



July News and Updates!

CYN provides over 200 Counseling Sessions to People in Need During Covid-19

Thanks to support from the United Way of Lake County, CYN met the rising need for remote mental health services for our community during the pandemic. In May, CYN received a Covid-19 specific grant from the United Way of Lake County that allowed us to provide over 200 sessions to 50 individuals from low income households. CYN is grateful for our community partners!



LAKE COUNTY, IL
COVID-19 Community Response Fund

CYN's Covid-19 Response Services:

- Counseling
- Crisis Services
- Child Abuse Prevention & Recovery
- Domestic Violence Prevention & Recovery

CYN Advocates for Minority Mental Health Month by Overcoming Barriers to Service

Common barriers to quality mental health care and how CYN overcomes them.

- **Stigma associated with mental illness**
 - CYN advocates on behalf of many mental health causes every month in an effort to reduce the stigma around mental health care.
- **Distrust of the health care system**
 - CYN staff are friendly, educated and sensitive when communicating with all potential clients about our services and how we can be of service.
- **Lack of providers from diverse racial/ethnic backgrounds**
 - CYN employs therapists of all backgrounds and ethnicities to ensure equitable care for all individuals.
- **Lack of culturally competent providers**
 - CYN provides cultural competence training to all staff members each year.
- **Language barriers**
 - CYN specifically employs a diverse team of therapists and staff, many of whom are bilingual.
- **Lack of insurance**
 - CYN has privately funded programs that specifically provide mental health care to those who lack insurance or are under insured.

Obstáculos comunes a la atención de salud mental de calidad y cómo CYN los supera.

- **Estigma asociado con enfermedades mentales**
 - CYN aboga en nombre de muchas causas de salud mental cada mes en un esfuerzo por reducir el estigma en torno a la atención de salud mental.
- **Desconfianza hacia el sistema de atención de la salud**
 - El personal de CYN es amable, educado y sensible al comunicarse con todos los clientes potenciales sobre nuestros servicios y cómo podemos ser de servicios.
- **Falta de proveedores de diversos orígenes raciales/étnicos**
 - CYN emplea terapeutas de todos los orígenes y etnias para garantizar una atención equitativa para todas las personas.
- **Falta de proveedores culturalmente competentes**
 - CYN proporciona capacitación de competencia cultural a todos los miembros del personal cada año.
- **Barreras de idioma**
 - CYN emplea específicamente a un equipo diverso de terapeutas y personal, muchos de los cuales son bilingües.
- **Falta de una aseguración**
 - CYN tiene programas financiados por el sector privado que proporcionan específicamente atención de salud mental a aquellos que no tengan aseguración.

CYN receives new grant for Teletherapy services!

In May, CYN was awarded \$30,000 for ongoing teletherapy services in Lake County through the Willow Springs Charitable Trust. This grant will help us expand our programming and help even more people as they deal with the physical, economical and emotional impact of Covid-19"



*"It is our greatest hope that all the "chaos" of this time will allow us all... to lift all people up fully... and leave no one behind."
- Willow Springs Charitable Trust*

Meet Board Member - Suzanne Martinez



Please meet Suzanne... is the Congregational Outreach Coordinator for the Office for Mission and Spiritual Care for Advocate Aurora Good Shepherd, Condell Medical Center and Sherman Hospitals. She is also the Hispanic Liaison. Suzanne's primary role is to coordinate and supervise the congregational health ministries, such as educational seminars, health screenings and other health and wellness opportunities offered to congregations. She acts as a liaison with faith communities and clergy related to the work of Mission and Spiritual Care. Suzanne develops and initiates new programs and activities, which strengthen the partnership between the Advocate Aurora Hospitals and congregations all the while promoting health and wellness of body, mind and spirit, a "holistic" approach to caring

for the whole person.

Do you have a passion for helping people? You may be a perfect fit for the CYN Board or Committees! Please contact Gail Weil at 847.548.6000 ext.012 to learn more!

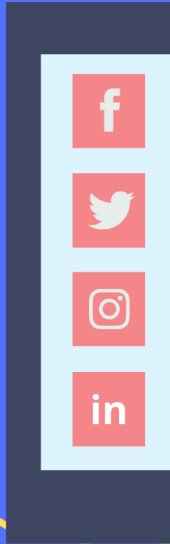
Join CYN's Social Media Champions network and make your own Impact!

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CYN SOCIAL MEDIA CHAMPIONS

Join our group of social media supporters and become a part of advocating for mental health services throughout Lake County!

Visit www.cyngrayslake.org for more details!



What is Social Media Champion?

As a Social Media Champion (SMC), you will raise awareness for CYN, our programs and help us increase our exposure throughout Lake County.

CYN SMC's will get the inside scoop on what we are up to through sneak peeks of our Monthly Newsletters, Monthly Cause Campaigns and Fundraising Events.

Sign up Today!



www.cyngrayslake.org | 847.548.6000 | info@cyngrayslake.org

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