

■ST. CHARLES YOUTH COMMISSION■
Monday, February 5, 2018 – 6:00 p.m.
St. Charles Police Department Conference Room
211 N. Riverside Avenue

J. Diorio – Youth Commissioner, Chair*
S. Anderson – Youth Commissioner*
C. Denz – Youth Commissioner*
C. Hime – Youth Commissioner, Treasurer
D. Kelly – Youth Commissioner, Secretary*
L. Kristofer – Youth Commissioner*
J. Muenz – Youth Commissioner*
D. Saylor – Youth Commissioner
M. Weick – Youth Commissioner*
J. Wong – Youth Commissioner*

J. Burden, STC PD
J. Keegan, Chief of Police
R. Rogina, Mayor
STC Aldermen
M. Koenen, City Administrator
J. Bruggeman, STC Park District*
J. Greenwald, STC Park District
B. Buckley, STC Library*
J. O'Neal, TriCity*
P. Palagi, D303

***Attended meeting**

- I. Meeting called to order @ 6:01 p.m.
- II. **Secretary's Report**
 - A. Approval of the minutes from the January 2018 meeting. Motion to approve; carried.
- III. **Treasurer's Report – absent**
- IV. **Correspondence – none**
- V. **Presentations**
 - A. Joelle Delgado-Solomon with the St. Charles East Post Prom Committee; overview of presentation enclosed.
- VI. **Liaison Reports**
 - A. **D303 – absent**
 - i. Update on February 20th Special Board Meeting regarding elementary school situation.
 - B. **Park District – Jennifer Bruggeman**
 - i. Update on after school programs for elementary schools;
 - ii. Update on teen Underground center, report attached;
 - iii. Update on grant from Kane County Health Department for anti-tobacco initiative at Thompson Middle School.
 - C. **Police Department – absent**
 - i. Juvenile arrest listing, attached.
 - D. **Library Programs – Brandon Buckley**
 - i. Update on upcoming programs; event listing attached;
 - ii. Update on youth volunteer program at the library.

E. Tri-City Family Services – Jules O’Neal

- i. Update on programs; brochures attached;
- ii. Update on wilderness challenge taking place in June 2018;
- iii. Brochure attached for “Navigating Your Child through Peer Conflicts into Relational Resilience”, which takes place at Wredling Middle School on Saturday, February 24, 2018 from 9 – 10:30 a.m.;
- iv. Update on Gala fundraiser, which is scheduled for February 24, 2018 at Pheasant Run.

VII. Old Business

- A. Funding Policies: reporting expenses; zero funding for food, alcohol, private entertainment; cost for salaries, facilities, etc. Discussion stemmed from request from St. Patrick’s regarding their summer free lunch program.
- B. Updates, additions, and corrections to St. Charles Youth Commission funding request form.
- C. Motion to deny previous funding request for the lunch program funding for St. Patrick’s Church based on the parameters of what the Commission is allowed to fund; carried.
- D. Survey of 2018 St. Charles Youth Commissioners; summary attached.
- E. Website updates: Youth Commission page online; Diane will be visiting schools, PTOs, etc.; suggestion to have the funding request form in a fillable format online.

VIII. New Business

- A. St. Charles East High School Post Prom funding request; tabled to next month.
- B. Motion to approve the St. Charles Public Library funding request for \$750.00 to support the summer reading program, carried.
- C. Create a subcommittee to review and update the current Youth Commission bylaws.

IX. Announcements/Discussion

- A. Friday: Chicago Steele – Fundraiser for Tri City Family Services.

X. Public Comment

- A. Visitor, Robert Weick, thanked the Youth Commission for their service and all of the good work they do for the youth of St. Charles.

XI. Adjournment

- A. Motion to adjourn at 7:20 p.m., carried.

The next Youth Commission meeting will be Monday, March 5, 2018 at 6:00 p.m. in the St. Charles Police Department Riverside Conference Room located at 211 N. Riverside Avenue.

