



Champaign County Mental Health Board (CCMHB) Study Session Agenda

Wednesday, February 24, 2021 at 5:45PM

Brookens Administrative Building

1776 East Washington Street, Urbana, IL

<https://us02web.zoom.us/j/81393675682>

312-626-6799, Meeting ID: 813 9367 5682

Public Input: All are welcome to attend the Board's study sessions, using the Zoom options or in person, in order to observe and to offer thoughts during the "Public Participation" period. For support to participate during a study session, let us know how we might help by emailing stephanie@ccmhb.org.

If the time of the study session is not convenient, you may still communicate with the Board and public by emailing stephanie@ccmhb.org any written comments which you would like us to read to the Board during the meeting. Your feedback is appreciated. The time for each person's comments may be limited to five minutes.

1. Call to Order
2. Roll Call
3. Zoom Instructions (**page 3**)
4. Citizen Input/Public Participation
The CCMHB reserves the authority to limit individual public participation to 5 minutes and limit total time to 20 minutes.
5. Approval of Agenda*
6. President's Comments
7. Study Session
 - A. Champaign County Health Care Consumers (CCCHC)
"CHW Outreach and Benefit Enrollment" Mid-Year Report

“Justice Involved CHW Services & Benefits” Mid-Year Report
Presentations by Claudia Lennhoff

B. NAMI Champaign County **(pages 4-19)**

“NAMI Champaign County” Mid-Year Report
*Presentation by Teklii DeyKoontz, Executive
Director*

C. Rosecrance Central Illinois

“Recovery Home” Mid-Year Report
Presentation by Gail Raney

8. Board Announcements

9. Adjournment

**Board action requested*

Instructions for participating in Zoom Conference Bridge for CCMHB Study Session February 24, 2021 at 5:45 p.m.

You will need a computer with a microphone and speakers to join the Zoom Conference Bridge; if you want your face broadcast you will need a webcam.

Go to Join Zoom Meeting

<https://us02web.zoom.us/j/81393675682>

Meeting ID: 813 9367 5682

One tap mobile

+13126266799,,81393675682# US (Chicago)

+13017158592,,81393675682# US (Washington D.C)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US (Washington D.C)

+1 646 558 8656 US (New York)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 813 9367 5682

Find your local number: <https://us02web.zoom.us/j/81393675682>

When the meeting opens, choose to join with or without video. (Joining without video doesn't impact your participation in the meeting, it just turns off YOUR video camera so your face is not seen. Joining without video will also use less bandwidth and will make the meeting experience smoother).

Join with computer audio.

Once you are in the meeting, click on "participants" at the bottom of the screen.

Once you've clicked on participants you should see a list of participants with an option to "Raise Hand" at the bottom of the participants screen. **If you wish to speak, click "raise hand" and the Chair will call on you to speak.**

If you are not a member of the CCMHB or a staff person, **please sign in by writing your name and any agency affiliation in the Chat area.** This, like the recording of the meeting itself, is a public document. There are agenda items for Public Participation and for Agency Input, and we will monitor the 'raised hands' during those times.

If you have called in, please speak up during these portions of the meeting if you would like to make a contribution. If you have called in and therefore do not have access to the chat, there will be an opportunity for you to share your 'sign-in' information. If your name is not displayed in the participant list, we might ask that you change it, especially if many people join the call.

Members of the public should not write questions or comments in the Chat area, unless otherwise prompted by the Board, who may choose to record questions and answers there.

Mid-Year Report to the CCMHB
February 24, 2021 Study Session
Teklii DeyKoontz, Executive Director, NAMI Champaign County

www.namichampaign.org

NAMI's Mission

“The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans and their families affected by mental health conditions.”

NAMI's Statement on Mental Health Recovery

“NAMI believes that what recovery means is different for each person, but the need for support on the journey towards wellness is universal. NAMI is a leader in providing information support and education through peer-directed programs.”

About The National Alliance on Mental Illness , Champaign County (IL) affiliate:

NAMI Champaign County (IL), also referred to as “NAMI Champaign”, “NAMI CC”, or “NAMI” singularly. We seek to improve the lives of individuals who live with mental illness as well as those who love them through public awareness, education, support, and advocacy. NAMI Champaign was founded in 1982 as 'Supportive Families of the mentally ill' before joining the grass-root organization known as the National Alliance on Mental Illness.

Major Highlights:

How we adapted to the challenge around the Coronavirus.

