



Mental Health Resource Guide



Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording



Kankakee School District #111 & Riverside Health Centers Proudly Present

Be Kind to Your Mind Virtual Mental Health Fair

Wednesday, December 9, 2020

6:30 p.m.

Please pre-register for this event at <https://forms.gle/oowqPfesDkkUFZN68>

Didn't pre-register, no problem, log onto:

<https://ksd111.zoom.us/j/85963477860> Passcode: SSS

Or call 312-626-6799 and enter ,meeting ID: 859 6347 7860

Kankakee School District will share valuable resource's available to you and your family at this virtual event. Learn about Project Sun, Stop the Violence and other great services and programs available in our district and surrounding area.

Dr. Khalid Arshad, Child & Adolescent Psychiatrist at Riverside Behavioral Medicine will be sharing with families signs an individual may be struggling with mental health, preventative measures to promote healthy mental health, explain pandemic fatigue and answer questions from the families. They will also share information on Riverside's mental health services and ways to access them for all ages. The goal is to help parents be aware of when their kids or themselves may be struggling with mental health hardships, ways to be preventative, awareness of fatigue, and allow them to ask questions.

Have a question regarding Mental Health?

[Click here to submit your question here!](#)

All questions need to be submitted by 12:00 p.n. (noon) Tuesday, December 8, 2020 to be address at this event. All mental health questions submitted prior to the deadline will be addressed.

Check Kankakee School District #111 website for more information and a recording of this event.



Cover Page

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording



Agenda Schedule of Events

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording

| | |
|-------------|--|
| 6:30 - 6:35 | Dr. Walters Welcome |
| 6:35 - 7:05 | Riverside Behavioral Health Dr. Khalid Arshad, Child & Adolescent Psychologist |
| 7:05-7:15 | Kankakee School District Student Support Services How can we help your children Jennifer Hering, Director of Student Support Services Ben Williams, Supervisor, Student Support Services Karie Alderson, Social Worker Kaitlyn Zanton, Psychologist Lakeisha Kizer, Counselor |
| 7:15-7:20 | Project Sun |
| 7:20-7:25 | Stop the Violence Program |
| 7:25-7:30 | Closing |

If you have questions about mental health and the services offered by any of these agencies you can ask them using this form and someone will contact you.

<https://forms.gle/Z92esMZ7f4QQiBKb9> or



Kankakee School District
Student Support Services
369 North Fifth Avenue
Kankakee, Illinois 6901
815-802-4800

Kankakee School District 111 Student Support Services staff provides district-wide support to our staff, students and community regarding the education of our students. Just a few of the supports they offer are

Behavioral Support

Behavioral support services work to establish the behavioral supports necessary for all students in a school to achieve social, emotional, and academic success. This work is accomplished through staff training and implementing effective interventions for those students with comprehensive behavioral and/or emotional needs.

School Psychologist

The school psychologist provides diagnostic information about individual students including intelligence levels, learning styles, and personality characteristics and patterns. They also are heavily involved in the MTSS/PBIS process. They also confer with parents and teachers to interpret test results and offer recommendations for follow up.

School Social Work

School Social Workers serve all students enrolled in Kankakee School District 111. School Social Workers bring to the school setting an understanding of the social/emotional development of children and the influence of family, community and cultural differences.

For more information on all the services provided through our Student Support Services Office please visit our website at:

<https://www.ksd111.org/Page/66>

Or call our office at 815-802-7800.

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording

Kankakee School District would like to introduce you to our Social Workers



Karie Alderson

Karie-Alderson@ksd111.org

Karie Alderson is a School Social Worker currently assigned to Kennedy Middle School. This is her fifth year serving students, families, and staff in the Kankakee School District. Karie has been a School Social Worker for 17 years, has worked for the Department of Children and Family Services, was an advocate for children and families in housing crises, and has worked in the private counseling arena. Kari is a Licensed Clinical Social Worker. She loves time spent outdoors and with family.