Minutes respectfully submitted,
Dan Kelly, Youth Commissioner

STC Underground

TEEN CENTER

Monthly Unique Individuals/Total Visits

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
2018	100/431											
2017	101/432	101/419	126/499	117/475	133/436	119/429	119/469	120/517	128/479	122/425	113/454	104/440
2016	94/389	112/428	98/413	108/439	108/432	121/441	109/432	88/377	145/524	128/503	90/284	103/436
2015	97/443	92/363	90/381	96/396	104/380	106/387	107/439	111/409	101/375	101/398	98/413	94/373
2014	118/433	108/403	120/430	110/443	109/461	100/411	99/439	104/428	117/402	108/423	99/404	105/420
2013	71/340	75/259	77/426	101/487	103/466	90/415	78/439	97/486	116/421	118/450	106/464	94/337
2012	111/48	99/452	103/569	98/480	119/558	121/569	102/520	105/523	106/451	120/496	104/534	97/414

Drop-Ins

1:00pm	9
2:00pm	11
3:00pm	40
4:00pm	166
5:00pm	81
6:00pm	67
7:00pm	49
8:00pm	7
9:00pm	1
Days Open	22
Avg #/Day	19.6

Members

Total Members	1,010
Males	681
Females	329

History

Annual Unique Visitors/Total Visits

2017	415/5,471
2016	347/5,098
2015	319/4,757
2014	319/5,097
2013	305/4,990

"Thank you!!! From us and our children!!! Dan, Darby and crew are a Godsend to so many in our community!!
-Tracy Ware, Underground Member Parent

SC Juvenile Arrest listing

Arrestee Jacket Type	Statute Code	Description	Arrest Date And Time	subject ID Number	Arrestee Address City
Juvenile Jacket	625 ILCS 5.0/6-101	TRAFFIC: No Drivers License	01/14/2018 00:12:00		SAINT CHARLES
Juvenile Jacket	625 ILCS 5.0/11-709	TRAFFIC: Other Violations	01/14/2018 00:12:00		SAINT CHARLES
Juvenile Jacket	625 ILCS 5.0/3-707	TRAFFIC: Operating Uninsured Motor Vehicle	01/14/2018 00:12:00		SAINT CHARLES
Juvenile Jacket	720 ILCS 5.0/26-1-A-3.5	DISORDERLY CONDUCT: All Others	01/22/2018 16:28:00		CRYSTAL LAKE
Juvenile Jacket	5-08-270(4)	LIQUOR: Illegal Consumption By A Minor	01/23/2018 14:02:00		SAINT CHARLES

2/5/2018 12:40:18 PM

Teen Crafts

Vinyl Tumbler • March 9 • 6:00-7:30 p.m.
Vinyl T-Shirt • May 11 • 6:00-7:30 p.m.

Technology Center

Come join us for a fun arts & crafts project. We'll supply the materials needed, you bring the creativity. **REGISTER**



Anime Club

Tuesdays • 6:00–8:00 p.m.
March 13 • April 10 • May 8
Huntley Meeting Room

Every second Tuesday of the month get loud and geek out! Watch anime, eat snacks and hang out with fellow otaku. **DROP IN**

Teen Advisory Group

Wednesdays • 7:00–8:00 p.m.
March 14 • April 11 • May 9
Carnegie Community Room

Get involved! Help make the Library your place. Bring your suggestions from outrageous to down-to-earth. All high school age patrons welcome. Pizza, snacks and drinks will be provided. Your input can help determine the future of your library. **REGISTER**



Teen Movie Night

Fridays, March 23 • 5:30-7:30 p.m. • Nerve
April 27 • 5:30-7:30 p.m. • 10 Cloverfield Lane
Huntley Meeting Room

Come catch a recent release on the big screen with your friends. Drinks and snacks provided. **DROP IN**

Star Wars Felting

Monday, March 28 • 6:00-8:00 p.m.
Huntley Meeting Room

Make three felt characters inspired by characters from Star Wars... the adorable BB-8, a Stormtrooper, and Chewbacca. Standing about two' tall, this collection makes great ornaments too! All supplies provided. Presented by Natasha Lewis from Esther's Place Fibers. **REGISTER**

Super Smash Bros Wii U Tournament

Friday, April 13 • 5:30–7:30 p.m.
Carnegie Community Room
Prizes to top three players
16 player limit

We encourage you to bring your own controller, but not necessary. Exclusively for grades 9-12 (only). No cost to participate. Check website for more details. **REGISTER**

College Award Letter Presentation

Tuesday, April 17 • 7:00–8:00 p.m.
Carnegie Community Room



Get information to compare award letters and find the most affordable college options. Designed to help high school seniors and parents evaluate financial aid award packages. Illinois Student Assistance Commission members will begin with a brief presentation on financial aid and how to read and evaluate financial aid award letters. After

the presentation, one-on-one support will be provided as needed. Parents welcome. **REGISTER**

Growing Up Money Smart: How Money Works for Kids

Thursday, April 26
7:00–8:00 p.m.
Grades 4–12 with Adult

Kids can grow up knowing how to deal with money and avoid money pitfalls. This workshop will cover: budget basics, cultivating smart shoppers, to save or not to save, credit and investing. Learn as you complete work sheets, students will receive a Certificate of Accomplishment and parent receives a 21-page money guide. Presented in partnership with the Federal Reserve Bank of Chicago and the Money Smart Advisory Council. **REGISTER** or **DROP-IN**

