



## 2020 Calendar

The Officers have suggested a revised schedule of regular activities, and a bit of a shift in the time of our gatherings in the hopes of engaging and encouraged folks to find their next best step in mental health awareness and programming. We will have 4 in-person 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 21  
on phone                      3 - 4 pm IMHC Conference call: (1-712-770-5505; PC 979606#)  
Reflection: Jolene LeRoy.  
Spotlight: Trauma informed care as relates to historic and generational factors, Barbara Wilson.
- January 30. 9 a - 4 p                      Trauma Summit, Trauma Informed Congregations Network (Advocate) @ Teachers Union Building, Chicago.
- February 18**  
**in person**                      1- 3 pm IMHC Meeting @ Community Center ( NAMI DuPage), 115 N Country Farm Rd, Wheaton  
Reflection: Robert Skrocki.  
Discussion Topic: Mental Health Awareness: NAMI, Mental Health Ministries, P2P, and others.
- March  
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)
- April 21                      3 - 4 pm IMHC Conference via zZoom  
via Zoom                      Reflection: Jolene LeRoy.  
Spotlight: Recovery and Mental Health resources, Nanette Larson, Illinois Department of Mental Health (May is Mental Health Awareness month).
- May 19**  
**via Zoom**                      1- 3 pm IMHC Meeting via Zoom (given Coronavirus social distancing guidelines)  
Reflection: Rita Rippentrop.  
Topic: Trauma Informed Congregations, Kirsten Peachy
- 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 21  
on zoom                      3 - 4 pm IMHC Conference via Zoom  
Reflection: Jolene LeRoy.  
Spotlight: Substance Abuse (include legalization of marijuana), Role of Faith community in Response, Dr. Weiner, Linden Oaks (tbc)
- August 18**  
**via Zoom**                      1- 3 pm IMHC Meeting via Zoom  
Reflection: Nina Henry.  
Discussion Topic: Suicide Awareness and Prevention, Amy McNichols, Tandra Rutledge, Riveredge Hospital, John Dillon, Crystal Lake Presybterian Church, NAMI DuPage peer (September is Recovery month)
- September 15                      Each regional cluster is encouraged to consider hosting a topic of their choice, or consider hosting a resource fair (highlighting local resources)



October 20  
via Zoom

Reflection: Jolene LeRoy.  
Spotlight: Faith Community responses when there has been a death by suicide.

**November 17**

1- 3 pm IMHC Meeting @ Community Center ( NAMI DuPage), 115 N Country Farm Rd,  
Wheaton

**via Zoom** Reflection: Darryl Jenkins.  
Discussion Topic: Companionship Training: what it is, why it's important, and how to  
take a next step (tbc)

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 2020**

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](mailto: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](http://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](http://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 health programs in your faith community.

**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 2020 CALENDAR OF MEETINGS AND EVENTS**