Krystal Cox

krystal-Cox@ksd111.org

I'm Krystal Cox and a School Social Worker at Kankakee High School. I am the social worker for the Senior Class of 2021! Go Seniors!

This is my 29th year with the Kankakee School District and my 4th year at Kankakee High School. I attended at Olivet Nazarene University and Western Michigan University and have a Master's degree in Social Work. I also am a Licensed Clinical Social Worker and worked as a family therapist prior to coming to the Kankakee School District.

My wonderful husband, Jeff, teaches 3rd grade at Edison. I have 5 amazing children and 1 grandson.



Donna LaMontte

Donna-Lamontte@ksd111.org

My three children, now adults, attended school in Kankakee School District #111, including Kankakee High School. I went back to college after my children were grown and I graduated with a Masters degree in Social Work from the University of Illinois in Urbana Champaign in May of 2018. Both my husband and my daughter are social workers.

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording

Please click the Meet our Social Workers Tab at the right to meet more of our dedicated Social Workers.

Kankakee School District would like to introduce you to our Social Workers



Michael Hawn
Michael-Hawn@ksd111.org

My name is Michael Hawn, I am a School Social Worker with Kankakee High School. This is my second year at KHS. I really enjoy working with KHS staff and students. I received my undergraduate degree in Psychology from UIUC, and in 2013 earned a Master of Social Work degree from UIUC. I am engaged to Brittany Cameron, a Special Education teacher at Kennedy Middle Grade School. We live in the KHS school district and are blessed to have our children (ages 15 and 8) attend school in Kankakee. I also have 2 younger kids ages 5 and 2. They keep me very busy at home, and give me an in to be a fine purveyor of dad jokes.



Megan Frick
Megan-Frick@ksd111.org

My name is Megan Frick and I am a Bachelor of Social Work student at Governors State University. I am working as a remote intern this year for the junior class with the guidance of my supervisor, Mr. Hawn. I am enjoying working alongside the junior team to promote engagement and the importance of mental health within the junior class. Next year, I plan to pursue my Master of Social Work Degree with a specialization in school settings. As a student myself, I understand that one cannot perform to the best of their abilities if their mental, emotional and social needs are not being met. For this reason, I stress the importance of self-care and encourage students to take advantage of the resources offered by KHS.



Laura Henderson
Laura-Henderson@ksd111.org

Hello My Name is Laura Henderson. I am the School Social Worker for Kankakee Junior High School. I received my Master's Degree in School Social Work from Governors State University. Education is so important to me and I want to make sure to support students in any way I can so they can get the most out of education. I enjoy working with all ages of youth, but seventh and eighth grade students at Kankakee Junior High are my favorite. I am interested in supporting students through Social and Emotional Learning.

Virtual Mental Health Fairs

Health Fair Agenda

KSD Resources

Meet the KSD Social Workers

Meet the KSD Psychologist

Meet the KSD School Counselors

Riverside Resources

I-Kan Cares

Stop the Violence

Project Sun

Helen Wheeler Center

Aunt Martha's

Duane Dean

Thank you

Health Fair Recording

Please click the Meet our Social Workers Tab at the right to meet more of our dedicated Social Workers.

Kankakee School District would like to introduce you to our Social Workers



Patrick Rossi

Patrick-Rossi@ksd111.org

Patrick Rossi is a Licensed Clinical Social Worker in the state of Illinois. Over the past 15 years, Patrick has completed mental health services ranging from aiding the elderly in residential care, supporting young people in both alternative/traditional school settings, and working at a residential treatment center for at-risk traumatized youth. With these youth, Patrick practiced patience, rapport-building, conflict de-escalation, and individual/group counseling (teaching emotional regulation/conflict resolution skills). Patrick continues to broaden his work in the field of social work in his efforts within Kankakee School District 111 as a school social worker at the following schools: Steuben Elementary and Taft Primary School. If you know of a youth that is currently struggling with loss, abandonment, trauma, anger outbursts, depression, or an overall need for emotional support, Patrick Rossi can be the helping hand you may be seeking. Feel free to contact him at Patrick-rossi@ksd111.org to request a consultation or services.



