



Letter from Leadership

Dear SCY Partners,

Last week, the Centers for Disease Control (CDC) released the 2013-2023 Youth Risk Behavior Survey highlighting various trends in the mental health of high school students. While the overall mental health of teens has declined over the past decade, there was a slight improvement between 2021 and 2023. Female students and Black students reporting severe feelings of sadness, hopelessness, and suicide attempts, has decreased. Substance use among teens also declined, with fewer students drinking alcohol, using marijuana, or misusing prescription opioids.

However, there are still challenges. Reports of school violence, including weapon-related threats and sexual violence, have increased, especially among female and LGBTQ+ students. The report shows the importance of addressing mental health in schools through proven strategies, such as improving mental health literacy, teaching coping strategies, and supporting teachers' mental health, which can also help reduce school violence.

Youth should feel empowered and a sense of connectedness (especially at school), knowing that others in their school care about them and their well-being which is an important protective factor and supportive factor of mental health.

Leslie Helmcamp
Executive Director
Strengthening Chicago's Youth (SCY)
Patrick M. Magoon Institute for Healthy Communities
Ann & Robert H. Lurie Children's Hospital of Chicago

[JOB
POSTINGS](#)

[FUNDING
OPPORTUNITIES](#)

[EVENT
CALENDAR](#)

[SCY'S
WEBSITE](#)

National Hispanic Heritage Month

National Childhood Obesity Awareness Month

National Suicide Prevention & Awareness Month

Labor Day
September 2

World Suicide Prevention Day
September 16

International Equal Pay Day
September 18

International Day of Peace
September 21

DIGITAL MENTAL HEALTH: Webinar Series Part 1

This webinar hosted by [Center for Behavioral Intervention Technologies](#) features talks on or related to digital mental health from leaders across a wide range of specialties, including psychology and psychiatry, human-computer interaction, computer science, implementation science and policy.



Tues, Sept 3 | 12:00 PM - 1:00 PM
Online (via Zoom)

[LEARN MORE](#)

2024-2025 FIELD NEEDS ASSESMENT: Survey

[Illinois Afterschool Network](#) is collecting data to inform trainings based on what the field indicates as priorities. It is a 13-question survey and one winner will be drawn for free admission to the 2025 March 29th In-Person Conference and one winner will be drawn for a \$50 Amazon Gift Card.



Survey Deadline
Fri, Sept 6

[LEARN MORE](#)

THE IMPACT OF TRAUMA ON YOUTH: Training

During this [Illinois Collaboration on Youth \(ICOY\)](#) training, attendees will explore and understand the impact of trauma on youth and clients. This will include learning about ACEs, brain development, and common childhood trauma responses and behaviors. There will be a discussion on trauma-informed care response strategies to build resilient youth, families, and staff.



Fri, Sept 6 | 9:00 AM - 11:00 AM
Online (via Zoom)

[LEARN MORE](#)

EMBEDDING RACIAL EQUITY INTO GOVERNMENT: Community of Practice

Are you a state government practitioner working to advance racial equity? Join [Public Health Institute](#)'s State of Equity and partners for their next Community of Practice meeting to learn about embedding racial equity into government services. The topic for this session is Facilitating Belonging Opportunities.



Fri, Sept 9 | 11:30 AM - 1:00 PM
Online (via Zoom)

[LEARN MORE](#)

YOUTH EXPERIENCING HOUSING INSTABILITY 101: 2-Day Training

This two-day webinar with **ICOY** provides supervisory and front-line staff working in DHS-funded Homeless Youth programs with the essential information they need to ensure effective practice and compliance with the program's regulations. Participants will learn how to best engage homeless youth and create the environments and programs that most effectively meet their needs.



Sept 10 and Sept 11 | 10:00 AM - 12:00 PM
Online (via Zoom)

[LEARN MORE](#)

UNLOCKING LOAN REPAYMENT: A Guide to the Human Service Professional Loan Repayment Program

This **ICOY** and **Illinois Partners for Human Service** webinar is for student loan borrowers who are interested in applying for the Human Service Professional Loan Repayment Program, which provides loan repayment assistance to qualified human service professionals. Attendees will learn about the process of how to apply and what to expect, including important dates.



Tues, Sept 10 | 7:00 PM - 8:00 PM
Online (via Zoom)

[LEARN MORE](#)

ADVANCING HEALTH EQUITY FOR SPECIAL POPULATIONS: Webinar

Quality care and access for special populations and communities is essential yet remains a challenge for many today. During this webinar hosted by **Social Current**, the presenter will share and define who are special populations, the challenges of health access for these populations, and what factors contribute to systems that are meant to ensure quality care for all.