Free Comic Book Day

Saturday, May 5

Come celebrate Free Comic Book Day. Stop in and pick your free comics. Our comics are courtesy of Graham Cracker Comics. Visit them at 640 Randall Rd, St. Charles, IL 60174 to score even more free comics. **DROP IN**

Managing College Costs Presentation

Tuesday, May 22 • 7:00–8:00 p.m.
Carnegie Community Room

Get thinking about your college budget. Topics include scholarships, work-study, college financing, strategies for saving money without losing out on academic opportunities, and increasing a student's financial base. Presented by the Illinois Student Assistance Commission. Parents welcome. **REGISTER**



Room Escape at the Library

Friday, May 25 • 5:30-8:30 p.m.
Huntley Meeting Room

Come work together with your peers to solve puzzles and see if you have what it takes to escape the room in under an hour. Only 24 teens can participate, so register early if you want to secure your spot. Age requirement: 9th grade- 12th grade (strictly enforced). **REGISTER**



LEGO® Workshops for Students

Everyone loves to build with LEGO® bricks, so we have a workshop for younger students to play and create in addition to an older student event. These hands-on workshops include elements of STEAM (Science, Technology, Engineering, Art and Mathematics) learning. All creations will be displayed in Youth Services until the next event and photos posted on our Youth Services Facebook page.

You Play with LEGO®

STEAM

Grades K-2

Friday, March 9 • Thursday, April 12 • Monday, May 7
4:30-5:15 p.m.

Bring your imagination. We have all you will need to create with LEGO® bricks. **REGISTER**

You Design with LEGO®

STEAM

Grades 3-8

Friday, March 9 • Things that Fly
Thursday, April 12 • Zoo
Monday, May 7 • Travel
4:30-5:30 p.m.

Use your imagination in designing and building a LEGO® creation on the designated theme. Creations that meet the criteria will be judged on creative interpretation of theme, complexity, thought process behind the design, and completion within the designated 45-minute time. Awards will be presented. Work as an individual or as a member of a team. Think ahead and come with your plans.



Planks – Take the Challenge

STEAM

Grades 2 & 3 • 4:30-5:30 p.m.
Thursday, March 15 • Tuesday, April 17 • Monday, May 14

What can you build with simple wooden planks? Why a pyramid or a bridge of course! Show off your design and engineering skills with a challenge to create with only 10 planks. Each workshop brings a new challenge to test your creativity, innovation and critical thinking skills. **REGISTER**

Gears – Take the Challenge

STEAM

Grades 4 & 5 • 4:30-5:30 p.m.
Tuesday, March 20 • Monday, April 23 • Thursday, May 24

Build and play with funny gears – interlocking pieces that have a motor to make your creations come to life and move! Each workshop brings a new challenge to test your creativity, innovation and critical thinking as you work to connect your gears. **REGISTER**



Movie Nights

Grades 4-8

Fridays • 4:30-7:00 p.m.
March 16 • April 13 • May 18

Watch a recent release on the big screen. Titles will be posted at the ASK ME Desk. Pizza, popcorn and lemonade will be served. Popcorn compliments of Classic Cinema. Registration closes at 9:00 p.m. on Thursday before the movie or when filled. **REGISTRATION REQUIRED BY**

Babysitter Training

Babysitter with First Aid and CPR for Infant & Child
Ages 11-15

Wednesday, March 28 AND Thursday, March 29
Two 6-hour training workshops
9:30 a.m.-3:30 p.m.

Fee: \$45 **REGISTER**

Become a Red Cross certified babysitter. Training will cover all aspects of babysitter responsibilities and includes a Babysitter Training set with handbook, emergency reference guide and more. Students must attend the entire training workshop and successfully pass all observable skills to receive First Aid certification valid for three years, CPR certification valid for one year and Babysitter certification.

Grant funding provided by the Friends of St. Charles Public Library and St. Charles Kiwanis. Min. of 8 / max. of 10 students

Registration Requirements:

A completed Babysitter application form, including student and parent signatures. The form is available at the ASK ME Desk and online. In-person registration only.

Full payment (cash or check payable to St. Charles Public Library) is required to register or to add your name to the waiting list. Cancellations must be made by noon on Monday, March 26. Late cancellations or no-shows will result in loss of fee/no refund.

Waiting List – Up to three applications will be accepted per training session. All will be contacted after the cancellation deadline regarding registration status.