Galen Strole

Galen-Strole@ksd111.org

School Social Worker since 2009. Graduated from SIU (Southern Illinois University) in Carbondale. Have worked at almost all of the elementary schools in Kankakee School District, mostly Mark Twain. Was on the evaluation team evaluating preschoolers who had Early Intervention services. Currently working at King Middle School

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording

Please click the Meet our Social Workers Tab at the right to meet more of our dedicated Social Workers.

Kankakee School District would like to introduce you to our Social Workers



Debra Tamez
Debra-Tamez@ksd111.org

My name is Debbie Tamez. I am a Licensed Clinical Social Worker with a graduate degree from Loyola University in Chicago. I have worked in many areas of Social Work including foster care, Hospice, private counseling and case management with the Salvation Army. I have spent the majority of my career as a school Social Worker in the Kankakee School District. I enjoy working with all ages of children but especially with preschoolers and grade school/middle school children. My goal is to help children and families access supports and services they may need to fully participate in education. Building relationships that foster growth is also a main goal of my practice. I am a Licensed Clinical Social Worker with a graduate degree from Loyola University in Chicago.



Marissa Thompson
Marissa-Thompson@ksd111.org

My name is Marissa Thompson and I am a school social worker for the Kankakee School District #111. I received a bachelor's of social work from Illinois State University and a master's of social work from Loyola University, Chicago. This is going on my 18th year with the district. I have worked in several buildings throughout the years. I am currently assigned to Montessori LCC School. I enjoy working with students and supporting them through the process of achieving their goals.

Not pictured:

Ashlee Ekhoﬀ
Ashlee-Ekoff@ksd111.org

Kimberly Hodges
Kimberly-Hodges@ksd111.org

Kim Wilkey
Kim-Wilkey@ksd111.org

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

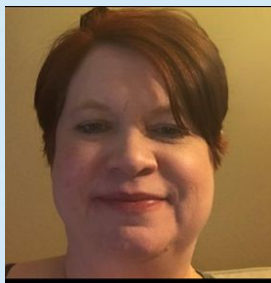
Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording

Kankakee School District would like to introduce you to our Psychologists



Tammy Buhrmester
Tammy-Buhrmester@ksd111.org

Tammy Buhrmester graduated with a bachelor's in psychology and a master's in school psychology from Governors State University. She is the secretary for the Kankakee County Mental Health Council. This is her 19th year with District 111. She is the school psychologist for Kankakee Junior High School, Kankakee High School and Independence Academy.



Nicole Hamm-Smith
Nicole-Smith@ksd111.org

Nicole is a Nationally Certified school psychologist and member of the National Association of School Psychologists who graduated with her Master's and Specialist degrees in Child & School Psychology from SIU-Edwardsville. Nicole worked as a clinician under a neuropsychologist in Indiana for 5 years, specializing in autism assessments. She has been a school psychologist since 2005, working with preschool through high school grade levels and is passionate about helping students grow emotionally and academically.



Kaitlyn Zanton
Kaitlin-Zanton@ksd111.org

My name is Kaitlyn Zanton, I am a school psychologist at Kankakee School District 111. I primarily work at the elementary buildings in the district. I am a Kankakee High School Alum and was born and raised in Kankakee. I attended Southern Illinois University of Carbondale for my undergraduate degree in Psychology then Northern Illinois University for my specialist degree in School Psychology. I have been in the district for 3 years and have loved working in the district that I grew up in, even at the exact elementary school that I attended. I look forward to continuing my career in the district!

