

— FALL NEWSLETTER —

ILLINOIS ASSOCIATION FOR COUPLES AND FAMILY COUNSELING



WHAT'S IN THIS EDITION:

- IACFC Vision Statement from President Dr. Latoya Patterson
- Metropolitan Family Services Resources
- Lookback of IACFC 2023, 1st Annual Conference
- IACFC Call for Proposals, 2024 2nd Annual Conference
- Upcoming IACFC 2023 Webinars
- Resources
- IACFC Running Elections



IACFC VISION STATEMENT FROM DR LATOYA PATTERSON



When I think of couples and families, from the individual to the larger system, IACFC envisions a community that promotes healthy relationship dynamics through awareness of systemic changes and their impact on family dynamics. Recognizing that relationships are the foundation to health and well-being of the family, individuals, and couples. Lastly, broadening society's perception of what the family is.



»»» RESOURCES ALERT «««

METROPOLITAN FAMILY SERVICES



Family
Shelter
Service

metropolitan family services™
— D U P A G E —

24/7 Hotline: 630-469-5650
Healing from Domestic Abuse

Since 1976, Family Shelter Service has answered the call in our community to help victims of domestic violence escape abuse and rebuild their lives. We work to eliminate barriers, provide faster, greater and more equal access to services in an environment where survivors can feel supported and empowered to disentangle from their situation. Together, we are building community and providing lifesaving services and critical programs to serve our clients as they restore their self-worth and their lives.

Since 1976, Family Shelter Service has answered the call in our community to help victims of domestic violence escape abuse and rebuild their lives. We work to eliminate barriers, provide faster, greater and more equal access to services in an environment where survivors can feel supported and empowered to disentangle from their situation. Together, we are building community and providing lifesaving services and critical programs to serve our clients as they restore their self-worth and their lives.



ALL OF OUR SERVICES AT FAMILY SHELTER SERVICE ARE FREE AND CONFIDENTIAL.

- 24/7 hotline for access to services, crisis support, safety planning, and information & referrals for survivors, friends, family and professionals.
- Emergency Shelter for survivors fleeing their abusive relationship
- Adult and Children's individual and group counseling services
- Court advocacy at the DuPage County courthouse for assistance with Orders of Protection
- Community Outreach brings services into the community working with survivors and professionals to learn more about domestic violence
- Prevention Education brings age-appropriate curriculum to middle and high schools to talk about Teen Dating Violence, violence prevention and healthy relationships

ABOUT DOMESTIC VIOLENCE AND STATISTICS

Anyone can experience domestic violence. There is no "typical victim." Domestic violence affects people from all backgrounds, religions, socioeconomic levels, education levels, age groups, etc.

Domestic violence (DV) does not have to be physical in order to be considered abuse. DV includes physical abuse, emotional/verbal abuse, financial abuse, sexual abuse, stalking and harassment, digital/cyber abuse.

Leaving is the most dangerous time for people in abusive relationships, and leaving does not guarantee safety. Survivors who leave are at high risk for lethality and continued abuse for as long as 2 years after leaving the relationship.

- 1 IN 4 WOMEN, 1 IN 9 MEN EXPERIENCE DOMESTIC VIOLENCE
- WOMEN BETWEEN THE AGES OF 18-24 ARE MOST COMMONLY ABUSED BY AN INTIMATE PARTNER
- THE COST OF INTIMATE PARTNER VIOLENCE EXCEEDS \$8.3 BILLION PER YEAR

FSS NUMBERS FOR FISCAL YEAR 2023:

- WE SERVED A TOTAL OF 1,513 SURVIVORS THROUGHOUT THE YEAR
- WE PROVIDED SHELTER TO 115 ADULTS AND 93 CHILDREN
- WE ANSWERED 7,110 HOTLINE CALLS AND TOOK 6,163 POLICE REPORTS FROM DUPAGE CO. OFFICERS
- WE DISTRIBUTED 393 BATHROOM POSTERS AND 18,925 HOTLINE CARDS TO THE COMMUNITY
- WE ASSISTED WITH 1,627 ORDERS OF PROTECTION IN DUPAGE COUNTY





IACFC 1ST ANNUAL CONFERENCE 2023

“ Thank you!!! ”

On behalf of the 2021 - 2023 IACFC Board, we want to send an heartfelt thank you for participating and attending our 1st annual conference. This was a huge tasks and everyone stepped up to the plate to knock this out of the park. We are so excited for all future conferences and webinars to come.



Continuance from IACFC Conference..





2024 CONFERENCE

CALL FOR WORKSHOP
PROPOSALS

IACFC IS ACCEPTING PROPOSALS FOR
BREAKOUT SESSIONS FOR OUR
ANNUAL CONFERENCE SCHEDULED
FOR
APRIL 25 and April 26, 2024.

email: iacfc32@gmail.com with any
questions

[click here to submit your proposal](#)

IMPORTANT PRESENTER INFORMATION:

PRESENTERS FOR 60 and 90 MINUTE BREAK OUT
SESSION

PLEASE ONLY SUBMIT ONE PROPOSAL PER
PRESENTER

**NOTIFICATION OF ACCEPTANCE WILL BE GIVEN BY
FEBRUARY 23, 2024**

YOU WILL NEED TO SUBMIT:

YOUR CONTACT INFORMATION: NAME,
CREDENTIALS, EMAIL ADDRESS, PHONE, ADDRESS,
AND INFORMATION FOR ANY CO-PRESENTERS

A SHORT BIO, PHOTO.

WORKSHOP TITLE, WORKSHOP DESCRIPTION
PREFERRED PRESENTATION TIME AND FORMAT

[click here to submit your proposal](#)



IACFC FREE WEBINAR

EMOTIONAL
INTELLIGENCE,
COMMUNICATION
AND COHESION

OCTOBER 20TH
FROM 1PM - 3PM CST

PRESENTED BY:
DANIEL STILLWELL
PHD, LMFT

Upcoming Webinar



What's Next



November 2023:

Domestic Violence 101
webinar by
Metropolitan Family
Services

Info coming out soon!

SUICIDE AWARENESS

988 Suicide & Crisis Lifeline

988

988 is the a three-digit dialing code that will connect callers in crisis to trained counselors that will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

CARES & SASS

1-800-345-9049

Crisis hotline, mental health evaluation, and other services for youth and adults with Medicaid.

Crisis Textline

Text HOME to 741741 to connect with a volunteer Crisis Counselor
Free 24/7 support at your fingertips.

WALK WITH US
TO PREVENT SUICIDE

REGISTER TODAY



**Out of the Darkness
Chicagoland Walk**

October 21, 2023

9AM | Montrose Harbor - Chicago

**Register.
Donate.
Volunteer.**

afsp.org/Chicago



**American
Foundation
for Suicide
Prevention**

Illinois



**OUT OF THE
DARKNESS**
Community Walks

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline Crisis Text Line

Call or text 988 Text “HELLO” to 741741

Chat at 988lifeline.org



National
Institute
of
Mental Health

www.nimh.nih.gov/suicideprevention

NIMH Identifier No. OM 22-4316

IACFC Running Elections



**TREASURER,
WEBSITE AND
NEWSLETTER
COMMITTEE CHAIR
AND
FUNDRAISER
CHAIR**

**If you are creative,
able to generate
ideas for fundraiser
opportunities or
able to manage
finances, this is the
opportunity for you!**

For more information, please email: [***iacfc32@gmail.com***](mailto:iacfc32@gmail.com)

www.iacfc.org

COME JOIN US!



Want to be part of a great division, IACFC, make sure you sign up when getting membership with illinois counseling association.

go to: <https://www.ilcounseling.org/>