

Mental Health Impact



November 2025

✦ **Partners in Mental Health Quarterly Impact Brief** ✦

About Family Service Association of Greater Elgin

We are a private, not-for-profit agency offering services to children, adolescents, and adults of all ages. The goal of Family Service Association is to strengthen individuals and families so that they can meet the challenges of modern life in positive and constructive ways. Founded in 1931, the organization has grown to a multi-service agency currently serving more than 2,000 clients annually.

BRIEF OVERVIEW



Client Needs

Our clients continue to face challenges around safety, food security, and growing isolation, all of which impact their overall well-being.



Legislative Support

SB 2712- Immigration Enforcement Act introduced by Sen. Laura Fine



Call to Action

Join us for “Food and Trauma” training on December 11th

Giving Tuesday on December 2nd

BEYOND BORDERS: THE MENTAL HEALTH TOLL OF IMMIGRATION FEAR



A 17-year-old student came to our agency for a walk-in session after receiving a deportation letter. The fear of being separated from their family quickly grew into anxiety, hopelessness, and school absences. Along with the emotional strain, their family was also facing food insecurity, making it harder for them to focus on school or imagine a stable future.

Through school-based and telehealth sessions, therapy provided a safe space to process their fears, strengthen coping skills, and begin rebuilding a sense of stability. But as the immigration process intensified, they stopped attending both school and therapy. FSA continues outreach efforts to ensure they are safe and supported.

This story highlights the heavy emotional toll of immigration-related fear on youth and the urgent need for trauma-informed care and protective policies that help young people feel safe enough to heal and move forward.

Mental Health Impact



November 2025

◆ **Partners in Mental Health Quarterly Impact Brief** ◆

MEETING CLIENT NEEDS

Safety, Certainty, Security

Many clients come to us seeking stability in uncertain times. We strive to create safe spaces both physically and emotionally where individuals feel protected, supported, and confident about their future. Alternatives like telehealth are offered to meet this need.

Food Security

Access to nutritious food is essential for mental and physical well-being. Connecting clients with local community food pantries help ensure clients and families don't have to face the stress of food insecurity alone.

Solutions to Growing Isolation

Social isolation continues to affect people of all ages. Through various support groups and workshops FSA works to reconnect individuals, rebuild relationships, and strengthen community bonds.

SB 2712- IMMIGRATION ENFORCEMENT ACT

Senator Laura Fine introduced SB 2712, the Immigration Enforcement Act, to make sure healthcare settings remain safe, confidential spaces for everyone regardless of immigration status.

Keeping Privacy First

The Act requires hospitals and clinics to block immigration agents from entering non-public treatment areas unless they have a judicial warrant. Clear signs and restricted zones help protect patients' privacy and peace of mind.

Training and Preparedness

Healthcare staff will receive training on how to handle immigration enforcement requests safely and lawfully. Staff must notify management or legal counsel right away and document any enforcement attempts.

Who's Covered

The law applies to public and private healthcare providers including hospitals, clinics, and mental health centers. It also ensures people in custody can still access medical care without barriers or fear.

WHY IT MATTERS...

Fear of family separation continues to isolate many clients, preventing them from seeking the care and support they urgently need. Delayed intervention deepens emotional distress, while growing food insecurity adds another layer of hardship and instability. As a community, we must ensure that healing spaces and access to basic needs; remain safe, protected, and free from fear.

Every client deserves safety, nourishment, and the opportunity to heal with dignity.

Mental Health Impact



November 2025

Partners in Mental Health Quarterly Impact Brief

CALL TO ACTION



Join us for “Trauma & Food”
training on December 11th, 2025

1pm - 2pm

by

Christine Birns - University of Illinois

Extension SNAP-Ed Educator

in Partnership with FSA



Mark Your Calendars!

Giving Tuesday is on December 2nd, 2025



Scan Here
to Make a Donation



Or

[Click
Here to
Donate](#)

This Giving Tuesday, support Family Service Association of Greater Elgin in bringing hope and healing to local youth and families. Your gift funds programs that build resilience, connection, and well-being because *wellness begins with we.*

Questions about Giving Tuesday?
Contact: JBarba@fsaelgin.org - Janeth Barba