



March 9, 2021

### Consortium Meeting Minutes

**Attendees:** Melissa Gard, Allie Sobieski, Cassie Eberly, Dalila Huerta, Eilleen Kalman, Velshonna Luckey, Kecia Blakely, Courtney Marek, Janet Brooks, Theresa Horn, Sharon Burden, Amy Collier, Brenda Matuszkiewicz, Nia Parillo, Ellen Williams, Rachel Ford, Brian Mounts, Margaret Goldsmith, Kimberly Sims, Bradley Largent, Maggie Gibney, Carrie Bossung, Adam Clark, Becky Matanic, Mark Geissler, Frank Spesia, Maribel.Sida, Samantha Miller, Kent Laudeman, Sara Timm, Valerie Kozera, Joshua Diehl, H.R. Jung, Becky Zakowski, Sarah Bailey, Desylnne Roberts, Derrick Patty, Wilner Pope Cusic, Stacy Brand-Lesley, Robin Vida, Mary Fran Brandenberger, Jessie Whitaker, John Pinter, Sandi Pontius, Joshua Long.

1. Community Resource Spotlight: Eilleen Kalman and Becky Zakowski shared information about SJC Cares' Cross-System Review Panel. The panel provides a one-time meeting between a family who is accessing support services for their child at any level and a panel representing a diverse array of local youth-and-family-serving systems and organizations. The panel is a supportive/ restorative practice that provides families with brainstorm-style recommendations of local resources and programs that may be helpful to them. Participation is free and parents are under no obligation to follow through on panel members' recommendations. Signing up and participating is typically done in conjunction with a professional who is already working with the family, though exceptions can be made. For more information or to express interest in the panel, please go to <https://www.sjccares.org/cross-system-review-panel>.
2. Intentional Acts of Kindness Focus: Helping others. Velshonna Luckey shared information about her recent experience volunteering with the SJCHD's Covid-19 vaccination clinic, as this is a great example of March's IAK Theme: Helping Others. The Intentional Acts of Kindness campaign is presented by SJC Cares' Building Resiliency Committee. Members are encouraged to post photos to Facebook & Instagram with #sjccares to be eligible for a prize drawing donated by Seasons Counseling Center.
3. SJC Cares Updates:
  - a. The Outreach Committee is exploring a podcast and exploring a new community resources page on SJC Cares.
  - b. Building Resiliency is working on the IAK campaign and learning about Community-Based Resilience Programs
  - c. Diversity & Inclusion is considering organizing a panel for community organizations who have programs, policies to review with DEI lens; participation would be voluntary
  - d. Parent Cafes are not currently being offered monthly as planned in 2021 due to low attendance. Stay tuned for more information
4. Community Updates:

- Youth Service Bureau of SJC** invites you to share this survey with young people ages 21 & under regarding topics of interest; this information will be used to help YSB determine content & discussion for their groups that meet every other Saturday with youth in this age group. Survey link here:  
[https://docs.google.com/forms/d/e/1FAIpQLScc\\_lRaHque2nNAa\\_el2\\_ioqbYAKFrZBBRjcShohkHQLKo22g/viewform](https://docs.google.com/forms/d/e/1FAIpQLScc_lRaHque2nNAa_el2_ioqbYAKFrZBBRjcShohkHQLKo22g/viewform)  
 More information about YSB groups: [nia.parillo@ysbsjc.org](mailto:nia.parillo@ysbsjc.org)
- School City of Mishawaka** is hosting **One Day in the Sun**, a decreasing stigma mental wellness event at Central Park in Mishawaka on Saturday, June 19 from 11:00 a.m. – 2:00 p.m. SJC Cares Members are encouraged to have an interactive booth and share information. Vendor and sponsorship forms are attached to this email.
- The LGBTQ Center** is conducting the **Michiana LGBTQ Community Needs Assessment** Survey to help us understand the needs of the LGBTQ community in Michiana. Though focused on members of the LGBTQ community, straight cisgender allies are welcome to fill out the survey, especially parents of LGBTQ young people. Each language version has links to all language choices. English: <https://www.surveymonkey.com/r/MichianaLGBTQ>  
 Spanish: <https://www.surveymonkey.com/r/RegiondeMichianaLGBTQ>  
 French: <https://www.surveymonkey.com/r/RegiondeMichianaCommunauteLGBTQ>  
 Arabic: <https://www.surveymonkey.com/r/ArabicLGBTQNeeds>
- If you signed up to volunteer to assist **SJC Health Department with immunizations** and are still interested in helping, please contact Robin Vida: [rmeleski@sjcindiana.com](mailto:rmeleski@sjcindiana.com)
- SJC Cares and The Source** (Elkhart System of Care) present **ACE Interface** on Tuesday, March 23 from 9:00 – 11:00 a.m. over Zoom. This free session provides an overview of the landmark Adverse Childhood Experiences study, the neurobiology of trauma, and encouraging information on nurturing resilience. This opportunity is made possible in collaboration with **Beacon Community Impact**. Register at [www.sjccares.org/event](http://www.sjccares.org/event)
- St Joseph Mishawaka Medical Center** is offering a new session of **The Courage to Quit tobacco cessation** program May 6 – June 17; contact Sandi Pontius: [pontiusa@sjrmc.com](mailto:pontiusa@sjrmc.com) for more information
- Girls on the Run Michiana** – a positive youth development program for girls in grades 3-8 starts this month. This year there is **no registration fee** and there are openings available for programs happening at many local parks, including Boehm, Twin Branch, Potowatomi, and Leeper... for more information visit <https://www.girlsontherunmichiana.org/>
- Camp Mariposa** is hosting a backyard-style family festival June 12 at Freddie Baugo Park from noon – 4:00. Organizations / individuals are needed to run games at this event. Also: Camp Mariposa is seeking **Registered Nurses** who are interested in a paid opportunity to staff one day and full weekend camps coming up; please help spread the word. Camp Mariposa is a camp experience for youth ages 9-12 whose lives have been affected by Substance Use Disorder and our local chapter also provides opportunities for older youth who are camp 'alumni'. For more information about Camp Mariposa and to sign up to help June 12, contact [Margaret.goldsmith@oaklawn.org](mailto:Margaret.goldsmith@oaklawn.org)
- Alcohol & Addictions Resource Center** is offering **Guiding Good Choices**, a 5-week parenting workshop aimed at those raising youth ages 9-adolescence. Content includes establishing guidelines and tips for conversations with young people on topics such as substance abuse, prevention, and

mental health. Sessions will take place weekly over Zoom and start Tuesday, March 16 at 5:00 p.m. For more info & to register, contact [brianmounts@aarinfo.org](mailto:brianmounts@aarinfo.org)

- **Oaklawn's** spring mental health trainings will focus on '**Overlooked Addictions**'. Each training is free, will take place from 8:00 – 9:30 a.m., and provides 1 C.E.U. Upcoming programs:
  - March 30 - Overlooked Addictions: Tobacco – presented by Bonita Schrock, Sandi Pontius, & Adrienne Thomas
  - April 20: Overlooked Addictions: Gambling – presented by John Horsley & Jason Pensky
  - April 20: Overlooked Addictions: Social Media – presented by Health GlennRegister for any of these events at [www.oaklawn.org/events](http://www.oaklawn.org/events)
- **Oaklawn** is offering a **free Narcan Training** to the community on March 24 from 6:00 – 8:00 p.m. This is an in-person training event that will be held at Oaklawn in South Bend; register here: <https://oaklawn.org/event/narcan-training-11/>
- **Geminus' Week of the Young Child** activity sheets are now available for you to distribute; once families have completed them they can scan the QR code and post them on the event page: English version:  
[https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Asc%3AUS%3A44c124d8-9fb2-4f59-bf1c-aa306f840993&fbclid=IwAR3NtbB9ULtHusrLRSdBjeTfFXKoACPO28JL4Ttk8COHQPgovVJB7YF\\_OFQ#pageNum=1](https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Asc%3AUS%3A44c124d8-9fb2-4f59-bf1c-aa306f840993&fbclid=IwAR3NtbB9ULtHusrLRSdBjeTfFXKoACPO28JL4Ttk8COHQPgovVJB7YF_OFQ#pageNum=1) Version en Espanol:  
[https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Asc%3AUS%3Ae6d24ea7-6480-498c-ae5-6cd2bd48344d&fbclid=IwAR2N-Oo\\_ze71vl65ustX-8B34mbLjo54TEXdlktdCxYOoLBwCm\\_8UDUfNfs#pageNum=1](https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Asc%3AUS%3Ae6d24ea7-6480-498c-ae5-6cd2bd48344d&fbclid=IwAR2N-Oo_ze71vl65ustX-8B34mbLjo54TEXdlktdCxYOoLBwCm_8UDUfNfs#pageNum=1)
- 5. Mindfulness Minute: Dalila Huerta closed the meeting with a Mindfulness Minute, courtesy of the Building Resiliency Committee.

Attendees were invited to stay on the call to discuss Parent Surveys/ Focus Groups and updating the Youth Mental Health Needs Assessment.