



Prevention Leadership Team Monthly Meeting
Wednesday, May 25, 2022
9:00am – 10:30am
ZOOM

Meeting Minutes

Members Present

<input checked="" type="checkbox"/> Sheila Adamo	Your Story Counseling	Healthcare Prof.
<input type="checkbox"/> Aisha Achesah	Advocate Health	Healthcare Prof.
<input type="checkbox"/> David Anderson	Benedictine University	Law Enforcement
<input type="checkbox"/> Katie Anderson	Gateway Foundation	Healthcare Prof.
<input checked="" type="checkbox"/> Andrew Anselm	DuMEG	Law Enforcement
<input type="checkbox"/> Rabia Baig	Benedictine University	School
<input type="checkbox"/> Jim Barber	DuCAP	Youth-Serving
<input type="checkbox"/> Ginny Bigane	COD	School
<input type="checkbox"/> Kylie Bowman	Edward Elmhurst	Healthcare Prof.
<input type="checkbox"/> Jill Braselton	Northwestern Medicine	Other Organization
<input type="checkbox"/> Sarah Breithaupt	Lisle Township	Local Government
<input type="checkbox"/> Jarrett Burton	Serenity House	Healthcare Prof.
<input type="checkbox"/> Mark Buschbacher	Serenity House	Healthcare Prof.
<input checked="" type="checkbox"/> Alicia Carlisle-Camacho	National Council for Mental Wellbeing	Youth-Serving
<input checked="" type="checkbox"/> Matt Cassity	360 Youth Services	Youth Serving
<input checked="" type="checkbox"/> Rachel Decosola	Serenity House	Healthcare
<input type="checkbox"/> Don Cummings	Carol Stream Police Department	Law Enforcement
<input type="checkbox"/> Deb Duvair	DuPage Community Foundation	Other Org
<input type="checkbox"/> Matt Epperley	CASE DuPage	Schools
<input checked="" type="checkbox"/> Steve Flint	Flint Architects	Business
<input checked="" type="checkbox"/> Donna Foyle	Serenity House	Healthcare
<input type="checkbox"/> Bill Frese	Wood Dale PD	Law Enforcement
<input checked="" type="checkbox"/> Katie Gallagher	Robert Crown	Youth-Serving
<input checked="" type="checkbox"/> Samantha Gallagher	AAIM	Other Organization
<input checked="" type="checkbox"/> Concha Garza	Addison NRC	Youth
<input type="checkbox"/> Rick Geiser	Carol Stream Village Trustee	Media
<input type="checkbox"/> Cheyenne Grace	DuPage County Health Dept.	Local Government
<input type="checkbox"/> Chad Grogman	Illinois State Police	Law Enforcement
<input type="checkbox"/> Mariem Hathout	Benedictine	School
<input checked="" type="checkbox"/> Sherilyn Hebel	KidsMatter	Other Org.
<input checked="" type="checkbox"/> Jennifer Hess	Juvenile Justice Council	youth-serving
<input checked="" type="checkbox"/> Brenda Huber	Bloomington 708 Board	Other Org.
<input checked="" type="checkbox"/> Dagmar Kauffman	OnBalance Parenting	Youth-Serving
<input type="checkbox"/> Khadija Khan	Wheaton PD	Law Enforcement
<input type="checkbox"/> Kristin Kramer	IL PTA	Parent



- Nikki Lay
- Deb Lewin
- Joe Lindt
- Kelly Lindowski
- Ashely Liem
- Miranda Lopez
- Jodi Macaluso
- James McGreal
- Becky McFarland
- Nina Menis
- Felicia Miceli
- Crystal Miroballi
- Mike Murray
- Elizabeth Murphy
- Emily Murskyj
- Rabia Mukhtar
- Patrick Nakamura
- Joe Nemchock
- Sarah Norton
- Patty O'Malley
- Karin Podolski
- Andrea Polites
- Amber Quirk
- Michael Renner
- Gilda Ross
- Tricia Rossi
- Rachel Ruiz
- Angelika Rupp
- Becky Sadler
- Travis Satterlee
- Lynn Schmidt
- Jennifer Simmons
- Robert Skrocki
- Charlene Slighting
- Beth Squires
- Dana Wagner
- Ida Westlove
- Kathy Zander

- Breaking Free
- NA
- DuPage State's Attorney
- College of DuPage
- NEDFYS
- Teen Parent Connection
- AMITA
- Downers Grove PD
- DCHD
- KidsMatter
- Serenity House
- Wheaton PD
- Bloomington Mental Health Auxiliary
- DCHD
- DCHD
- DCHD
- Teen Parent Connection
- Glen Ellyn PD
- WeGo
- HAS Cares
- Northwestern Medicine
- COD
- DuPage ROE
- DuMEG/Nat'l Guard
- Glenbard High Schools
- Hanover Park PD
- AAIM
- St. Francis
- Rosecrance
- Heritage
- St. Francis
- Northwestern Med.
- Interfaith Mental Health Coalition
- AAA
- NIU
- Samaritan Interfaith
- Streamwood Behavioral Health
- My Child's Life Matters

