



**KANE COUNTY  
MENTAL HEALTH COUNCIL**  
*making a difference ...together*

*Message of  
the Month...*  
*For October, 2008*

Kane County  
Mental Health Council

- The Association for Individual Development  
630-966-4000
- Aunt Martha's Youth Service Center  
630-859-6562
- Delnor Community Hospital  
630-208-3000
- Ecker Center for Mental Health Services  
847-695-0484
- Family Counseling Service of Aurora  
630-844-2662
- Family Service Association of Greater Elgin Area  
847-695-3680
- Gateway Foundation/Aurora  
630-966-7400
- Greater Elgin Family Care Center 847-608-1344
- Kane County Health Department 630-208-3801
- Larkin Center 847-695-5656
- League of Women Voters  
630-365-2138
- Mental Health & Mental Retardation Services, Inc.  
630-892-5456
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc. 630-896-6264
- Provena Mercy Medical Center  
630-801-2657
- Provena St. Joseph Hospital  
847-931-5521
- Senior Services Association  
847-741-0404
- Suicide Prevention Services 630-482-9696
- TriCity Family Services  
630-232-1070
- Visiting Nurse Association of Fox Valley 630-978-9835

**Mental Health and Substance Abuse**

Since the beginning of time, people have found ways to alter their minds and their bodies through the use of substances such as alcohol, drugs, and herbs. Some people are able to limit or control their use or do not use at all. However, others may fall into the trap we know today as substance abuse. No one knows exactly why some people become substance abusers while others do not. However, what is known is that there is a strong link between mental health and substance abuse. There is evidence that suggests that people who are diagnosed with a mental illness (such as anxiety, depression, or other conditions) may use drugs or alcohol in order to manage their symptoms, a process often called "self medication". For others, substance abuse may exacerbate mental illness symptoms. There are many treatment modalities that have been found to be effective in treating substance abuse. These range from outpatient to residential services, from detoxification to drug therapies such as the use of Suboxone or Antabuse. Because there is such a close connection between substance abuse and mental health, it is important that they be treated simultaneously. Historically people who were dually diagnosed had difficulty accessing quality treatment. They may have even been denied services due to their dual diagnosis status. Today, it is widely recognized that concurrently treating these diseases leads to better outcomes and a better chance for long-term recovery from both mental illness.

Info Corner: Help for co-occurring disorders is available.

Helpful Links: <http://www.illinoiscoce.org/>  
<http://findtreatment.samhsa.gov/>