Students living outside the Library District may register beginning March 14 for \$65.

Growing Up Money Smart: How Money Works for Kids

Grades 4-12 with Adult
Thursday, April 26 • 7:00-8:00 p.m.

Kids can grow up knowing how to deal with money and avoid money pitfalls. This workshop will cover: budget basics, cultivating smart shoppers, to save or not to save, credit and investing. Learn as you complete work sheets, students will receive a Certificate of Accomplishment and parent receives a 21-page money guide. Presented in partnership with the Federal Reserve Bank of Chicago and the Money Smart Advisory Council. **REGISTER** or **DROP-IN**

FOR MIDDLE SCHOOL STUDENTS

GRADES 6-8

St. Charles Public Library
Phone 630-584-0076 • Fax 630-584-9262
adultref@scpld.org

Youth Services: 630-584-9390
askme@scpld.org



Summer Volunteer Opportunities

Junior Friends of the Library Grades 6-8

Middle school students are eligible to volunteer weekly in Youth Services. If you are interested, we recommend placing your name on the waiting list at the ASK ME Desk. We contact students on the waiting list each April, August and December. **REGISTER**

Discover Your Library is published four times per year and will be available in your mailbox or online through the Library's website.



Book Buddies

Grades 6-8 Application Required

Book Buddies is a great way to have fun with books. Young readers who have completed 1st and 2nd grade are paired with middle school students to read aloud to each other, play literacy-focused games and talk about books. This program provides literacy enrichment and promotes reading as fun and entertaining. We are seeking middle school students interested in volunteering who can commit two hours a week for six weeks during the summer. Applications will be available Monday, March 26. Application deadline is Monday, May 1. **REGISTER**



Hours

Monday–Thursday	9:00 a.m.–9:00 p.m.
Friday	9:00 a.m.–8:00 p.m.
Saturday	9:00 a.m.–5:00 p.m.
Sunday	Noon–5:00 p.m.

Closings

Sunday, April 1
Friday, May 4 at 6:00 p.m.
Monday, May 28



Under Construction



Grades 6-8 Thursday, March 22 4:30-6:00 p.m.

Be part of three building challenges focused on structural strength, creativity, teamwork and craftsmanship. How strong is a tube of newspaper? What can be built with only 10 planks of wood. How can you build a tower without touching the materials? Come find out! **REGISTER** or **DROP IN**



Candy Sushi

Grades 6-8 Tuesday, April 24 • 4:30–5:30 p.m.

It's a sweet twist on a tasty treat. Learn about the traditional method of making sushi and sample a California Roll (rice, seaweed, crabsticks, cucumber, avocado & sesame seeds). Then you'll make your own candy version of sushi. **REGISTER** or **DROP IN**

Library Board Members

Victoria A. Haines, President
Karen S. DeVault, Vice-President/
Secretary
Robert Gephart, Treasurer
Michael Hill
Karen Kaluzsa
Daniel Prath
Dr. Cynthia Steimle
Edith G. Craig, Director



Glow in the Dark Party

Grades 6-8 Wednesday, May 23 • 4:30–6:00 p.m.

Black lights and things that glow in the dark will set the stage for the fun. So wear white or neon color clothes to glow your brightest. Invite your friends to join us. **REGISTER** or **DROP IN**

Library Board Meetings

Wednesdays at 7:00 p.m. in the
Huntley Meeting Room
March 14
April 11
May 9





Project Self-Compassion

Are you a teen girl in high school?



Do you want time to talk with other girls about the challenges of day-to-day life?

Are you ready to empower yourself?

Do you want to improve your ability to handle the difficult thoughts, emotions, and situations in your life?

Come join us for a skill-building group that will challenge you to cultivate your inner strength, improve your emotional resiliency and self-awareness, and learn how to better manage the relationships in your life.

Supportive meetings will challenge you to grow through activities and discussion.



Spring 2018 Series

Mondays, 7:00-8:30 PM

March 5 - April 16 (Skip March 26)

*Project Self-Compassion is \$80 per series. Registration is required.
Fee reductions are available based on need. Program is held at 1120 Randall Court, Geneva*

www.TriCityFamilyServices.org

630.232.1070

CHICK Chat by HGNA

Attention 4th, 5th and 6th graders!

Spend a day learning about what makes you unique -- and learning how you can build positive friendships!

Chick Chat is a full-day workshop where fourth- through sixth-grade girls can explore their interests, address common challenges facing young girls today, build interpersonal skills, and have fun - all within a safe and nurturing environment.