Not Pictured:

Joan Henderson
Joan-Henderson@ksd111.org

Charles Parsons
Charles-Parsons@ksd111.org

Virtual Mental Health Fairs

Health Fair Agenda

KSD Resources

Meet the KSD Social Workers

Meet the KSD Psychologist

Meet the KSD School Counselors

Riverside Resources

I-Kan Cares

Stop the Violence

Project Sun

Helen Wheeler Center

Aunt Martha's

Duane Dean

Thank you

Health Fair Recording

Kankakee School District would like to introduce you to our School Counselors



Stacey Glenn
Kankakee Junior High
Stacey-Glenn@ksd111.org

In my 7th year as a school counselor, I continue in my passionate pursuit to advocate for the students of KJHS. With a desire to support the students in the areas of academia, career, and social/emotional development I strive to promote mindsets and behaviors that enhance learning and create a culture of life long success. I believe junior high years are significant in the transition from being a child to becoming a young adult and therefore am grateful to be afforded the opportunity to work with this age group. When not working as a school counselor my days are filled raising five children with my husband. Four boys, one girl, and a rambunctious dog keeps all things entertaining in our home!



Sarah Lenfield
Kankakee Junior High
Sarah-Lenfield@ksd111.org

Hi there! My name is Sarah Lenfield. I am starting my 9th year at Kankakee Junior High as a school counselor. This year I have our current 7th grade students and will follow them into their 8th grade year. Before working at KJHS, I spent 4 years working at Helen Wheeler Center as a SASS therapist as well as having my own private practice. I am very passionate about linking our families with local services and helping support the mental health needs of our students



Adrian Stewart
Kankakee High School
Adrian-Stewart@ksd111.org

School Counselor for Independence Academy and Athletics

I began my educational career as a school counselor at Kankakee High School in 2011. I obtained a Bachelor's degree in Sports Management/Business Administration from Millikin University and a Master's degree from Lewis University in School Counseling. I am currently the boys sophomore basketball coach. I have enjoyed my years of service in the Kay community. I take pride in being a positive role model for students, want to ensure all maximize their full potential, and become positive leaders in their community. Go Kays!!!!

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording

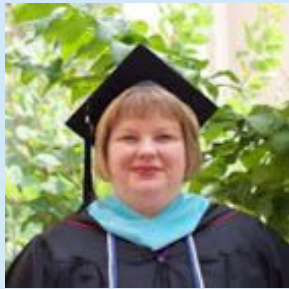
Please click the Meet our School Counselors Tab at the right to meet more of our dedicated School Counselors.

Kankakee School District would like to introduce you to our School Counselors



Kristina Caponi
Kankakee High 9th Gr
Kristina-Caponi@ksd111.org

Ms. Caponi completed her undergraduate studies at Saint Xavier University, graduating with a Bachelor's Degree in Psychology. Ms. Caponi then obtained her Master's Degree in Clinical Counseling from The Adler School of Professional Psychology. She then worked in community mental health and private practice for over 15 years before pursuing her Type 73 certificate in 2017. Kristy has served as the Freshman counselor with Kankakee High School since November of 2019.



Heather Wolf
Kankakee High 10th Gr
Heather-Wolf@ksd111.org

Heather Wolf, school counselor at Kankakee high school. Heather has been in the district for two years and has also worked in special education. She has a background in pediatrics and is passionate about helping students succeed and transition to a healthy, successful and fulfilling adult life in the smoothest way possible. Heather graduated from Capella University with her Masters of Science in School Counseling and is currently studying to be a Licensed Mental Health Counselor at Butler University.



Erica Miller
Kankakee High 11th Gr
Erica-Miller@ksd111.org

Class of 2022 School Counselor at KHS

I obtained my Master's degree in School Counselor with a concentration in Clinical Mental Health from Lewis University in Romeoville, IL. I have been working at Kankakee HS since the fall of 2011. As a school counselor, it is very rewarding to see each student walk out of my office with more knowledge that they came with in order to help them to continue to make positive choices in their academic and personal life.



Lakeisah Kizer
Kankakee High 12th Gr
Lakeisha-Kizer@ksd111.org

Class of 2021 School Counselor at KHS

Ms. Kizer completed her undergraduate studies at Lewis University, graduating with a Bachelors in Social Work and Human Services with a concentration in community organizations. After several years of working in the field of social services she pursued her degree in education. Ms. Kizer obtained her Masters Degree in School Counseling from Concordia University. Lakeisha has served as the grade level counselor with Kankakee High School since the fall of 2018. She truly enjoys the relationship she has built with her students, being a part of their educational journey.

