



February 9, 2021

Consortium Meeting Minutes

Venue: Zoom

Attendees: Allie Sobieski, Amanda Torres, Becky Matanic, Becky Zakowksi, Beth Temple, Brenda Mastuszkiewicz, Brian Mounts, Bunmi Oklanlami, Carrie Bossung, Cassie Eberly, Chloe Mattiford, Christine Pochert Ringle, Courtney Marek, Dalila Huerta, Denise Peters, Derrick Patty, Diane Hofferbert, Eilleen Kalman, Frank Spesia, H.R. Jung, Humberto Delgado, Janet Brooks, Janet Whitfeld Hudak, Jennifer Knapp Beudert, Jenny Sanders, Jim Baxter, John Pinter, Josh Long, Joshua Diehl, Kim Sims, Kimberly Green Reeves, Kristin Tawadros, Leslie Weirich, Maggie Gibney, Margaret Goldsmith, Maribel Sida, Mark Geissler, Mary Fran Brandenberger, Mary Himschoot, Meadow Smith, Megan Ryan, Melissa Gard, Nia Parillo, Page Dewald, Pam Overmyer, Rebekah Go, Robin Vida, Ryan Graber, Sandi Pontius, Sgt. Daniel Banicki, Sharon Szymanski, Terri Zornig, Theresa Horn

- **Black History Month Observation:**
The meeting began with the video *Kids Explain Black History Month*, in honor of this February observation.
- **1:1 Icebreaker:**
Attendees were randomly matched with another in a breakout room to share a time when they experienced an unexpected act of kindness.
- **Intentional Acts of Kindness:**
Dalila shared information about this initiative from the Building Resiliency Committee. A video about the initiative was shared. This is a way to encourage community resilience. This month's intentional kindness theme is 'Express Gratitude.' There will be social media posts and an opportunity for those who post photos to Facebook and Instagram with #SJCCares to win a prize (Seasons Counseling Center donated the first three months of prizes). SJC Cares has a survey for members to share information if they are willing to share our social media posts, and to also express interest in being highlighted on social media for their role in developing/ promoting resiliency. Link to the survey:
<https://forms.gle/KqUyooCccEnbV4Ez8>
This month SJC Cares will be participating in St. Margaret's House Winter Walk; please reach out to Becky if you are interested in participating in a socially distanced group walk on Thursday, February 18; more information will be shared after the meeting.
- **Member Spotlight: Partnership for Children:**
Dr. Kristin Tawadros, Oaklawn's Vice President of Child and Adolescent Services, presented information about a new program Oaklawn is hosting called Partnership for Children SJC. This is modeled after a similar program Oaklawn began in Elkhart County in 2015 that was developed as a way to prevent youth who were exhibiting high risk behaviors from being

'expelled' from support programs (e.g. after school programs). Through PFC Oaklawn serves as the fiscal agent for the program and provides a dedicated mental health professional, training, and resources to partner agencies, who are all non-profit, youth serving entities. Youth workers are also supported with training to manage problem behaviors. In 2018, Oaklawn was approached by SJC stakeholders and asked to re-create the program in SJC. Covid influenced Oaklawn to focus on a public health model focusing more on the needs of organizations rather than individual youth, and in 2021 the program became fully funded. Current partners in SJC include La Casa de Amistad, Transformation Ministries, BGC of SJC, Youth Service Bureau, YMCA of Greater Michiana, the YWCA, Oaklawn, and SJC Cares. SJC Funders include The Community Foundation of SJC, United Way of SJC, Beacon Community Impact, The Leighton Family Foundation and the Asante Foundation. The program goal is improved social-emotional health and well-being for youth, their families, and youth care workers in St. Joseph County. The program aims to see fewer youth leaving out of school programs, less formal system involvement by youth who are part of this program, and less turn over of the youth-care staff at partner agencies. PFC SJC is currently exploring growing PFC SJC and making it available to more agencies in SJC and ways to make PFC training opportunities (currently offered to partners quarterly) more broadly accessible. 'Youth' are defined as pre-school aged children through the age of 21. PFC SJC has just hired a full time consultant/ trainer named Deslynne Roberts, who will be transitioning from her current role as a child therapist with Oaklawn. Organizations who are interested in learning more about how they can join the partnership can reach out to Dr. Tawadros (kristin.tawadros@oaklawn.org) or Becky Zakowski (rebecca.zakowski@oaklawn.org).

- Committee Updates:
These will be provided this month over email.