Tues, Sept 10 | 12:30 PM - 2:00 PM
Online (via Zoom)

[LEARN MORE](#)

LGBTQIA+ IDENTITIES 201: Webinar

Do you have a firm grasp of LGBTQ+ terminology and want to expand your skills in cultivating welcoming spaces? This webinar hosted by **National Council for Mental Wellbeing** will discuss how to move beyond simply understanding LGBTQ+ identities and experiences to actively dispelling myths, undoing harm and empowering LGBTQ+ people and communities.



HEALTHY MINDS • STRONG COMMUNITIES

Tues, Sept 10 | 1:30 PM - 2:30 PM
Online (via Zoom)

[LEARN MORE](#)

TRAUMA-INFORMED SUPERVISION FOR SUPERVISORS: Training

This **ICOY** training session is designed for

supervisors, managers, and senior leadership to enhance team support and build vital supervisory networks. Together attendees will explore trauma-informed supervision techniques focusing on relationship building, conflict management, and effective communication.



Thurs, Sept 12 | 1:00 PM - 3:00 PM
Online (via Zoom)

[LEARN MORE](#)

VICARIOUS TRAUMA: Training

During this **ICoy** training session, attendees will review the signs, symptoms, and risk factors of vicarious trauma. Participants will explore the stress responses that can be experienced and the best ways to support service providers. Participants will gain increased awareness and understanding of the potential impact of secondary trauma, while also gaining positive responses to vicarious trauma exposure.



Fri, Sept 13 | 10:00 AM - 12:00 PM
Online (via Zoom)

[LEARN MORE](#)

WORKING WITH LGBTQIA+ YOUTH: Training

Join **ICoy** for an engaging training on coming out, leaning in, and everything in between with LGBTQIA+ youth. This interactive workshop will help workers know how to offer support to the "Alphabet" by identifying and discussing the unique stressors and needs of the community.



Mon, Sept 16 | 9:30 AM - 12:30 PM
Online (via Zoom)

[LEARN MORE](#)

INCREASING ACCESSIBILITY OF MENTAL HEALTH SERVICES FOR UNHOUSED POPULATIONS: Webinar

Mental health and substance use treatment is often inaccessible for unhoused populations. In this webinar, the **National Council for Mental Wellbeing** will focus on the importance of supporting unhoused populations and connecting them with necessary services without judgment or stigma. Speakers will highlight the social determinants of health that impact access to treatment in rural and urban communities.



Thurs, Sept 18 | 11:00 AM - 12:00 PM
Online (via Zoom)

[LEARN MORE](#)

CULTURE AND TRAUMA: Training

Trauma has context. That context oftentimes has cultural and historical roots. This [ICOY](#) training will explore the relationship between trauma and culture by looking specifically at populations who are at high risk for experiencing trauma and traumatic stress at the hands of the systems and society exist in. Additionally, participants will gain an understanding about the ways power and oppression impact individuals, communities, and access to resources.



Illinois
Collaboration
on Youth

Thurs, Sept 19 | 10:00 AM - 12:00 PM
Online (via Zoom)

[LEARN MORE](#)

CULTURALLY AGILE SOCIAL EMOTIONAL LEARNING: Virtual Two-Part Training Series

"Social Emotional Learning" (SEL) is a term and practice made popular in the past few years to encourage proactive and productive engagement with and among youth and adults to support health and productive social, emotional, and academic development. Attendees at this [Illinois AfterSchool Network](#) training will explore macro and micro systems, and the role of personal and social identities within SEL and the differing ways that SEL strategies may be implemented in any role within youth development environments.



Sept 19 and Sept 26 | 10:00 AM - 12:00 PM
Online (via Zoom)

[LEARN MORE](#)

COMMUNITY YOUTH SERVICE (CYS) 101: Training

The purpose of CYS 101 is to engage providers in intentional, productive, and constructive ways to fulfill grant requirements while recognizing and enhancing their strengths. This [ICOY](#) training will promote positive outcomes by providing opportunities, fostering positive relationships, and giving the support that is needed to develop mechanisms that enhance program goals and objectives.



Illinois
Collaboration
on Youth

Mon, Sept 23 | 10:00 AM - 1:00 PM
Online (via Zoom)

[LEARN MORE](#)

NATURE AS A RESOURCE HEALTH AND SAFETY: Training

Connecting with the outdoors can provide a unique way to meet out-of-school time program goals and objectives, including balancing mental and physical health. [Illinois AfterSchool Network](#) invites you to learn about the almost 70,000-acre wild and wonderful natural resource that is The Forest Preserves of Cook County and how you can use this resource as part of your out-of-school time activities.



