

CYN  COUNSELING
CENTER

2022 *Cyist* GUIDE



cyngrayslake.org



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A MESSAGE FROM LEADERSHIP

CYN COUNSELING CENTER is honored to have served our community for more than 40 years, and it is a privilege to work alongside some of Lake and McHenry County's strongest advocates for mental wellness. Although the last few years have been full of ongoing challenges, it is the outpouring of support we have received that stands out most in our minds.

CYN has continued to increase our service numbers and provide more support than ever to children, individuals and families in all walks of life because of supporters like YOU.

While we are pleased with this growth, we know our work is far from over as the demand for CYN services continues to grow exponentially. We always seek to identify new and improved ways to expand programming and enhance the lives of our clients, staff, and board members and we will not stop until a permanent, positive solution to mental wellness is established.

Thank you for being a part of this process, and for trusting CYN Counseling Center as a leader in community mental wellness support.



Gail Weil
Executive Director





introducing

FUNDaMental Wellness Monthly Giving Program

NEW to CYN Counseling Center,
make your impact last all year long by making a recurring gift.

Our FUNDaMentalists recognize the need for mental wellness support and give monthly, quarterly or annually to make a lasting impact on the programs and services we provide. Thank you for scheduling your recurring gifts to provide a permanent, positive solution to mental health in our community.

Dollar amounts are representative of a 12-month contribution to CYN Counseling Center



Our Mission

IS TO PRESERVE & STRENGTHEN
FAMILIES WHILE PROTECTING CHILDREN FROM ABUSIVE OR
HIGH-RISK SITUATIONS.

Give Children a Voice

*\$22
a month*

“When my parents got divorced, I was really scared, but I didn't really know why or how to talk about it.”



"My friend at CYN played games with me and did projects to help me find a way to tell my feelings. She made me feel safe and told me it was ok to be upset about things happening near us, and it's hard to not feel sad when I cannot fix them. I really wanted to fix my mom and dad, but now I know I am strong and safe and both of my parents love me, so I can be happy about that. I am really glad I got to go see my friend at CYN, and now I can help my little brother too when he feels sad about things."

AJ*, Age 6

For just *\$22* a month, you can fund *3* art therapy sessions for a child like AJ and his brother each year.

Donate at cyngrayslake.org



Specialty Counseling

CYN provides generalized or specialty therapy, including but not limited to:

- Depression & Anxiety
- Life Transitions
- Grief & Bereavement
- LGBTQ+ Support
- Trauma
- Conflict Resolution
- Bullying Prevention
- Anger Management
- Eating Disorders
- Behavioral Issues
- Substance Abuse
- Electronic Addictions

AND SO MUCH MORE

A monthly donation of

\$20.50

can fund three months of
LGBTQ+ Open Group Support
for area youth each year.

“As a transgender kid, I didn't feel heard. I wasn't understood and definitely not accepted, even by my own family.”

"My life each day felt like a battle between being myself and fitting in with anyone else. It was really lonely, and I started self-medicating with alcohol. At home, there was so much arguing and my parents didn't understand why I couldn't just stop being me. Eventually, my conflicts got physical and I ended up in the hospital. This crisis led us to CYN education and counseling. They gave us a chance to learn each other; this place brought my family back together."

Karen*, Age 19

***Names changed for anonymity**

Give Self-Knowledge

*\$34
a month*

“ I just wanted to say thank you so much for being there for me this year. I truly would not have made it without you. ”



"Thank you for teaching me that putting myself first isn't selfish and that I know what I need to do I just needed that push to do it. I am so happy that I met you when I walked into the Student Services office. You have truly changed my life for the better and I could never repay you for it. Thank you for giving me the ability to not be scared to ask for help and to know where to find it. As well as that this is my story and I have to take control of it. I will love you endlessly and I wish you all the best. Thank you again and I will miss you after graduation!"

Lee*, Age 17

For just *\$34* a month, you can fund *5* weeks of summer-counseling each year to a student who would otherwise lose those services between school sessions.

