

MINUTES
Interfaith Mental Health Coalition Zoom Online and Phone
Quarterly Meeting (all are welcome)
Tuesday, Oct 20, 2020; 3-4 pm Central Time

Join Zoom Meeting

<https://us02web.zoom.us/j/86501152806?pwd=NERUZ0VvYXVRS1BZYWM3S0hPMepvZz0>

9 Meeting ID: 865 0115 2806; Passcode: 553768

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

Recent Attendees (Minutes will underline to show attending):

Jolene LeRoy, IMHC Pres/Presence

Rev. Dr. Darryl Jenkins, IMHC VP

Denise Elsbree, IMHC Treasurer/MHFA

Rita Rippentrop, IMHC Sec/Stenzel

Robert Skrocki, IMHC Communication

David Penner, Pastor, Pr of Peace, Pal

Robert Dell

Asha Witherspoon Rondinella, CRSS, Aetna

Better Health

Nanette Larson, Illinois State Dept MH

Brenda Cordero, Our Lady of Mercy, speaker

Susan Kearney, Beh Health, St Thomas, Nap

Mahmood Mohiuddin, Biomed Engineer, Gd

Shepherd Hosp volunteer (invited by Greg A)

Scott Mitchell, SamaraCare

Marianne Bithos

Linda Pacha

Maria Connoly

William Hood

Pamela Caine

- 1) 3-3:05 PM Introductions
- 2) 3:05 – 3:10 Opening Reflection: The gift of Faith Community brings to issue of suicide is idea of community—Jolene Leroy, IMHC President
- 3) 3:10 – 3:40 PM **Spotlight Topic: Faith Community responses when there has been a death by suicide**

Brenda Cordero, Parent and Parishioner of Our Lady of Mercy Church:

3 years ago, lost 19 year old son to suicide; He had been struggling for years with mental health

6 deaths in 12 months “Expert in grieving”

Grief of suicide is so different than any other type of death; stigma, guilt, fear of whether or not loved one is in hell or heaven?; anxiety

Realized needed to get closer to God to get through it; didn’t feel that way with other losses; good to meet new people, part of a new community

Church was helpful: checked in with us; shared grief resources; reached out on anniversary dates; holiday support; bulletin articles;

Suggestions for churches: meal trains for first couple weeks; prayer group reach out letting family know praying for you; ask how describe how loved one died (instinct hide how son died)

Jolene LeRoy RN Faith Community Nurse AMITA Health Mercy Medical Center at Our Lady of Mercy

Church: intentional about grieving process of anyone, more tenderly with those who have lost a loved one to suicide; training as a nurse and pastoral care to connect the two to support anyone who has lost a loved one

3 situations: preventing a suicide and other situations to be part of service for loss of loved one to suicide

Clergy that is understanding of suicide and be able to talk about it

Send bereavement cards out for a year, includes resources

Priest has gone to home shortly after death happened

Every situation is unique and sensitivity to particular needs is important

Pamela Caine, MSW, CPLC; Church of Jesus Christ of Latter Day Saints in Naperville; Parent and Family Therapist; Grow Relationship Therapy:

Church's website have resources, support, words of hope, help and inspiration that may be of help
3 years ago oldest brother, age 57 yrs of age, died by sister in his home

Commitment to family and faith and response of my faith community that has allowed me to move through this experience.

Mourn with those that mourn; comfort those who need comfort, stand as God's witness during tough times, all times in all things.

People came and sat with me; needed to tell my story; weep with us was comforting.

Comfort: flowers, meals.... "can't function"; books; cookies; power of prayer.

Christ lets the person who died by suicide to look upon it all and feel love couldn't be felt on earth.

When I couldn't feel the love of God, others could; stood as a witness for me. Can come in the presence of others. As numbness wore off, I realized I had been carried by witness of love by other people.

Church can mourn with you with the honest truth about the death; witness of God's love you have in yourself and shine it on others who may be in darkness.

4) 3:40 – 3:45 Q & A

Response in the first 24 hours, what could have been improved?

Tell "Call me any time"

Support Groups: suicide or generalized grief? Specific to suicide more valuable, and one with faith aspect. In person -- more than one day/month; online groups via FaceBook, more frequent.

Remaining children: answer every question; be open; depends on age of child. Struggled in school, say school social worker; did some therapy; met one on one with priest who was younger

Bear one another's burdens; done in community

Faith component to group: think Christian; broad is okay, not necessarily Catholic;

Did music help or play a role: huge; always helps

Church may be hard to at first; vulnerability; consider taking the church to the family;

Adoration, go to the church when open

Linda Pacha, also lost son to suicide: book, grief process in detail; faith chapter;

[Saving Ourselves from Suicide: Before and After](https://nicksnetworkofhope.org/Saving_Ourselves_from_Suicide:_Before_and_After), <https://nicksnetworkofhope.org/>

SamaraCare: 4 grief groups via zoom; limited to 8 per group; Scott Mitchell shared.

Zoom platform can be helpful.

5) 3:45- 4 pm

a. Update on Shared Web Resource Repository Discussions. --Robert updated

See attempt to clarify the needs to be met by the repository at

https://docs.google.com/spreadsheets/d/1NV_FDxmUptWuGHd5Nti2x6-14uayi4OlwJFFpR0UghA/edit?usp=sharing

Do you have other needs you would like it to address?

Denise suggested: Add need for Support group for family members who have lost someone to suicide with a faith component

b. Review of calendar planning for 2020-2021, planning as needed. See website for calendar or click on <https://interfaithmhc.org/2019calendar>

November 17th, 1- 3 pm via zoom: Companionship Ministry and Training

December zoom social event

- C. Opportunity to Share re. your faith and mental health related work, your recent local geographic cluster organizing efforts, effects of Covid-19, creative strategies to continue the work, ask questions, get ideas.

Housing Task Force, Hugh; Palatine building is about done; ribbon cutting tentatively set for November 10th; 44 units

Maria: Sunday, mass for mental health for family and friends and ArchBishop Cupich; Robert has received an invite and will forward to folks.

This Monday, Oct 26 at 7 pm, mass at St. Thomas, Naperville; 2 grief presentations: Nov 4th and Nov 11th via zoom focused on deaths that have occurred in our parish in the past year and 11th is more general information about grief and holidays with overlay of Covid.