- Youth-Serving
- Parent
- Local Government
- School
- Youth-Serving
- Youth-Serving
- Healthcare
- Law Enforcement
- Local Government
- Other Organization
- Other Organization
- Law Enforcement
- Civic
- Local Gov't.
- Local Gov't.
- Local Gov't.
- Other Org.
- Law Enforcement
- Youth-serving
- Youth-Serving
- Healthcare
- School
- School
- Law Enforcement
- School
- Law Enforcement
- Other Org.
- School
- Healthcare Prof.
- Health Professional
- School
- Healthcare
- Faith-Based
- Business
- Faith-Based
- Faith-based
- Healthcare
- Other Organization

New Members/Guests:

Samantha Kanish, Safe2Help



Welcome/Introductions:

Andrew Anselm started the meeting at 9am and asked everyone to introduce themselves.

Safe2Help

Samantha Kanish from Safe2Help was invited to present this new service to the PLT.

What is Safe2Help? - "In the absence of a trusted adult, Safe2Help Illinois offers students a safe, confidential way to share information that might help prevent suicides, bullying, school violence, or other threats to school safety. This program is not intended to suspend, expel, or punish students. Rather, the goal is to get students to "Seek Help Before Harm" – Safe2Help Illinois has developed an educational curriculum aimed at changing the culture in Illinois schools while also providing the resources to help parents and educators reinforce the components of this program."

The main goal of Safe2Help is to help students seek help before they harm themselves. Prevention needs to be done with education therefore, school boards are the most important partnership. School districts have been supplementing Safe2Help resources, with their current existing Social Emotional Learning curriculum.

Focus groups were conducted in 2018-2019: Students suggested there must be additional outlets, though the helpline is helpful.

Program Components Breakdown:

- Student Resources: Website that includes self-help resources, videos, tips, and tools.
- Educational Resources: Mental Health Toolkit that covers Pre-K-4th grade, 5th-8thgrade, 9th-12th grade.
- Helpline: A 24/7 Call Center, 5 ways to share information, External SOP.
- Marking Resources: Drafted fillable PDF letter, promotional materials, 12 days of kindness social media kit, and ideas on how to promote the program.

Feedback from piloting their program at two school districts during the fall of 2020 taught them that there is a lot to catch up with current standards with an ongoing pandemic. Therefore, they developed digital marketing tool kits, completely accessible at no cost.

Safe2Help website also shares the National Suicide Prevention line and suicide prevention lifeline organizations. However, the general helpline does not report back to schools on these reports, therefore their program was created. Safe2Help will forward the information to the school immediately. If schools, feel the need to give another level of care they can because they are aware of it.

99 coping skill tools: Printable PDF document, tips, and tools to overcome depression and self-care. It's continually added in the process, as they receive ongoing feedback from students.

Helping a Friend Risk of Suicide: 'Encouraging Others' resources, how they can take action as a peer.



Video Library: Topics on suicide prevention, COVID-19, mental health, online safety, school violence, etc. Lots of schools have used these videos to complement morning announcements and the school curriculum. Students can access whether the school is participating/registered or not.

Mental Health Toolkit: Comprehensive document, supplements SEL standards in each grade level. Focuses on suicide prevention, stress, anxiety management, etc. Topics vary, appropriate to grade level. For any questions, please contact Samantha and she will refer to Nicole who is taking a lead on this tool.

5 ways to share information: 40% of teenagers receive their info through text.

- Phone, safe 2 help.com safe2 text, help@safe2help.com, mobile app (IOS and android)

Call Center: Safe2help IL call center staff has previous experience in social work and counseling with extensive training. Translation service is available 24/7. The call center can respond to a two million call volume at a time. It doesn't matter if the school is public, private, charter, or military based. If there is a threat, they will do a 'Critical Report' where it funnels to 911 and law enforcement. The school will be notified immediately.

Safe2help IL form: Short and brief, students must select the school's name to report where the information should be funneled to. Whether or not the school is registered or unregistered in their system, they will act on a 'Critical Report' in emergency.

How to Enroll: Reach out to Samantha. She will provide all the information on the registration process, digital marketing tools, outreach materials, etc. All the information they will receive will remain **confidential**.

Q and A:

- These reports are reported confidential, ONLY the school district will know who and where the information is coming from and will intervene for those that need help.
- Student surveys are pushed out as district surveys. It is done anonymously and participated voluntarily. They receive lots of feedback which is shared back with the school to find what are they wanting to learn and look for. The marketing and outreach team designs the survey. They look at how many responses they receive and make sure that the responses are representative of the district they serve.
- For any questions or additional info please contact:
 - Program Manager: Samantha.kanish@illinois.gov
 - Info@safe2helpil.com
 - www.safe2helpil.com

Partner Share Out – Your Story Counseling

PLT Members, Sheila Adamo and Travis Satterlee presented on their organization, Your Story Counseling. Your Story Counseling: Counseling has services for teens, kids, and adults. Provides



educational workshops and supportive therapy. They believe that everyone has their own story, and focus on providing an environment to discover the next chapters in client's lives. Provides comprehensive service, from short-term to long-term. Their specialty includes trauma, PTSD, EDMR therapy, provide Christian counseling, and many more. They serve a diverse population including veterans.