Donate at cyngrayslake.org



Alternative to Suspension

6 therapy sessions for early intervention provided to students suspended for alcohol/drug or violence related violations

Students undergo a short term, comprehensive program that assesses for alcohol/drug or anger management issues, educates and counsels both students and parents, and offers recommendations for continued care.

A monthly donation of

\$43.50

can fund the full 6-week counseling support each year for a student in our Alternative to Suspension Program..

“ I was a great student, but then I couldn't stop using and I felt my future slipping away. ”

"It was a friend who found the drug paraphernalia in my backpack. I was mad when she reported me, but everything that happened afterward still makes me grateful. Instead of just kicking me out of school, I got set up with a counselor who helped me recognize I was making really bad choices. Most importantly, he helped me figure out how to stop. I owe my friend, the school and my counselor my life... I don't think I could have ever gotten clean myself. Now I only have to worry about which college I will choose."

Cam*, Age 15

***Names changed for anonymity**

Give A Second Chance

*\$43
a month*

“When I joined the Growing Resilient Teens program, I was very angry and closed off. I was dealing with a significant trauma and struggling so hard inside.”



"Throughout the program, I felt something change. I started to open up, and I was less angry every day, until by the end of spring I didn't feel angry anymore. Everyday people told me it was like I was a different person. I stayed on the farm that summer for an internship, and I even competed in a local pageant and won! I am so thankful for CYN and this opportunity to continue the program; the counselors helped me get my confidence back and changed my life."

Mia*, Age 14

For just *\$43* a month, you can fund *6* students like Mia for a full 11-week semester of Growing Resilient Teens each year.

Donate at cyngrayslake.org

“When I came to the Mentoring Program, I had anger control issues & was on probation for aggravated assault. I was unemployed & failing several classes, threatening my ability to graduate.”

"Through goal setting, community outings, and therapeutic conversations, I completed all probation requirements. I got a job, graduated from high school and started building a relationship with my family. I learned how to recognize triggers for my anger and use de-escalating techniques to calm down. Spending time with my mentor helped me learn from my mistakes. He helped me grow up, to realize the importance of setting & achieving goals and having a relationship with my family. If it weren't for him I would probably just be in jail."

Eddie*, Age 18

*\$51
a month*



For just *\$51* a month, you can fund *52* mentoring activities for a student like Eddie each year.

***Names changed for anonymity**

Give Renewed Hope

“Just the thought of hearing the word “indicated” could make any parent cringe with defeat, which is exactly how I felt when my case was opened in the Intact Family Program.”

*\$49
a month*



“My family and I were familiar with hardship, and I had become resistant to any help. I was used to solving my problems by being strong and independent for my children, so when I was offered services for my use of inappropriate forms of punishment, I was filled with disdain. Throughout the process with the CYN team, I began to unfold, to share my life experiences and trauma. I eventually let my guard down and allowed the recommended services to work for me, instead of against me. Once I realized I was empowered by my “A Team” I was able to successfully complete all services, correct my forms of discipline, and implement new tactics in our home. Our family was able to find success despite initial resistance.”

Jayla, Mother of 3

For just *\$49* a month, you can fund *4* car seats or safe-sleep cribs for children lacking these items in our Intact Families each year.

Donate at cyngrayslake.org



Nurturing Families

16-Wk program for parents emphasizing the importance of raising youth in a warm, trusting and caring household by avoiding dangerous parenting.

Program structure includes:

- 16, 90-minute group sessions
- 7 individual and/or family sessions.

Programs may be available in both English & Spanish.

“Before the Nurturing Families Program, I felt anxious, helpless, and a bit hopeless.”

My whole family dynamic was stressed, but despite our struggles, I attended group each week asking for advice. I used my new skills at home. By the middle of the group, I saw noticeable change in the way my children behaved. I became nurturing, more open to listening, and understood the right parenting style for us. These new skills worked not only to better our family but also to help guide personal relationships. In the end, I learned insight, discipline, praise, confidence, the importance of self-care, and recognizing triggers. I would recommend this group to any parent.

Jose, Father of 2

A monthly donation of

\$31.25

can fund all materials for 30 parents in our 16-week Nurturing Families Program each year.