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording



RIVERSIDE

BEHAVIORAL MEDICINE

1-844-442-2551

Riverside Medical Center has established an extensive complement of programs and services representing the most comprehensive mental health available within the region. Riverside provides treatment for a wide range of disorders and tailors care specifically for children, adolescents, adults, and seniors. Riverside's methodologies specifically treat the entire person, allowing patients to discover, learn, grow, and recover in a supportive, secure environment.

Riverside offers help with

- Adolescent Behavioral Medicine
- Adult Behavioral Medicine
- Inpatient Mental Health Services
- Behavioral Medicine Resources

For more information please visit their website at:

<https://www.riversidehealthcare.org/services/behavioral-medicine/>

Or call 1-844-442-2551

For a list of additional resources available in our area please visit:

<https://www.riversidehealthcare.org/services/behavioral-medicine/resources>

[Click here for a copy of Dr.Arshad's PowerPoint Presentation](#)

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording



Kan-I Help

Information Network

The Kankakee-Iroquois Regional Office of Education has created this website to help all area residents looking for assistance of some kind. It is a great resource for a listing of not only government agencies and schools, but human services and non-profit organizations.





Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording

I. This 3 year grants goal is to design and implement the following:

- Provide Mental Health Training for Administrators and Staff and Awareness for School, Students and the Kankakee County Community about school violence prevention and mental health crisis.
- The goal is to recognize the signs and symptoms of violence and mental illness among students and provide resources to support them
- De-escalate crisis situations and connect individuals to Kankakee Community Resource Agencies

2. II. Types and Descriptions of Trainings

- **Youth Mental Health First Aid** - Mental Health First Aid helps you assist someone experiencing a mental health or Substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for assistance.
(<https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn/>)
- **Theraplay: Community Trauma and Resilience** - This is a six hour course related to the widespread nature of trauma. It enables the trainee to effectively respond to trauma and promote resiliency. Youth respond to the activities of play and movement integrated into the curriculum while learning.
- **Escape, Barricade, Resist, Survive (EBRS)** - These are four training provided to KSD III staff to ensure that they are adequately prepared to respond to acts of violence in and around the school and in the workplace.
- **Signs of Suicide** - The Signs of Suicide evidenced based curriculum for youth grades 6th through 12th equips individuals with the knowledge to identify and respond to a crisis in the schools and community.

III. Provide SEL (Social Emotional Learning) Programs for students

- These are programs and strategies that are assisting with the emotional stress that is inadvertently imposed on teachers, students, staff and parents. These programs help students to complete assignments, stay engaged and thrive emotionally.

IV. KSD 111: Provide Mental Health Circles for students and parents

- Using the “Why Try” Curriculum, that assists with Trauma and Resilience.

V. STOP TEAM Community Partners

| | | |
|--------------------|---------------------------|------------------------------------|
| Riverside Hospital | Amita St. Mary's Hospital | Iroquois Mental Health Center |
| City Life | Project Sun | Kankakee Police Department |
| KMEG | States Attorney's Office | I-KAN Regional Office of Education |
| Harbor House | Helen Wheeler Center | Olivet Nazarene University |
| Family Bridges | Mental Health Network | Kankakee Community College |
| | | Hispanic Community Center |

For more information Contact:

Aaron Clark, Grant Coordinator: aaron-clark@ksd111.org



Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording

BE AWARE STOP The Violence Partnership Structure

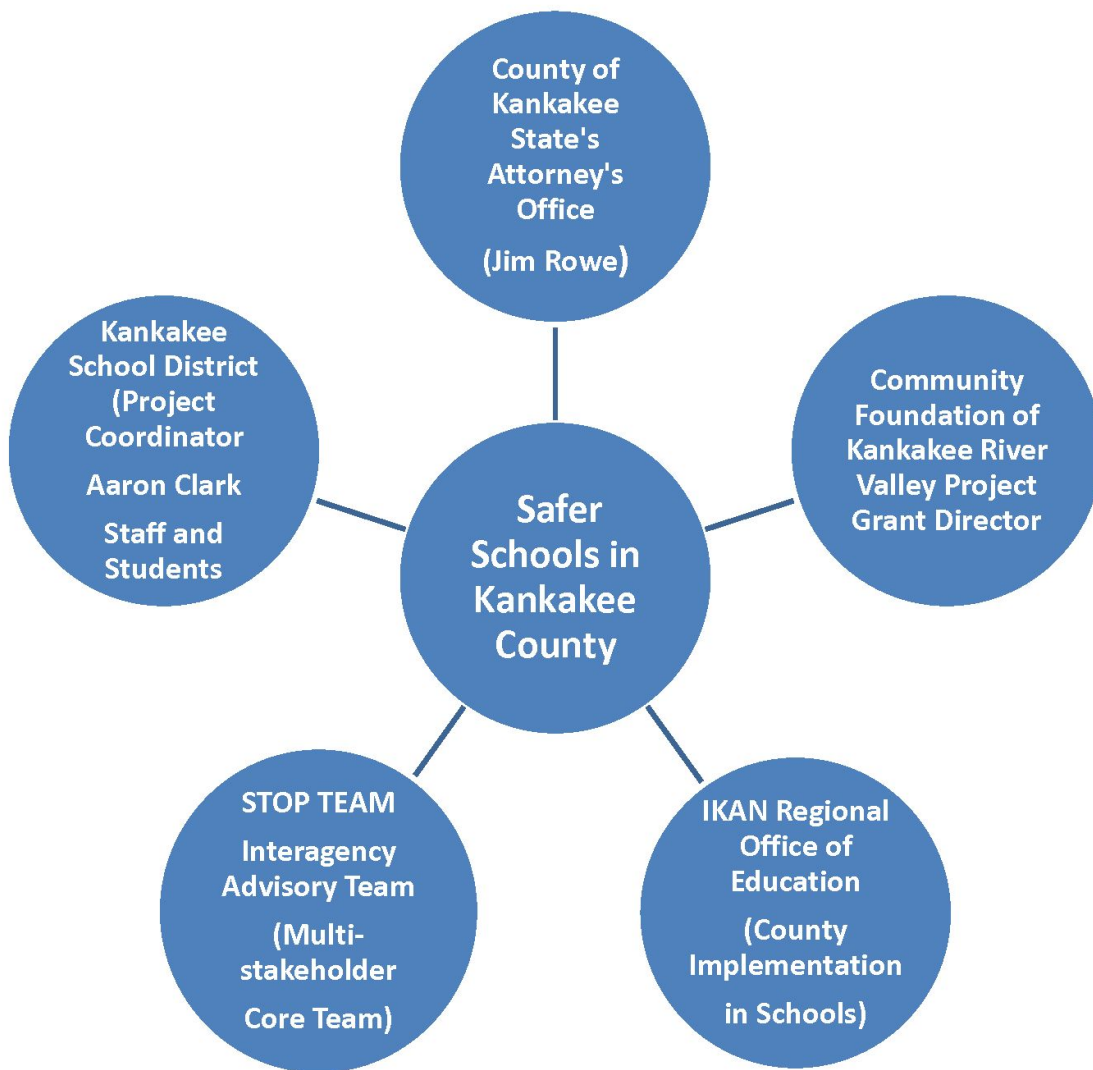


Diagram above outlines the strategic design of the partnership structure and position descriptions.

For more information Contact:

Aaron Clark, Grant Coordinator: aaron-clark@ksd111.org



PROJECT SUN

Helping children flourish

WHAT IS PROJECT SUN

Project **SUN** is a **S**trong and **U**nified **N**etwork that is family-driven and youth-guided. It is dedicated to strengthening the children's behavioral health system of care in Kankakee County through a coordinated network of services and supports that address the needs of the whole child.