- SJC Cares Update:
SJC Cares is hosting a parent café: *What to Expect when you Aren't Expecting Anything* on March 19 at 1:30 p.m.; Becky will share a social media graphic and members are encouraged to share this within their networks.
Members are encouraged to visit SJC Cares' Member Networking Page at www.sjccares.org/member-network and submit their own information

- Community Updates:
 - a. **Camp Mariposa**: Camp Mariposa is a camp for youth ages 9-12 whose lives are impacted by Substance Abuse Disorder. The camp is hosting a family carnival at Baugo Park on Saturday, June 12 from noon -4:00 and are seeking organizations to host games for the youth and their families. Those who participate can also have their information shared at a table. To express interest, learn more, or to get a qualified youth involved with Camp Mariposa, e-mail Coordinator Margaret Goldsmith (Margaret.goldsmith@oaklawn.org).
 - b. **Indiana's Tobacco Quit Line has a Behavioral Health Program** that includes 12 weeks of free combination therapy (patch + lozenge or gum). Available to any Hoosier with a mental health condition, call 1-800 QUIT NOW (784-8669) to enroll. Additionally, all are welcome to join Smoke Free St. Joe coalition meetings, meeting over Zoom the third Thursday of the

month. Contact Sandi Pontius, Tobacco Education Coordinator with SJRMC:
pontiusa@sjrnc.com, 574-335-4699

- **Geminus Early Learning Connections Child Care Resource and Referral** is observing The Week of the Young Child 50th anniversary in April this year. They are providing family art activity sheets to organizations to share with the people they serve; families who share their designs on social media will be eligible to win a prize and completed activity sheets will be displayed throughout businesses and organizations in our community. They are seeking donations for supplies and winner gift baskets. If you are willing and able to help us with a donation, please complete this google form: https://docs.google.com/forms/d/e/1FAIpQLSc8Js0Ny2JMC15hnEosQ9x9WprxQc4aQbDOPmcQz1WcRUeEvA/viewform?usp=sf_link Sponsors will be marketed on social media and on the back of the activity sheets. To learn more about Geminus Early Learning Connections, visit <https://www.facebook.com/earlylearningconnections> or website <http://www.geminus.org/Child-Care-Resources.html> for more information contact Amanda.torres@geminus.org
- Friday, February 19, noon – 1:00 p.m. **Mental Health Awareness of Michiana** presents the webinar **Misguided Frustration: Trauma and the Black Experience**. This webinar, focusing on the historical, emotional, and institutional trauma experienced by African Americans, will be presented by Debra Stanley, Founder and Director of Imani Unidad, and her colleague Baye Sylvester. Webinar is free, with an opportunity to provide a donation to MHAM. Register: <https://mhamichiana.org/events/>
- **Suicide risk in persons with ASD and Autism Crisis Toolkit**: These resources are shared by Cathy Pratt, Director of Indiana University's Indiana Resource Center for Autism (and sent to SJC Cares by Eileen Kalman):
 - a. <https://www.healthline.com/health-news/rate-of-suicide-3-times-higher-for-autistic-people#Autistic-people-have-different-risk-factors-for-suicide>
 - o <https://suicidology.org/wp-content/uploads/2019/07/Autism-Crisis-Supports.pdf>
- Upcoming Educational Opportunities from the **National Hispanic & Latino Mental Health Technology Transfer Center Network** (Free but must register with links below):
 - a. **February 17- Recovery-Oriented Mental Health Services for Latinx/Hispanics**
<https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhrtc/event/recovery-oriented-mental-health-services>
 - b. **February 25- Addressing the Emotional Wellbeing of Hispanic Children During the Covid-19 Pandemic** <https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhrtc/event/addressing-emotional-wellbeing-hispanic-children>
 - c. **February 26- A Clinicians' Guide to First Episode Psychosis for Latinx Youth**
<https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhrtc/event/clinicians-guide-first-episode-psychosis-latinx>
 - d. **February 26- Suicide Prevention in Latino and Indigenous Youth Populations**
<https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhrtc/event/suicide-prevention-latino-and-indigenous-youths>

SJC Cares Committee Updates

Committee reports were not shared at the meeting this month; here is the information that was emailed to members:

- **Outreach** (provided by Allie Sobieski, Chair): First, thank you to all consortium members who provided feedback for our “what would you like healthcare providers to know” survey. The responses were extremely thoughtful and have provided our group with a lot to consider as we continue to develop our approach to better educating HCPs about local resources. Our most immediate goal is to work on creating a myriad of resources (printable materials, podcasts, YouTube videos, etc.) that can be combined to 1) supplement resources on the SJC Cares website and 2) possibly create a Bendable collection through the SJCPL. Our hope is to highlight a variety of the programs offered by consortium members, so stay tuned for details on how to become involved.
- **Diversity and Inclusion Committee** (provided by Chair H.R. Jung): This committee split into 2 subgroups this month to discuss two separate projects. One being a survey of the consortium members and two a project involving storytelling. These two groups met and had very engaging and productive conversations. The first group focuses on creating a survey aimed at the consortium members and gaging their level of competency for D&I issues. This group is continuing to develop that survey and hope to have that ready with in the next month or so. The second group discussed how we can leverage peoples’ stories in educating the consortium members on barriers and biases that people have faced on their mental health journey. We are still working the specifics of the project but are very excited by this. If you have a story you would like to share please let us know.
- **Building Resiliency** (provided by Chair Dalila Huerta): In February, the Building Resiliency committee kicked off the Intentional Acts of Kindness campaign. This month, our theme is Showing Gratitude. Please follow the campaign on Facebook and Instagram and share your photos with the #SJCcares hashtag. We will also launch a month resiliency tip and highlight different community resources to help build resiliency each month. If organizations and individuals wish to participate and share photos on social media, we also have a contact form for your social media managers.