Workshop includes:

- Small group break-out Chat rooms
- Relaxing and invigorating yoga session
- Dynamic team-building exercises
- Healthy lunch and snacks
- 2018 event t-shirt
- Take-home tips and tools

Throughout the day, girls break into small groups — unique to each grade level — with professional facilitators to discuss topics such as understanding feelings, coping with stress, dealing with drama, cultivating inner beauty, and developing healthy family and peer relationships.

Workshop: Saturday, February 24, 2018*

Cost: \$35 per girl - Fee reductions are available based on need.

Time: 8:30 AM to 3:15 PM **Place:** Wredling Middle School
Check-In from 8:30 to 9:00 AM 1200 Dunham Rd., St. Charles

Mom & Dad Chat: Presentation 9:00 - 10:30 AM. \$5 per adult.

"Navigating Your Child through Friendship Conflicts into Relational Resilience"
Katlynn Knapp, Licensed Clinical Social Worker, Middle School Counselor

***REGISTER at www.TriCityFamilyServices.org:** Click on *Chick Chat* in *Upcoming Events & Programs* to register for this date **OR** for the **2/10/18 Chick Chat at Geneva MS South in Geneva**. Questions? Call Michelle Clark at TCFs: 630-232-1070, ext. 336.

Chick Chat by HGNA

is brought to you by:



Family Services &



Geneva Coalition for Youth

with the support of the Geneva, St. Charles, Batavia, Kaneland, and Central school districts.

Win a Prize!

Register by February 5th to be entered in a raffle for exciting prizes!

Registration CLOSSES February 12th!

"Chick Chat by HGNA" was created by Helping Girls Navigate Adolescence, Inc., a non-profit organization dedicated to creating change for adolescent girls by challenging the negative images and information bombarding girls today. For more information on HGNA go to hgna.org.

**Presentation for Parents/Guardians
of 4th Graders — High Schoolers
Saturday, February 24th
9:00 – 10:30 a.m.
Wredling Middle School, St. Charles — Cafeteria**

\$5/adult

Scholarships are available
based on need.

Register at:

www.tricityfamilyservices.org
In the Upcoming Events & Programs
section, click on "Parent Presentation
- St. Charles" to register.

"Navigating Your Child through Peer Conflicts into Relational Resilience"

Join **Katlynn Knapp**, Licensed Clinical Social Worker and Middle School Counselor, for a **presentation filled with real-life examples of what to say** when your child comes to you with a friendship problem **and what to do** when you see your child in conflict.

Learn how to . . .

- Teach your children to resolve conflict effectively and assertively with good boundaries
- Instill values that build and grow lifelong relationship skills
- Avoid harmful reactions that can lead children to further friendship struggles
- Give your child choices of how to respond while keeping his/her reputation intact
- Respond when your child comes to you with friendship conflicts

Cultural messages, such as "Just tell them to stop," or "Stand up for yourself & fight back" influence our children's responses to conflict but don't ultimately resolve it. **Do you want to help your child conquer conflicts?** Attend this parent talk and leave confident to help your child resolve peer conflict and build resiliency.

"Parents are the first responders when it comes to the storms of peer conflict. They have the opportunity to teach their children to rise above negative reactions and step into relational resilience." - Katlynn Knapp

This presentation is offered by:



**Family
Services**



**Geneva
Coalition
for Youth**

in conjunction with the
Chick Chat by HGNA event.
ALL are welcome!



WHO WE ARE

TriCity Family Services (TCFS) has been Kane County's leading provider of counseling and other mental health services to clients of all ages and all income levels since 1967. Our experienced team of professional therapists serves the residents of central Kane County and other neighboring Chicagoland communities.

An integral part of our agency is our Family-Based Treatment for Eating Disorders Program (FBT). We approach eating disorders as multi-causal illnesses that can be impacted by a wide variety of biological and environmental factors. The comprehensive and evidenced-based nature of FBT provides an effective model for treating eating disorders. This unique, family-centered perspective offers a supportive and caring environment for children, adolescents, young adults, and their families.



WHAT TO EXPECT

CONFIDENTIAL INTAKE

We are here to help throughout the entire process of recovery. Our knowledgeable staff will assist you in completing the steps necessary to successfully begin the intake process. Please call for a confidential intake with one of our FBT therapists to learn about our program and determine if FBT fits the needs of your family.

FIRST VISIT

During this meeting, our FBT therapist will connect with your family as you take the first steps toward recovery. *This is an opportunity for the therapist to hear your story and get to know your family.* Appointments take place in an outpatient therapy office, a comfortable setting for healing and restoration. Our goal is to provide you with in-depth information about our program, address how the eating disorder has impacted your child and family, and start to build upon your strengths in order to move forward.

