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THE SOUTHERN ILLINOISAN WEDNESDAY, OCTOBER 4, 2006

Mental health screenings Thursday

300 E. Grand Ave., and at the Student Center, 1255 Lincoln Drive. Screenings also will be available from 4 to 6 p.m. at Thompson Point residence on the SIUC campus, Birmingham said. Some 19 million Americans experience depression each year, often marked by persistent sadness, sleep and appetite changes, restlessness, irritability, fatigue, hopelessness and even thoughts of suicide. Despite an 80 percent access rate, only about half of those who could benefit from help, including counseling and medical treatment, receive any, according to the VAHA. Changes in sleep patterns often can be the first warning sign, says Douglas G. Jacobs, resident and CEO of

Screening for Mental Health, a co-sponsor of NDDSD.

"Sleep problems are a common symptom of depression, bipolar disorder and anxiety disorders," Jacobs said. "There is also evidence that sleep disorders can be a contributing cause of mood and anxiety disorders. By taking a screening and talking to a health professional, individuals can take the first step in figuring out whether their issues are linked to underlying mental health issues."

For more information, call the SIUC Counseling Center at (618) 453-4371.

To find locations of other free mental health screening, visit www.mentalhealthscreening.org.

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Nonprofits workshop in Marion Thursday

BY JOHN D. HOMAN
THE SOUTHERN

MARION — Nonprofit businesses in Southern Illinois who may be seeking some assistance with financial management and job performance are invited to attend a free professional developmental workshop Thursday morning at the Williamson County Pavilion in Marion.

The workshop kicks off at 8 a.m. and runs through 5:30 p.m. There is no charge and lunch will be provided.

Thursday's event is sponsored by the Illinois Facilities Fund, a private nonprofit organization dedicated to helping Illinois nonprofits grow their assets to ensure financial and operational health.

The day-long workshop will focus on:

- Roles and responsibilities of a nonprofit board
- Best practices in governance
- Keys to successful financial management
- Financial benchmarking

• Developing and strengthening the nonprofit board

• Increasing the effectiveness of the board

• Engaging the board in various roles and responsibilities

• Establishing a system of financial oversight

Attendees will receive a copy of the results of the 2004 survey of the financial health of Illinois nonprofits, formulas for calculating financial benchmarks, sample documents and spreadsheets.

"Curbside consulting" also will be provided. Participants will have an opportunity to get specific governance and financial questions answered.

"A lot of nonprofits don't have access to good training and professional development," said Maggie Flanagan, president of the Southern Illinois Community Foundation, which has endorsed the workshop.

"This series coming to us here in Southern Illinois will help nonprofits learn the rules and responsibilities of their boards, as well as

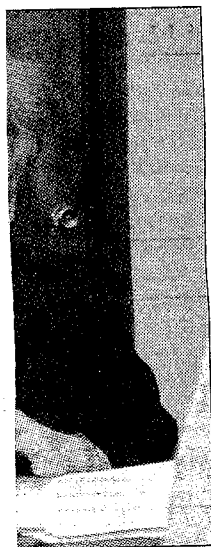
financial management and benchmarking — how to track positive differences," Flanagan said. "The Southern Illinois Community Foundation supports the efforts and professional development of nonprofit organizations so that they can better serve their mission."

Darian Dorsey, research project manager with the Chicago-based IFF, said the workshop is simply an extension of the financial health study it had previously conducted.

"It's a brief overview of our findings and how to make them applicable to nonprofits and the work that they do around the state," Dorsey said.

For 16 years, Dorsey said, IFF has assisted nonprofit corporations serving low-income and special-needs populations via below-market rate loans, facilities planning, real estate development and research.

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Student in trouble for pig-head protest

CARBONDALE — Southern Illinois University Carbondale Student Judicial Affairs has charged Garth Kiser, a 28-year-old student from Murphysboro, with disorderly

conduct and harassment for allegedly putting a cooked pig's head on Chancellor Walter Wendler's university vehicle in May.

Kiser is awaiting word from the university on a hearing, which will decide his punishment. Authorities

suspect Kiser was protesting tuition and fee increases when he placed the pork head on Wendler's vehicle while it was parked outside Anthony Hall.

Kiser could face expulsion or suspension if he is found guilty.

— Caleb Hale

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For more information call

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