For more information about Project Sun, please visit their website at:

<https://www.projectsunkankakee.org/>

Project Sun is located at:
1086 East Court Street
Kankakee, Illinois 60901
Telephone Number 815-304-5933

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording



202 N. Schuyler Avenue, Suite 2, Kankakee, Illinois 60901

The Helen Wheeler Center is funded through the United Way of Kankakee. The Helen Wheeler Center provides outpatient and home-based psychiatric services.

Services are provided to children, adolescents and adults and include: outpatient mental health counseling, parent and family support group, SASS/ crisis response and more.

Director: Jacki Haas

Telephone Number: 815-939-3543

Fax Number: 815-939-3557

Email: HWC@keynet.com

For more information please visit them at:

<https://www.myunitedway.org/helen-wheeler-center>

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording



Aunt Martha's is a Community Health Center located in Kankakee, offering medical care close to work and home. Aunt Martha's is dedicated to making it easier for patients to get care that helps them feel their best - from preventive services like school physicals and flu shots to ongoing treatment for chronic illnesses or mental health.

For more information, please visit their website at :

<https://www.auntmarthas.org/am-finder/kankakee-community-health-center/>

Kankakee Community Health Center
1777 East Court Street
Kankakee, Illinois 60901

For health care services please call 877-692-8686
For substance abuse treatment services please call 815-937-5413

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording



Duane Dean Behavioral Health Center
Community Resources Center
367 South Schuyler Avenue
Kankakee, Illinois 60901
Telephone Number 779-236-1117

Duane Dean provide comprehensive services through integrated programs.

The Living Room - Coming Soon

Your safe space in the community

The Living Room Program is Duane Dean Behavioral Health Services' new initiative to continue providing quality services to the residents of our communities.

The Living Room is a community respite program that offers an alternative to Emergency Departments (ED) for people experiencing an emotional crisis. It aims to provide a comfortable and safe, non-clinical space to adults, 18 years old and over, that are experiencing a mental health crisis.

For more information on their programs and services please visit their website at <https://www.duanedean.org/>

Duane Deal in collaboration with NTL Laboratory will be conducting COVID Drive Thru Testing every Saturday and Sunday until future notice from 9:00 a.m. - 5:00 p.m. Everyone is welcome with or without insurance.

367 S. Schuyler Avenue
Kankakee, IL 60901

Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

Riverside
Resources

I-Kan Cares

Stop the
Violence

Project Sun

Helen Wheeler
Center

Aunt Martha's

Duane Dean

Thank you

Health Fair
Recording

Dear Parents and Guardians,,

We know that COVID 19 has altered everyone's life, especially our children's lives and their routines. Who would have thought that when we looking up a YouTube video to fix something, it would turn into the way our students would learn, not using YouTube, but virtually and not in a classroom. This puts such a huge strain on not only the students, but you, their caregivers, role models and their first teachers. Thank you from everyone at Kankakee School District #111.

Please click on the Good Job sign and enjoy this video by One Voice Children's' Choir. Good Job!



Virtual Mental
Health Fairs

Health Fair
Agenda

KSD
Resources

Meet the KSD
Social Workers

Meet the KSD
Psychologist

Meet the KSD
School
Counselors

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I-Kan Cares

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Click on the circle to view the recorded
Minds Matter: Be Kind to Your Mind Virtual Mental
Health Fair.

[Virtual Mental
Health Fairs](#)

[Health Fair
Agenda](#)

[KSD
Resources](#)

[Meet the KSD
Social Workers](#)

[Meet the KSD
Psychologist](#)

[Meet the KSD
School
Counselors](#)

[Riverside
Resources](#)

[I-Kan Cares](#)

[Stop the
Violence](#)

[Project Sun](#)

[Helen Wheeler
Center](#)

[Aunt Martha's](#)

[Duane Dean](#)

[Thank you](#)

[Health Fair
Recording](#)