CUSTOMIZED TREATMENT PLAN

Each family who comes to us for treatment brings a distinctive story. *We believe in forming a customized treatment plan, understanding that one size does not fit all.* By incorporating the use of effective coping skills, our clients will learn how to confidently challenge ideals of body image and rediscover freedom from preoccupation with food. We value the importance of strengths as well as challenges, and we focus on the family as an ally and resource.



COMPREHENSIVE AFTERCARE PLANNING

Our FBT therapists collaborate with our clients on an aftercare plan that is specifically suited to meet the needs of the child and family. We design an aftercare plan that helps clients succeed in integrating the strategies and coping skills they have developed during treatment. We are aware that life presents many stressors and challenges. *Our focus is helping families feel confident as they begin leading a healthy, rebalanced and meaningful life.*



FBT

*Family-Based Treatment
for Eating Disorders*



TriCity
Family
Services



*Let your strength
and courage define you.*

WHAT IS FAMILY-BASED TREATMENT?

FBT is an evidenced-based treatment, meaning numerous clinical studies have demonstrated that this model contributes to lasting remission in children and adolescents with eating disorders, such as Anorexia Nervosa and Bulimia Nervosa. At TriCity Family Services, we offer a 6 to 12 month outpatient program that is best suited for young people between the ages of 8 and 22. Families meet with their therapist weekly at one of our convenient locations in St. Charles or Geneva, Illinois. The FBT model relies on a highly integrative approach, which includes the client's primary care physician and any other supportive figures helpful to treatment.

Through compassion and acceptance, our team meets clients and families where they are on their journey. We recognize the family as the best resource in supporting your child through this process. Your therapist will join your family to create a plan that puts healthy, balanced eating at the forefront of recovery. The primary focus is nutritional restoration. Once that is achieved, we expand the focus to other social or co-occurring concerns that may be negatively impacting the client's well-being. By providing knowledge and practical tools that incorporate self-compassion and mindfulness, we empower families to reclaim their lives.

*You are enough.
Recovery can be found within.*

INSURANCE INFORMATION

TriCity Family Services is committed to providing affordable mental health services. Most major insurance plans are accepted. Sliding-scale fee adjustments are available based on need.

NEXT STEPS

If you have any questions or concerns, we encourage you to call us for a confidential assessment. We understand the courage needed to take the first step and we are available to help you make an informed decision about treatment options. Our trained FBT team is committed to working with you to establish a comprehensive treatment approach for your family. Begin your journey toward recovery today by calling 630-232-1070.



FBT

*Family-Based Treatment
for Eating Disorders*



**Family
Services**

Main Office
1120 Randall Court
Geneva, IL 60134
630-232-1070 Fax 630-232-1471
tricityfamilyservices.org

Satellite Office
2570 Foxfield Road, Ste 101
St. Charles, IL 60174

Unique • Family-Centered • Effective
*An outpatient, evidence-based
approach to eating disorders*

COUNSELING

We are a leader in providing family-based counseling for all ages and income levels. Our highly skilled therapists are committed to providing compassionate and affordable confidential counseling for all family life issues.

- DEPRESSION
- ANXIETY/PHOBIAS
- SCHOOL ANXIETY/REFUSAL
- MARITAL DISCORD
- POST-DIVORCE CONFLICT
- PARENTING ISSUES
- BEHAVIOR PROBLEMS
- ATTENTION DEFICIT DISORDER
- GRIEF
- COMMUNICATION PROBLEMS
- ISOLATION/LONELINESS
- SUICIDAL THOUGHTS
- STRESS
- TRAUMA/SEXUAL ABUSE
- CRISIS INTERVENTION

WE RECOGNIZE THAT EVERY PERSON HAS VALUE, IS POSSESSED OF UNIQUE STRENGTHS AND RESOURCES, AND IS WORTHY OF RESPECT AND UNDERSTANDING.

WE DEVELOP A UNIQUE TREATMENT PLAN FOR EACH INDIVIDUAL and ensure that our services are affordable and available to all. We accept most major PPO insurance coverage, Medicaid and Medicare. As a non-profit provider, we offer a sliding fee scale and scholarships (based on need) to residents of these townships: Geneva, Batavia, St. Charles, Aurora, Blackberry, Campton, Kaneville, and Virgil. We provide onsite psychiatric services for our clients and have bilingual/Spanish-speaking staff.