Travis: Teaching healthy ways to connect has been his focus for kids and adults. Nowadays, connections are almost solely around technology or even substance use. As a counselor, he provides healthy outlets to cope with what teens are going through, how to connect with themselves, and ask for help. He also taught resilience in children, goal settings through workshops and one-on-one sessions. Additionally, coaching parents on how to set a family constitution and values, getting kids engaged from a young age.

Sheila: Parent of 24 years, her passion comes from personal experience. Through parent connection, she helps parents to understand their own and their child's anxiety, and how to respond to child's resilience. She is most interested in exploring the core anxiety of parents. Providing space for parents to support one another, how to help them become healthy role models for their children.

Parent Connections, a support group, is 20 dollars per session without commitment. It is not skill-based. The group is there to identify what parents are going through and receive support. They also do experimental stuff such as painting and other activities. They would love to receive other ideas and feedback.

On the organizational level, they participate in group panels where they collaborate with other professionals to focus on the same priorities so that they are not building a new wheel to provide resources.

Jorie will send out attachments with more information on Your Story Counseling. For more information you can get in touch with Sheila at sheila@buildingparentconnections.com or Travis at travis@yourstoryinc.com

Update/Upcoming Events

June 14: Teen PhilanthroParty @ 130pm-3pm

- The annual teen philanthropy is scheduled for June 14th from 1:30pm-3pm
- The event will be taking place at the College of DuPage in the Institutional Resource Center off of Fawell
- Art and Music therapy activities and therapy dogs will be on site!
- Cost of admission is art supplies to donate to the peoples resource center
- The teen philanthropy kicks off the summer meeting series for Reality, the teen advisory board to the PLT and DuPage County Health Dept.



- For more information visit www.dupageplt.org

June 22: PLT Monthly Meeting with Resource Fair and Panel Discussion

- The next monthly meeting will be in person, at the College of DuPage in the Health and Science building
- We will have a resource fair from 8-9am
- Speaker and panel discussion from 9-11am
- Resource fair will open back up from 11-1130am
- The topic of the panel discussion will be a teen substance use and mental health update and how COVID-19 has impacted these issues.
- Anyone who would like a resource table can let Jorie know.

June 24: Motivational Interviewing

- A full day motivational interviewing training will be led by Dr. Weiner.
- The training will take place at the Community Center
- 7 CEU and CME's will be provided

June 28-29: IL Marijuana Prevention Summit

- This summit will be taking place at the Double Tree by Hilton Hotel in Rosemont
- Two day summit will have speakers on various topics, including Jorie, who will be speaking about the collective impact model and the prevention work of the IL statewide group
- You can register at <https://protect-us.mimecast.com/s/U0kxC1wzLLIy3nMip9cLL>
- Registration is free using the code DFAF2022

Recreational Marijuana in unincorporated DuPage County

- The county is considering opting in unincorporated DuPage into recreational marijuana
- Because the state reduced the number of feet a dispensary may operate next to where children learn and play, this would create 193 potential sites for marijuana businesses to open in unincorporated DuPage.
- The PLT has been working with the Health Dept. to provide information on how this expansion would impact teens and the community.
- Karen Ayala, ED of the Health Dept. has been invited to present to the Finance Committee twice but has been pushed back on the agenda twice.
- You can view the recorded meetings and better understand the conversations among board members on this issue here:

[https://www.dupagecounty.gov/County Board Committees/Finance committee/17802/](https://www.dupagecounty.gov/County_Board_Committees/Finance_committee/17802/)

HOPE Grant Awardee – Teen Ambassador Project

- The PLT, Serenity House and NAMI DuPage collaborated on an application for \$50,000 through HOPE DuPage
- The grant will fund our Teen Ambassadors Project that will focus on Dist. 87



- Ideally, two teens from each high school will be selected to act as teen ambassadors for mental health and substance use prevention in their school buildings
- Teens will be trained over the summer at the Cebrin Goodman Inst. And throughout the year by NAMI and Serenity House staff
- Teens will tasked with implementing a stigma reduction and social norming campaign in their buildings, helping evaluate those campaigns, and hosting panel discussions and other events throughout the school year.
- Applications for teen ambassadors are being taken through June 17th
- You can learn more about this project here: <https://www.dupageplt.org/198/Teen-Ambassadors-for-Mental-Health-Subst>

The next PLT coalition meeting: June 22 IN PERSON at COD – 8am-11am

Meeting Minutes were edited by Jorie Esser. For questions or updates, please contact Jorie at Jordan.Esser@DuPageHealth.org.