



2021 Calendar

Schedule of regular activities will continue in 2020 format, and a bit of a shift in the time of our gatherings in the hopes of engaging and encouraging folks to find their next best step in mental health awareness and programming. We will have 4 zoom (in-person if possible) gatherings where we will highlight a major focus of our history; 4 phone sessions where we will spotlight 4 organizations or issues; and encourage participants to attend one of our 4 cluster meetings that will focus on local efforts to raise awareness, increase access, and encourage collaborative partnerships. This will continue monthly IMHC activity!

January 19 on zoom	1 - 2 pm IMHC Conference meeting Reflection: Jolene LeRoy Sharing: Self Care: "Repair"--return of hope after a period of despair, term from 1425
February 16 on zoom	1- 3 pm IMHC Meeting on zoom Reflection: Rita Rippentrop Spotlight: Healing from all types of losses, panel: therapist, pastor, community member
March 16 on zoom	1-3 pm IMHC Meeting on zoom Reflection: Dawn Levin (to be confirmed) Discussion Topic: Impact on faith communities, learning from faith leaders, moderator Darryl Jenkins
April Cluster	Each regional cluster is encouraged to consider hosting a topic of their choice, or provide or attend one of the 4 foci of IMHC: Mental Health First Aid, Question Persuade and Refer: Suicide Awareness and Prevention; Companionship, or Risking Connections (trauma informed)
May 18 on zoom	1- 3 pm IMHC Meeting via Zoom. Reflection: Robert Skrocki Topic: Social determinants that impact health, health disparities; panel members from 4 counties (overall picture, mental, what role do faith communities have in addressing this or could they have)
June Cluster	Each regional cluster is encouraged to consider hosting a topic of their choice, or provide or attend one of the 4 foci of IMHC: Mental Health First Aid, Question Persuade and Refer: Suicide Awareness and Prevention; Companionship, or Risking Connections (trauma informed) (june is PrideMonth)
July 20 on zoom	1 - 2 pm IMHC Conference meeting Reflection: Darryl Jenkins Spotlight: to be determined
August 17 on zoom	1- 3 pm IMHC Meeting Reflection: Discussion Topic: Suicide Prevention and Awareness -- tentative
September	Each regional cluster is encouraged to consider hosting a topic of their choice, or consider hosting a resource fair (highlighting local resources)
October 19 on phone	Reflection: Spotlight: to be determined
November 16 on zoom	1- 3 pm IMHC Meeting @ Community Center (NAMI DuPage), 115 N Country Farm Rd, Wheaton Reflection: Discussion Topic: Trauma informed congregations --tentative
December	Consider a social event or IMHC



The Interfaith Mental Health Coalition (IMHC) recognizes people with mental health needs often turn to their clergy and faith community for support. The IMHC is a coalition of mental health service providers, public officials, faith leaders, and advocates in the Chicagoland area working to:

- raise awareness
- reduce stigma/discrimination/exclusion
- increase access to services
- partner with persons with experience with a mental health condition.

IMHC Leadership Team for 2021

Jolene LeRoy, President
Darryl Jenkins, Vice President
Denise Elsbree, Treasurer
Rita Rippentrop, Secretary
Robert Skrocki, Communications Liaison

Contact Robert to be added to our email distribution:

Bpskrocki@comcast.net

IMHC History

As a result of attending the Interfaith Pathways to Promise conference in October 2009, a group of attendees began seeking others who shared a common vision of helping people of different faith traditions support individuals and families struggling with mental health issues.

This core group of individuals and organizations formed the Suburban Chicago Interfaith Mental Health Coalition.

In 2011, the coalition changed its name to the Interfaith Mental Health Coalition (IMHC) and created a website,

www.interfaithmhc.org.

Additionally, the IMHC also created an email list to inform faith communities about mental health educational events and online resources.

Support the work of the IMHC

Please join our efforts to raise awareness, reduce the stigma of mental illness, improve access to services for those with mental health needs in our community, while promoting partnership relationships among providers, faith leaders and peers/consumers.

Visit the IMHC website at to learn how you can become involved: **www.interfaithmhc.org**

Sign-up for IMHC email updates on mental health resources and trainings.

Download online resources that will help your faith community increase mental health awareness.

Locate a local geographic cluster near you: Central DuPage, Fox Valley, Chicago, Oakbrook, Oak Park, Northshore, Northwest Suburbs, Sandwich.

Provide leadership by joining monthly IMHC advisory meetings.

Learn how to organize mental

To donate to the IMHC, please mail a check to Meier Clinics Foundation with "IMHC" in the memo line, attention:

Heather Gandy

Meier Clinics

2100 Manchester Road, Suite 1510

Wheaton, IL 60187-4561

Meier Clinic, an IMHC member organization, graciously serves as the IMHC's fiscal agent.

SEE OTHER SIDE FOR 2021 CALENDAR OF MEETINGS AND EVENTS