TRICITYFAMILYSERVICES.ORG

FAMILY-BASED TREATMENT FOR EATING DISORDERS (FBT)



This evidence-based treatment contributes to lasting remission in children and adolescents with eating disorders. We are one of the only centers in northern Illinois to offer this innovative treatment. Our 6- to 12-month outpatient program is highly integrative and relies on support and participation from family members or caregivers. This program is tailored to each family's needs and strengths and empowers clients and family members to reclaim their lives.

WILDERNESS CHALLENGE PROGRAM



Wilderness Challenge is an annual 8-day therapeutic canoeing and camping experience for teens whose social/emotional problems put them at risk of a difficult adjustment to high school life. The physical, mental and emotional challenges of the remote Boundary Waters provide participants with character-building experiences which enhance their self-esteem, problem solving, and ability to work as a team. The Follow Up Group during the school year is a good resource for participants to continue working on goals and leadership.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

We contract with organizations to provide free, confidential assistance to employees and their family members. We also offer consulting, mediation, critical incidents response services and trainings. Services can be customized to your organization, specific employee concerns, and unique culture.

EMOTIONAL WELLNESS PROGRAMS

PROGRAM	WHO BENEFITS
SINGLE MOMS SUPPORT GROUP – TWICE A MONTH	SINGLE MOMS
INTERNATIONAL CHILD DEVELOPMENT PROGRAM [empathy-based series] – 8 WEEKS	PARENTS
SMART CHOICES [anger management] – 4-6 WEEKS [depending on age]	YOUTH
WORKSHOPS	
FAMILY CONNECTIONS [series] – 8 WEEKS	FAMILY
PROJECT SELF COMPASSION – 6 WEEKS*	TEEN GIRLS
CHICK CHAT* [empowerment workshop] – ONE DAY	GIRLS grades 4-6
HEROES* [empowerment workshop] – ONE DAY	BOYS grades 4-6
CONNECTING TO OURSELVES FOR REAL EMPOWERMENT (CORE)* [empowerment workshop] – ONE DAY	GIRLS entering middle school

*These programs offered in collaboration with HGNA. Helping Girls Navigate Adolescence.

WHO WE ARE



TRICITY FAMILY SERVICES

IS A TRUSTED PARTNER OFFERING COUNSELING and mental health services for children, teens, families and community members across all life stages. Regardless of income level, TriCity community members have access to our full spectrum of services. Using our unique family-centered, multi-dimensional approach, we engage children and teens in emotional wellness programs, strengthening the entire community by promoting lifelong mental health.



WAYS TO CONTRIBUTE
 Our services are made possible through the generosity of our community. Money raised through our fundraising efforts goes directly to making our programs and services accessible to those who cannot afford to pay for them. Join us by making a donation or volunteering your time to TriCity Family Services today.

OUR STAFF



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 Executive Director, LMFT, LOPC



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 Emotional Wellness Director
 M.S., Ed.S., LMFT, MCT



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 Clinical Director, MFT, LMFT



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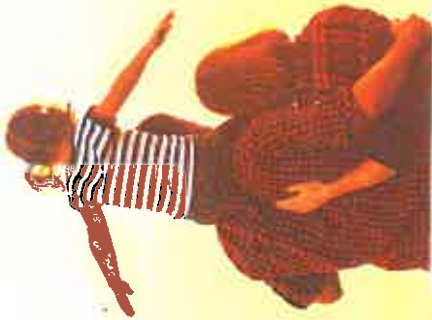
HERE TO HELP: TriCity Family Services staff work hard to ensure that every client's experience is filled with quality and compassion. Contact us today.



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 TriCity Family Services is a certified 501(c)(3) not-for-profit organization.

Survey of St. Charles IL Youth Commissioners – 2018

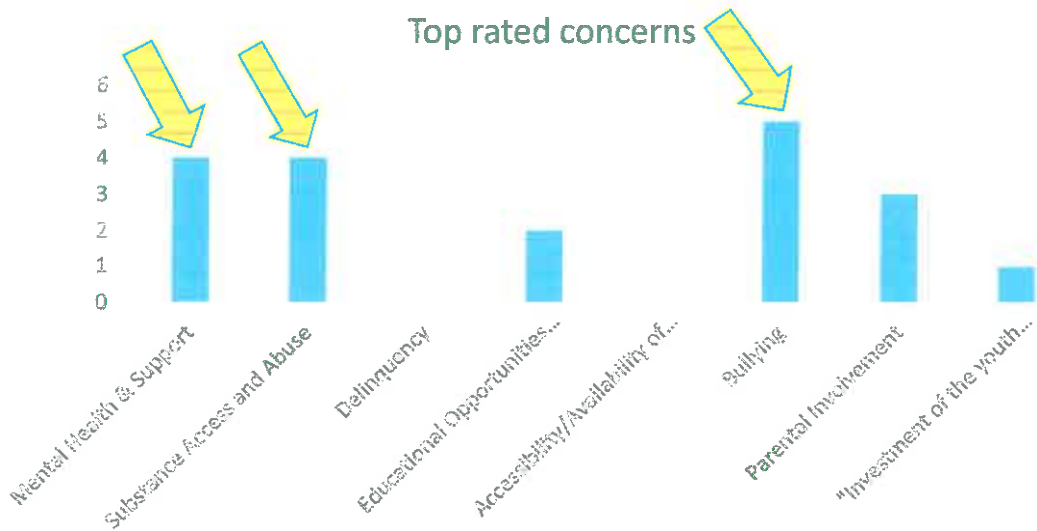
In an ideal world, what is your vision for the Youth Commission?