Tues, Sept 24 | 12:00 PM - 3:00 PM
Sagawau Environmental Learning Center
12545 111th St, Lemont, IL 60439

[LEARN MORE](#)

EMPOWERING THE NEXT GENERATION OF INJURY PREVENTION ADVOCATES:

Webinar

The [American Trauma Society](#) is pleased to present an injury prevention professional webinar. During this webinar, information will be shared on how the Trainees for Child Injury Prevention (T4CIP) Program was built and grew, lessons learned along the way, and the program's impact on child injury prevention advocacy.



Weds, Sept 24 | 12:00 PM - 1:00 PM
Online (via Zoom)

[LEARN MORE](#)

DOMESTIC VIOLENCE AND TRAUMA: Training

During this [ICOY](#) training attendees will explore the impact of domestic violence on survivors. They will process the patterns of behaviors that can potentially lead to power and control within intimate relationships. Participants will learn about the different forms of domestic violence and ways to support clients who might be having this experience.



Weds, Sept 25 | 1:00 PM - 3:00 PM
Online (via Zoom)

[LEARN MORE](#)

UNITED AND THRIVING: 2024 SUMMIT

This year, the annual Summit hosted by [Forefront](#) will focus on a collective commitment to building a united and thriving social impact sector that promotes equity and has a transformative impact on the well-being and economic security of communities across the State of Illinois.



Weds, Sept 25 | 10:00 AM - 3:00 PM
Online (via Zoom)

[LEARN MORE](#)

NAVIGATING THE BEHAVIORAL HEALTH AI JOURNEY: From Concept to Reality

This webinar hosted by the [National Council for Mental Wellbeing](#) is an event designed to demystify the intricate process of bringing AI from the drawing board to impactful implementation. It will provide attendees with invaluable insights, practical strategies, and real-world examples of how AI can revolutionize behavioral health and client care.

NATIONAL COUNCIL
for Mental Wellbeing

HEALTHY MINDS • STRONG COMMUNITIES

Thurs, Sept 26 | 1:00 PM - 2:00 PM
Online (via Zoom)

[LEARN MORE](#)

GUIDING CHILDREN AND YOUTH BEHAVIOR IN AFTERSCHOOL PROGRAMS:

Workshop

This workshop hosted by [Illinois Afterschool Network](#) session focuses on positive and preventive behavior management strategies for working with youth. A variety of strategies for guiding youth and helping them to change their behavior will be shared. Presenters will discuss topics related to behavior management ranging from Peace Centers to bullying prevention.



Fri, Sept 27 | 10:00 AM - 12:00 PM
Online (via Zoom)

[LEARN MORE](#)

ANNUAL LIGHT UP THE LAKEFRONT: Save the Date

Please join [Between Friends](#) for their annual event. As they do each year, to mark Domestic Violence Awareness Month, gather together to light candles in a striking visual tribute to all those affected by domestic violence. The event is free and no tickets are necessary. Spanish and ASL translation will be provided for all speakers.



Tues, Oct 1 | 6:00 PM - 8:00 PM
Ohio Street Beach
600 North Lake Shore Drive
Chicago, IL 60611

[VOLUNTEER HERE](#)

RACIAL JUSTICE ACTIVISM: Youth Advisory Board

[ARISE Health Lab](#) is looking for Black and Latinx teens ages 15-20 with an interest in activism to join their Racial Justice Activism Youth Advisory Board! This paid opportunity will have members assist with developing a racial justice activism curriculum for a larger cohort in the fall to improve a study on Black and Latinx youths' activist experiences and health.



[LEARN MORE](#)

VOICES OF CHILD HEALTH IN CHICAGO REPORT (VOCHIC): Adolescents Report on Their Well-Being and Mental Health

Social-emotional well-being in adolescence is associated with health across the life course; it plays an important role in development and predicts academic performance and mental health outcomes later in life. In this month's [VOCHIC](#) report, they examine youth social-emotional well-being and mental health from the perspectives of adolescents and their parents. Some report highlights included:

- Over half of adolescents reported that they always, often or sometimes feel



Voices of Child Health
in Chicago

[LEARN MORE](#)

stressed

- Parents and children were only somewhat aligned in their views regarding youth mental health and stress

DONATE

Supporting the work of SCY helps to grow the capacity of our team, resources, and effort. To make a contribution, visit our [donation page](#).

NEWSLETTER CONTENT

To have an event or article included in SCY's monthly update, please send an email to scy@luriechildrens.org.

 Ann & Robert H. Lurie
Children's Hospital of Chicago



Ann & Robert H. Lurie Children's Hospital of Chicago | 225 E. Chicago Ave | Chicago, IL
60611 US

[Unsubscribe](#) | [Update Profile](#) | [Our Privacy Policy](#) | [Constant Contact Data Notice](#)