- Business Meeting went remote via ZOOM
- We remanaged the website to keep our community updated on the changes
- Signature NAMI Family-to-Family class went from in-persona to Online
- Our awareness Event “Strides Against Stigma” walk was turned into a virtual event
- We were able to collaborate with both Local organizations, and other NAMI affiliates in IL.

Hiring of Executive Director

- Alison Meanor was originally hired back in October of 2019.
- Alison Meanor stepped down January 31st, 2021
- Teklii DeyKoontz was hired to fill the role; starting February 1st, 2021.
- Role includes:
 - Coordinating services and volunteers
 - Increasing awareness of mental illness in the community and advocate for recovery
 - Aiding family/friends/caregivers and those with a diagnosis of mental illness to:
 - find community resources
 - receive NAMI education
 - receive support though both NAMI and other peer-run support groups
 - advocate for access, choice, and quality mental health services
 - Hiring of a Bookkeeper for Board required financial record keeping.

Re-Launching Community Education Nights

- A committee was formed to focus on hosting a series of Community Events
- The purpose of this committee is to connect with other organizations, presenters, speakers, etc. to produce events (currently in the form of webinars) of collaborative effort.
- Topics have included “IL Able” and “Caring for the Caregiver”

Social Media Package Colab. w/ CLL

- Collaboration through the Community Learning Lab (CLL) with our affiliate and UIUC LAS 122 class.
- The UIUC LAS 122 class presented a Social Media Package, which included multiple social media content images, captions, and posts to be used for our twitter, facebook, and instagram.
- This was a semester long project. We provided them with our history, demographic, etc.
- The Final project images will be used to up our content game on socials, to reach a wider audience.

“Strides Against Stigma” Walk turned Virtual

- NAMI Strides Against Stigma Walk is an annual walk produced in collaboration with the NAMI on Campus Club UIUC.
- Because of COVID-19, it was decided to switch to an online awareness event
- NAMI Champaign County produced a two-hour FACEBOOK live event in place of the walk.
- Featuring
 - Peer Lived Experience Stories
 - Messages from the UIUC club
 - Poetry about Mental Illness
 - Video messages from our Peers

Re-Engaging Ending the Silence

- Working with *‘Rattle the Stars’* to collaborate on the best approach of bringing the Ending the Silence program to Schools, and presenting to faculty and staff as a first step.
- Because of COVID-19, we were not able to formally launch the ETS program.
- The purpose of this presentation is to change misconceptions and “end the silence”
- In contact with
 - Heritage Community, Unit School District #8
 - Unity Unit School, District #7
 - Edison Middle School, District #4

Promoted Crisis Lifeline(s)

Illinois Warm line - 866-359-7953
Crisis Text Line - 741741
National Suicide Prevention Life Line
Champaign County Crisis Line - (217)-359-4141

Continuing Anti-Stigma Activities / Education / Outreach / Collaboration

disABILITY Resource Expo
Ebertfest
NAMI's "Strides Against Stigma Walk"
Verteran Affairs (VA)

Continuing Collaboration with Peer-Run Groups

GROW in Illinois
Survivors of Suicide Support
Depression and Bipolar Support Alliance (DBSA)
Rattle the Stars
Alliance for Inclusion and Respect (AIR)
Active Minds (UIUC student group)

Continuing Educational Programs and Support

Family-to-Family
Family and Friends
NAMI Campus Club UIUC
Family Support Groups
Parkland College's Club Access
In Our Own Voice
Crisis Intervention Team (CIT) Training
NAMI CC Warm Line
Community Education Programs

Future Goals

Increasing Our Course Offerings

Three NAMI CC members signing up for Family-to-Family training
Additional NAMI members interested in Ending the Silence and Provider Education trainings

Expanding NAMI CC Peer Support

Peer Social Activities – offer support, building friendships, volunteer projects
NAMI Connections Recovery Support Group – 2 NAMI CC peers have been certified, and 1 in training

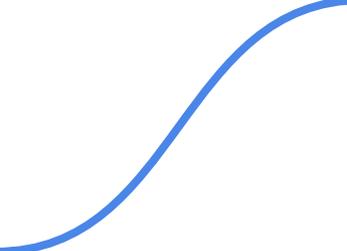


NAMI

National Alliance on Mental Illness

Champaign

Mid year report
Presented by Teklii DeyKoontz,
Executive Director , NAMI Champaign County (IL)

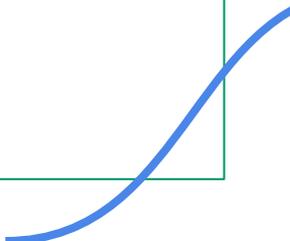


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“The Champaign County Affiliate of the National Alliance on Mental Illness, (NAMI Champaign) seeks to improve the lives of individuals who live with mental illnesses as well as all those who love them through public awareness, education, support, and advocacy.”

