

**Interfaith Mental Health Coalition
Networking and Sharing Meeting (all are welcome)**

Tuesday, Nov 17th, 1-3 pm

Zoom Online Meeting

Time: Nov 17, 2020 01:00 – 3 PM Central Time (US and Canada)

M I N U T E S

**Interfaith Mental Health Coalition (IMHC) ... "Connecting faith leaders with mental health resources"
(www.interfaithmhc.org)**

Recent Attendees (Minutes will underline to show who is attending):

<u>Jolene LeRoy, IMHC Pres/Presence</u>	Bob Dell, Sandwich IL Cluster	Trina Lueckhoff, Linden Oaks MHFA
<u>Rev. Dr. Darryl Jenkins, IMHC VP, Faith Comm Church, Itasca</u>	Bruce Duffield, CJC of LDS Naperville	<u>Suzanne Martinez, Chaplain, Adv Aurora, Good Shepherd</u>
<u>Denise Elsbree, IMHC Treasurer/MHFA</u>	Nicole Edmonds, Good Samaritan	Amy McNicholas, Advocate Health
<u>Rita Rippentrop, IMHC Sec/Stenzel</u>	Nathaniel Ekman, NAMI Cook County North Sub	Scott Mitchell, SamaraCare
<u>Robert Skrocki, IMHC Communication</u>	<u>Mariassa Happ, Prof, Aurora Univ, Gateways Psych Services</u>	Mahmood Mohiuddin, Gd Shepherd Hosp volunteer
<u>Greg Alexander, 1st United Meth, CL</u>	Sheila Herpolsheimer	Linda Pacha
Roy Bennet, Life of the Heart	Janet Holden, UTUUC, UUMHN	<u>David Penner, Pastor, Pr of Peace, Pal</u>
Marianne Bithos	William Hood, CRSS, NAMI DuPage	Judy Smith, MHFA, NAMI
<u>Hugh Brady, NAMI</u>	<u>Carrie James, AID Victim Services, Street Outreach Manager</u>	Shamim Sufi, LCSW, Nap Islamic Ctr
Pam Caine, Church of Jesus Christ of LDS	Susan Kearney, Beh Health, St. Thomas, Naperville	Barbara Wilson, Chicago Presbytery
<u>Danielle Careton, Chic Beh, Lake Hosp</u>	Nanette Larson IDMH	Asha Witherspoon Rondinella, CRSS, Aetna Better Health
<u>Maria Connolly, St. Damian's (late)</u>	Dawn Levin, JCFS	<u>Ruth Sloughter, RN, Nurse Coord, St Edmonds Episc, Chicago</u>
		<u>Jessica Dexter, Prog Dev, P2P, Companionship</u>

- 1) Reflection: provided by Rev. Darryl Jenkins, Faith Community Church, Itasca: Don't grow weary...
- 2) Introductions of those present
- 3) 1:15 – 2:00 pm Business Matters:
 - a. Approval of Minutes of last meetings, October <https://interfaithmhc.org/minutes> and August <https://interfaithmhc.org/minutessecond>
August: Motion by Darryl Seconded by Suzanne; motion carried
October: motion by Robert, Darryl seconded; motion carried
 - b. Financial Report Denise Elsbree: cash on hand \$11,262.05. August expenditures related to website and GoDaddy account updates.
 - c. Report on latest discussions on development of a one stop shop repository of resources for mental health ministry development. What features would we want/need on the repository website?
Robert provided an update: what features do we need on a resource repository that aren't already provided at Center for Faith and Community health transformation?
Committee to develop resource repository resources:
Robert, Greg, Denise, Darryl
Congregation wanting to do a presentation on Suicide prevention
Chic Trauma Network and Kennedy Forum may be interested in utilizing this resource as well.
Denise asked for a link to the current website to see what is there. Robert will provide them.
Resource Repository: faith communities that have mental health ministries, ministries of present, Companionship.
 - d. Planning for nomination and selection of IMHC officers for 2021: Rita will update Nominating Form and get to Robert to send to the group

Next scheduled meeting: Dec 15, 2020 , 1-2 pm Zoom Holiday celebration; come with coffee/tea and favorite holiday story

Nominating Committee: to be determined

- e. What do we want to schedule or accomplish in 2021?