Vision for YC



- Expand our reach to include a presence in the schools
- Something completely different from the current structure or goals of the Youth Commission
- Something completely different from the current structure or goals of the Youth Commission
- Same as last year, no changes

What are your top concerns within the community today, as they relate to our youth?



Survey of St. Charles IL Youth Commissioners – 2018

What drives your passion for the Youth Commission?

- I like the concept of a community sounding-board of residents/commissioners and liaisons (police, schools, park district, library, Tri-City Family Services)
- I welcomed the opportunity to use my education to help the young people in our community
- The children are our future, and the more we can support them the better off we are. St. Charles is an amazing place to live and this is just one more reason why and I am proud to be a part of it.
- I was appointed to the Commission in 1996/1997. My sons were in middle/high school. I was active in the Intouch Group supporting drug awareness; Red Ribbon Week; etc. I had been promoted to Young Adult Librarian at the St. Charles Public Library and was dealing with middle and high school students daily. I thought my experience with the youth of STC would be of value to the Commission and hoped I would meet/network with others I could then serve.
- I have been on the committee for nearly 20 years and I am deeply connected to the original intent of the commission which was to support the connectedness of the youth in our community to our community in an effort to build and foster resilience.
- I enjoy working and mentoring youth

Impactful past projects:

- ✓ ADA swing project brought by the Girl Scouts
- ✓ Super Fans (StC East)
- ✓ St. Patrick's School bicycle drive
- ✓ Girl Scout program/project support
- ✓ H.O.P.E.
- ✓ Elgin Youth Symphony
- ✓ Rising Star Theater
- ✓ Suicide Prevention

Why?

- ✓ Relatively small amounts of money made a big impact on recipients
- ✓ Got the Youth Commission name out when checks were awarded at the City Council meeting
- ✓ Projects are driven and proposed by youth in our community designed, which benefit them as a whole
- ✓ What we do is useful and impactful

Survey of St. Charles IL Youth Commissioners – 2018

Available time for sub-committee or Commission tasks



Recommended contacts within the community for Commission outreach:

- ⬇ None – we should offer support, not seek support
- ⬇ Schools
- ⬇ Churches
- ⬇ Park District
- ⬇ First-responders

Some of our time and talent on the Youth Commission:

- ❖ Public Speaking
- ❖ Teaching
- ❖ Time
- ❖ Community outreach
- ❖ Networking
- ❖ Enthusiasm
- ❖ Presentations

Survey of St. Charles IL Youth Commissioners – 2018

Considerations and comments as we work to improve our presence:

- More presence in social media
- Work with groups outside of schools to improve our presence in the community
- Keep our \$15k annual budget, and our “earmarked” recipients in mind as we attempt to advertise
- Understand and agree upon our mission’s original charge
- Clear and updated bylaws should be created and agreed upon, for presentation to City Council

Additional comments and ideas:

- The original charge of the Youth Commission was to empower the youth in our community and to foster the principles of resiliency.
- Youth Commission should be seen as a sounding board/networking resource for all parties interested
- Recognize our budget is small compared to local service organizations
- We do need to improve our presence in the community
- D303 has moved so far away from a focus on resiliency and prevention, the momentum behind what we were doing historically as a Youth Commission has waned. 10-15 years ago, D303, in partnership with the YC, led the community-wide initiative to support the youth in STC by creating a common language and common community-wide goals for our kids. In the 80's, 90's up through the mid-2000's D303 was focused on and committed to early prevention, intervention and fostering resiliency. That has since changed, and enough time has passed that those community-wide, commonly held ideals have dissipated.
- I do not want it to be the same as last year
- We need to adjust our goals introducing new ideas and including some of what has worked well in the past.
- What do our Mayor and City Council want to see from the Youth Commission?