NAMI is an all volunteer non-profit organization and has over 1,100 affiliates in communities across the country, and 21 in Illinois

NAMI Signature Programs



We continue to offer:

The Signature “Family-to-Family”- 8-week/session educational program for family, significant others and friends of people with mental health conditions.



“Family and Friends” (Coming soon)- 90-minute or four-hour seminar that informs people who have loved ones with a mental health condition how to best support them



“Ending the Silence” (re-launching) - shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery.



“Connections” (in the works) - a recovery support group for people with mental health conditions.



“Family Support Group” - a support group for family members, significant others and friends of people with mental health conditions.

NAMI Signature Programs

One of our Family Support Groups were able to coordinate in-person meetings that abided by the at-the-time COVID-19 guidelines for group meetings.

One of our other Family Support Groups coordinated making personal calls with their frequent attendees.

We advertised and referred people looking for Support Groups to Virtual NAMI FSG's as a collaborative effort between IL affiliates.

We were able to have our NAMI signature Family-to-Family class in September, Online, due to the pandemic. This would be the second class to be facialited during the pandemic. The first one having started in person, and countinuted online over ZOOM.

Our next Family-to-Family class will start March 2nd, virtually over ZOOM.

Open registration till Feb, 27th.

NAMI Campus Club UIUC

- **Diane Zell, our NAMI CC President, has worked with the UIUC Club for years.**
- **NAMI on Campus UIUC hosts events all throughout the two-semester. Including presentations, wellness activities, and partners with us for awareness events.**
- **We will be collaborating more with them on virtual events, advertising, and sharing resources to help support the students both on campus and not.**



NAMI SPRING 2021 MEETING SCHEDULE
Meetings every other Tuesday at 7pm on Zoom

February

- 2/2 - **Interactive: Mental health stigma and how to end it + Trauma informed mental health**
by Kim Simms (CU Trauma Initiative)
- 2/16 - **Suicide awareness and prevention workshop**
by Rattle The Stars Campaign

March

- 3/2 - **Mental health in the work force** by Abby Kehe (HR Coordinator)
Healthcare disparities in America by Bunny Shields (MSW Grad Student)
Mental health in Medicine by Anu Venkatesh (Med student at Northwestern's Feinberg School of Medicine)
- 3/16 - **Interactive: Mental Health First Aid + Discussion**
by Blake Brown
- 3/30 - **"A Short Trip - My Experience With Bipolar Disorder"**
by Asako Kinase-Leggett

April

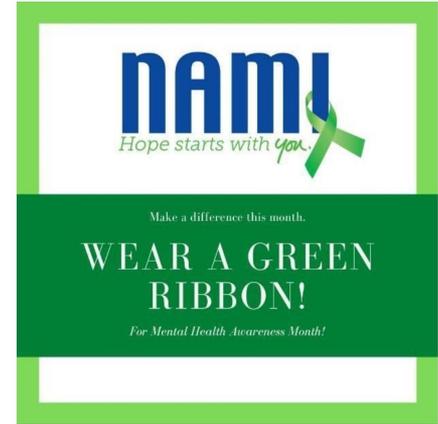
- 4/13 - **Mental Health Tips for Students**
by Julie Birky (Licensed Clinical Social Worker)
- 4/27 - **Open Discussion + Game Night**

Join the National Alliance on Mental Illness on Campus at the University of Illinois-Urbana-Champaign
Join us on ZOOM
NAMI on Campus UIUC
@mindation
namicampusuiuc

Social Media Package w/ CLL

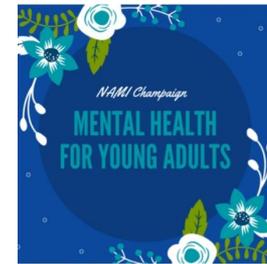
NAMI Champaign collaborated with a UIUC Class through the Community Learning Lab.

Taking advantage of their "Social Media Package" offer; the students created multiple pieces of content for our Twitter, Instagram, and Facebook.