***Names changed for anonymity**

Give Critical Support

*\$99
a month*

“ I credit the school district and CYN Counseling Center for the fact that I still have a daughter. ”

"We heard a lot during the pandemic that it was tough for kids. I received a phone call at 3:30am from a representative who said 'I found something and I cannot go to sleep in good conscious without telling you.' Within 24-hours there was a plan in place. We don't have insurance and it is hard for us to get the doctors and support that we need, but she was expedited and now sees a counselor weekly. She's a great student and we would not have known anything was wrong, but she needed that social-emotional connection, that other support piece. I encourage you to keep doing what you are doing because somebody else is going to have a daughter at 3:30am who needs help and I am so thankful I had it."

Kim*, Mother of Teen with Suicidal Ideation

For just *\$99* a month, you can fund *14* counseling sessions each year for an individual in crisis who would otherwise not receive it.

Donate at cyngrayslake.org



Crisis Intervention

CYN Crisis provides temporary shelter, support and follow up for kids, ages 11-17, who have run away, been locked out, or who are at risk of such.

Our crisis workers are on call
24/7/365

Families and their youth are entitled to five free follow up counseling sessions post crisis in order to stabilize the family and prevent future occurrences.

A monthly donation of

\$41.70

can fund a full 90-days of support for a youth and their family in our Crisis Program each year.

“I ran away because I felt no one cared and that I would just be better off alone.”

"I didn't realize that life was hard for my mom and grandma too, trying to make ends meet and take care of me. I did things to get them to notice me, but it really just made them sad because they didn't know what else to do. When they found me, I was so scared and just wanted to go home, but I didn't think they wanted me. My counselor helped me and my family realize that we need each other because life IS hard, but not as hard when we do it together. And definitely not as scary or lonely.

Maria*, Age 12

***Names changed for anonymity**

Give Support Together

Make a larger impact by getting others involved! Family members and friends can help you reach support goals, and many workplaces offer a match for donations.

INTACT FAMILY SERVICES PROGRAM

*\$13
a month*

2 supporters can provide **1** safe-sleep bed AND **1** car seat for an infant in our Intact Families program for just **\$13/month** per person.

THERAPEUTIC MENTORING

*\$17
a month*

3 supporters can provide **1 year** of skill-building activities for a justice-involved youth in our Mentoring program for just **\$17/month** per person.

GROWING RESILIENT TEENS

*\$18
a month*

5 supporters can provide **11 weeks** of workforce & social skills to a student in our Growing Resilient Teens program for just **\$18/month** per person.

COMMUNITY BASED COUNSELING (CBC)

*\$20
a month*

A group of **4** supporters can provide **12** counseling sessions for an individual in our sliding-scale/free services program for just **\$20/month** per person.

SCHOOL BASED THERAPY SERVICES

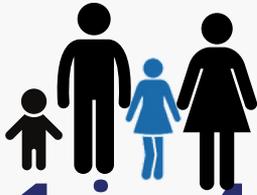
*\$32
a month*

2 supporters can provide **10 weeks** of summer counseling for a student who would otherwise lose these services for just **\$32/month** per person.

Dollar amounts are representative of 12-monthly contributions to CYN Counseling Center

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THE CAUSE



1 in 4

people suffer with mental illness



1 in 3

youth don't get the mental health services they need



1 in 5

adults live with mental illness



68% of women
57% of men
with mental health problems are parents



7 in 10

teens struggle with mental health issues

THE IMPACT

144% INCREASE IN REQUEST FOR SERVICES



50%

MORE
EMPLOYEES SERVED
THROUGH OUR EMPLOYEE
ASSISTANCE PROGRAM

215%
INCREASE



IN DCFS FAMILIES SERVED

410



STUDENTS

15



SCHOOLS

18%
MORE



AT RISK
YOUTH
SERVED

CYN Counseling Center is a 501(c)3 organization and we are only successful because of YOUR ongoing support.

Contact us today to learn more about ways you can give mental wellness.



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cyngrayslake.org



HOURS

Mon-Thurs: 9am-9pm & Fri: 9am-5pm

24HR CRISIS HOTLINE: 847-587-3100