

**Tuesday, August 16<sup>th</sup> , 2021, 1-2:30 PM Central Time**  
**Held by Zoom given ongoing pandemic**  
**MINUTES**  
**Interfaith Mental Health Coalition (IMHC)**  
**"Connecting faith leaders with mental health resources"**  
[www.interfaithmhc.org](http://www.interfaithmhc.org)

**Recent Attendees (Minutes will underline to show attending):**

Jolene LeRoy, IMHC Pres/AMITA

Rev. Dr. Darryl Jenkins, IMHC VP,  
Pastor

Denise Elsbree, IMHC

Treasurer/MHFA

Rita Rippentrop, IMHC Sec/Stenzel

Robert Skrocki, IMHC

Communication

Venoncia Bate-Ambrus, IMHC Brd

Member at Large, Loyola

Medicine Regional Director of

Community Health & Well-being

Suzanne Martinez, IMHC Brd

Member at Large, Advocate

Aurora, Co-Pres NAMI McHenry,  
QPR Trainer, ACES programming

Greg Alexander, McHenry Co  
Cluster

Hugh Brady, NAMI

Pam Caine, Church of Jesus Christ  
of

LDS

Maria Connolly, St. Damian's MH  
Awareness Support Gp

Robert Dell, UCC Network, P2P,  
Sandwich Cluster

Janet Holden, UTUUC, UUMHN

William Hood, CRSS, NAMI DuPage

Dawn Levin, JCFS

Trina Lueckhoff, Linden Oaks MHFA

Brian Lux, Outreach

Amy McNicholas, Advocate Health

David Penner, Director of Care, Pr of  
Peace Lutheran Church

Amal Abdallah

Akram Salman, AAFS

Andrea Jacobs

Cheryl Silvera

Dorothy Papchristos

Elizabeth Ury

Gwen Gotsch

Judy LeFevour, LCPC

[judy.m.lefevour@gmail.com](mailto:judy.m.lefevour@gmail.com)

Julio Pena

Lisa Wolfanger

Patricia Gulik

Raghd Naser

Sabrina Makhamreh

Vince Unger

- 1) Introductions
- 2) QPR Training, Gerald Schalk, NAMI McHenry Co

**Statistics:**

- 1439, Illinois 2019, completed suicide; ranks 44th in suicides, "low suicide" state
- 90% of all people who die by suicide are suffering from diagnosable mental illness
- Rates remain highest among Americans 65 and older
- Females 3 times more likely to attempt suicide; males are 4 times more likely to die by suicide
- Over half of all suicides in America occur in adult men aged 25-55, and most are employed
- Once every 12 minutes someone dies by suicide

After training each person will be an interventionist

**Myths & Facts**

**Suicide clues and warning signs**

Direct and Indirect communication

Behavioral clues

Situational clues

**Tips for asking the suicide questions**

Direct approach "are you thinking about killing yourself?"

Next ask a "how" question (not a "why" question)

Indirect approach

Persuade: engaging with them, helping them to see other possibilities  
Suicide resistance factors  
Refer: know local resources  
24 hour crisis text line Text “talk” to 741741  
National Suicide Prevention Hotline 1-800-273-TALK (8522)  
Suicide Prevention, Batavia

QPR trainings: Lachell Jeffries-Hanson, NAMI McHenry Co (815) 308-0857  
Today’s Survey: <https://namimchenrycounty.org/3265-2/>

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Business Matters

- a. Aug 31st: IMHC zoom leadership planning for IMHC’s future and implications for resource repository. Email with summary of conversation about repository will be sent.
- b. Further planning on the 2021 IMHC Calendar <http://interfaithmhc.org/calendar>  
Question: Shall we record our meetings/trainings?  
(which requires an additional \$40/month for the 100 GB zoom cloud recording plan).  
Question: When shall we resume in-person or hybrid meetings?

Next scheduled meeting:

Oct 19th, 1-3 pm, via zoom (hybrid at Prince of Peace, Palatine): ACES training or trauma informed congregations; Reflection: Bob Dell

Nov 16, 1-3 pm: hybrid, Loyola Medicine, temperature, masked while inside (McNeil, Gottlib, 1 other): Discussion Topic: End of Life and Palliative Care overview by Journey Care and Loyola Medicine

Dec 7, 1-2:30 pm, NAMI DuPage (tbc): Holiday faith traditions and bring a favorite holiday treat to share