Green is the official color of Mental Health Awareness Month. Wearing a green ribbon (or just green in general!) represents hope, strength, encouragement, and allyship for those that struggle with mental illnesses.

#youarenotalone #notalone



@NAMICHampaignIL



@namichampaign

“Strides Against Stigma” Walk turned Virtual

Something
Something—Each day, take the time to notice one thing you are appreciative of such as a good friend, fresh beverage, or the weather

Reach
Reach out. If you've been trying to accomplish something on your own, but it hasn't been working, reach out to someone who CAN help you.

Advocacy
You have the power to speak up. Share your stories, and vote for change.

Social Issues
Search for facts. Share your story. Show your .

Our “Strides Against Stigma” chair (Carolyn Thompson) coordinated with the NAMI on Campus UIUC President (Nathan Oommen) to turn the annual walk into a walk/virtual awareness event.

Will you join our “Strides Against Stigma”?! ...Our GOAL this year is \$2500
EXTENDED SALES DATE: Between now and Thurs, Oct 22nd @ midnight, NAMI-Champaign is taking “Strides” to raise awareness, and the stigma that surrounds mental health, and to raise the funds necessary to support our education courses and program expansion throughout Champaign County.

Look through the full Fundraiser page for apparel with three uniquely designed Logos - Messenger Bag - Insulated Tumbler (all through Oct 19th) Strides Against Stigma-Virtual Walk Event for NAMI-Champaign

Front- Short sleeve tee (Heather Navy)
 Back- Short sleeve tee (Heather Navy)
 Women's short sleeve style
 Performance Full-zip Hoodie in Navy
 2 Side logos w/Design on Back- “Front holder”

16 oz. Vacuum Insulated Soft Tumbler

Any donations towards this “Strides Against Stigma” Fundraising Event can be sent with a check made out to: NAMI-Champaign, PO Box 3552, Champaign, IL 61826

Please contact Carolyn or Katie at stigma@nami.org if you have any additional questions. Again, thank you for your support!



Something	Time	Reach	I am...	Do...	Exercise
Something you are grateful for— Each day name at least one thing that you are grateful for-such as the support of a good friend ...or the weather is getting cooler! What were you grateful for today?	Spend some time connecting with a good friend or relative—call them or have a video chat. Bake or take something for a good neighbor. Help a sibling with their schoolwork. Your time & actions are priceless!	Reach out for help. If you've been trying to accomplish something on your own but it hasn't been working— reach out...to someone who CAN help you in that area.	I am important too ! Do something special for yourself. Learn a new hobby. Take a community education course. Your attitude will effect your altitude!	Do some Random Acts of Kindness-- Perhaps it's walking a friend's dog or raking leaves for a neighbor. Sending a note to someone to let them know you care. You'll feel better because you helped them out.	Exercise... Work up to 30 min a day of exercise. Walk, bike, hike, skateboards, yoga—even dance...do something you will enjoy! Maybe try some different exercise also this week! Physical exercise improves our mental health!

How we Adapted to Coronavirus

How we adapted to the challenge around the Coronavirus.

- **Business Meeting went remote via ZOOM**
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NAMI CC Presentations Community Engagements

IL able & Caring for the Caregivers

Diane's radio interviews with Stevie Jay

Diane's presentation to Society of Women in Business

Kim Simpson's AKA sorority presentations (Diane and Alison facilitated the colab with AKA)

Disability Expo

Diane, Lyndon, and Silvina met with the VA Caregiver Support Program staff

Holiday gift bags for psychiatric patients at Sarah Bush, Urbana OSF, Pavilion

Campus Club Care packages

Nancy and the artists have a physical display place to sell items at Carter Furniture.

We also have been promoting other non-profits on a case-by-case to those who reach out to us.

Plans for the future

Internal:

Building and managing our website.

Growing Social Media engagements

Google Workspace project to improve our internal flow and have a collective place for our org.

Working on Collaborations between our committees like communications, education programing, and peer activities.

External:

Mental Health Awareness Month May event being planned with Campus Club

Ending the Silence to be continued

Spring F2F starts in March

Family & Friends programs to launch

Community Educations programming

21 NAMI Illinois affiliates collaborations

Contact Us



Email : **Info@namichampaign.org**

NAMI Champaign County (IL) Warmline: **(217) - 419 - 5345**

Website: **www.namichampaign.org**

NAMI Champaign County (IL) Business meets take place the second Monday of every Month over ZOOM. We welcome anyone interested in attending, or who want to know more about Mental Health and Wellness resources.