Ponder, IMHC will provide a survey of ideas; especially given post pandemic world; previous suggestion was to have various local clusters highlighting what they are doing

- 4) 2-2:45 pm Discussion Topic: Companionship Training: what it is, why it's important, and how to take a next step. Presentation by Jessica Dexter, Program Development Associate for Pathways to Promise and a National Trainer with The Companionship Movement; from the Seattle area.

This portion of the meeting is recorded for the record

P2P began in 1988 by 14 faith groups and mental health organizations to facilitate the faith community's work in reaching out to those with mental illnesses and their families.

Companionship, flagship program of P2P; out of transactional into engagement

Created on streets of Seattle by Rev. Craig Rennebohm; Jessica shared a brief PowerPoint

Practice of Presence. 5 basic practices: hospitality, neighbor, side by side, listening, accompaniment

Companionship is part of process: dignity and agency, building partnerships, aims for mutuality

Principles of Companionship: Dignity, Agency, and Mutuality

Companionship reach: currently trained in: Washington, Oregon, California, Nevada, Arizona, Texas, Kansas, Iowa, Missouri, Illinois, Indiana; to be trained: Colorado, New Mexico, Louisiana, New York, North Carolina, South Carolina, Florida, Hawaii

Companionship Workshop is 4 hours

Example: Mt. Olive Lutheran Church, Dallas TX <https://bruningt.wixsite.com/companionship>

Learn more: admin@pathways2promise.org; pathways2promise.org; thecompanionshipmovement.org

Questions:

Once a companion is linked to a person, what happens with regard to supervision. Where the community comes in; develop companionship teams; companions need companionship too; not supervision given the public setting, more about support. Circle of Care: what's role of companion to the whole circle? Informal circle.

Stephens Ministry: private setting, peer-to-peer model.

Any examples of where Stephens Ministry and Companionship co-exist. Come together in relational foundation. Confidentiality? doesn't come into play as a community-based model and relationship occurs in public.

Best practices of how to introduce where Stephen Ministry exists? make clear that you can have both roles, understand where each hat is worn.

Presumption about faith based tools being used in training. Training is set in a neutral setting; basic foundation that can be made more adaptable to faith traditions.

4 hour training to be a companion; training is more involved, 2 day training.

Chicago areas faith communities: Robert's UCC community;

hosting a workshop is a good first step of exposure;

Resource Repository: faith communities that have mental health ministries, ministries of present, Companionship.

Given Covid: follow CDC guidelines whenever out in public. Create phone trees among companions and those who are able to connect via phone; rotate who calls each person; share contacts in monthly companionship meetings.

- 5) Ongoing strategic questions to ponder:

- a. How can we continue to support and complement the development of new interfaith inter-organization local geographic clusters such as in McHenry, South Chicago, West side of Chicago?
- b. How can we increase the religious diversity and interfaith cultural competency of our coalition?

- 6) Announcements: upcoming events, legislative updates, or anything else applicable to our audience.

Concern shared for access to mental health services: increased demand, outpatient clinics have been increasing and reaching capacity; inpatient continues to be full and hard hit.

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Hugh: Housing Task Force, housing building in Palatine is finally done; 44 units of permanent supportive housing. Application opened in Sept, more than 200 people applied for the 44 apartments. Working on another project for an apartment building in Arlington Heights, 30 units.

Greg: AID has set up office hours in his church in Crystal Lake; 1 afternoon a week see 3-5 clients.

St. Michael's, Covid; Nov 20th (reach out to Robert for details)

Coping with Pandemic, Dec 3 (reach out to Robert for details)

Jolene, Open Hearts Ministry, virtual meeting last night; 4 participants; safe place was welcome.

NAMI Barrington runs their support groups virtually, having good results, effective in ways that in person is not; 16-20 participants versus 3-5 people in person.

Hugh legislative update: good allies lost in re-election, Lake County; Diane Papas lost; Congressional side good; tax issue failed, may see cut in services, doomsday budget of 10% across the board; Illinois may have to raise flat rate tax to 6.8%. Veto session to finish left over business has been cancelled.

December 15th IMHC virtual holiday gathering, 1 pm

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