process the alcohol
- Alternate an alcoholic beverage with a full glass of water
- Eat a meal before you go out
- Plan to have a cab pick you up from the celebration

Have a Happy St. Paddy's Day and live to see another!

Teddi Krochman LCSW/Executive Director, Breaking Free

Info Corner:

If you feel that your or a loved one is having trouble related to their alcohol or drug use, please call Breaking Free at **(630) 897-1003** to schedule an assessment. Breaking Free is licensed and funded by the Department of Alcohol and Substance Abuse (DASA).

For information on Layperson Guide to Mental Illness [click here](#)

To request a presentation, contact:

Alexis Slivka: slivkaalexis@countyofkane.org



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Celebrando el Día de San Patricio Responsable

El 17 de Marzo este año no importa cuál sea su origen étnico, todo el mundo se vuelve Irlandés! ¡Sí, el día de San Patricio pronto estará sobre nosotros y la cerveza verde fluirá! A pesar de que a todos nos gusta vestir de verde es también el momento de ser cuidados para que nuestro jolgorio no se convierta en tragedia. Como todos sabemos el día de San Patricio se puede asociar con el consumo excesivo de alcohol.

Originalmente se piensa que esto se hizo así porque la Cuaresma fue temporalmente anulada para ese día según la tradición Católica. Cualquiera que sea la razón porque la ventas de alcohol hayan incrementado durante esta tiempo del año, es importante estar consciente de cuanto consume y de las personas a su alrededor. De hecho, las últimas estadísticas disponibles del 2009-2013 revelan que 276 personas murieron por accidentes relacionados con la ebriedad.

Como resultado, puede planificar con anticipación beber de manera responsable si el alcohol es parte de su celebración. Los siguientes son algunos consejos para mantener su bebida en control:

- Planee con anticipación y limite el número de bebidas que usted consume
- Sirva y mida sus propias bebidas
- Limítese a una bebida por hora para dar a su cuerpo la capacidad de procesar el alcohol
- Alterne una bebida alcohólica con un vaso lleno de agua
- Coma antes de tomar bebidas alcohólicas
- Planee tener un taxi para recogerle de la celebración

Que tenga un feliz, Día de San Patricio y viva para ver otro!

Teddi Krochman LCSW / Director Ejecutivo, Breaking Free Inc.

Esquina de información:

Si cree que usted o un ser querido está teniendo problemas relacionados con el consumo de alcohol o drogas, llame a Breaking Free Inc. Al número (630) 897-1003 para programar una evaluación de alcohol y otras drogas. Breaking Free Inc. es licenciado y financiado por el Departamento de Alcohol y Abuso de Sustancias (DASA).

Para Información acerca de la Guía para el Público General sobre Enfermedad Mental [preione aquí](#) Para solicitar una presentación, contacte a:
Alexis Slivka: slivkaalexis@countyofkane.org