



DuPage County Prevention Leadership Team Monthly Meeting

Wednesday, March 22, 2023

9:00am-10:30am

ZOOM

Meeting Minutes

Members Present

<input type="checkbox"/> Sheila Adamo	Your Story Counseling	Healthcare Prof.
<input type="checkbox"/> Aisha Achesah	Advocate Health	Healthcare Prof.
<input type="checkbox"/> David Anderson	Benedictine University	Law Enforcement
<input type="checkbox"/> Katie Anderson	Gateway Foundation	Healthcare Prof.
<input type="checkbox"/> Andrew Anselm	DuMEG	Law Enforcement
<input type="checkbox"/> Jim Barber	DuCAP	Youth-Serving
<input type="checkbox"/> Ginny Bigane	COD	School
<input type="checkbox"/> Kylie Bowman	Edward Elmhurst	Healthcare Prof.
<input checked="" type="checkbox"/> Jarrett Burton	Serenity House	Healthcare Prof.
<input type="checkbox"/> Mark Buschbacher	Serenity House	Healthcare Prof.
<input checked="" type="checkbox"/> Alicia Carlisle-Camacho	National Council for Mental Wellbeing	Youth-Serving
<input checked="" type="checkbox"/> Matt Cassity	360 Youth Services	Youth Serving
<input type="checkbox"/> Joes Chairez	DUMEG	Law Enforcement
<input checked="" type="checkbox"/> Rachel Decosola	Serenity House	Healthcare
<input checked="" type="checkbox"/> Leia Der	DCHD	Local Gov't.
<input checked="" type="checkbox"/> Deb Duvair	DuPage Community Foundation	Other Org
<input type="checkbox"/> Matt Epperley	CASE DuPage	Schools
<input checked="" type="checkbox"/> Steve Flint	Flint Architects	Business
<input type="checkbox"/> Donna Foyle	Serenity House	Healthcare
<input type="checkbox"/> Katie Gallagher	Robert Crown	Youth-Serving
<input checked="" type="checkbox"/> Samantha Gannon	AAIM	Other Organization
<input type="checkbox"/> Concha Garza	Addison NRC	Youth
<input type="checkbox"/> Rick Geiser	Carol Stream Village Trustee	Media
<input type="checkbox"/> Cheyenne Grace	DuPage County Health Dept.	Local Government
<input checked="" type="checkbox"/> Jessica Gul	Glen Ellyn Youth & Family Counseling	Other Org.
<input type="checkbox"/> Sherilyn Hebel	KidsMatter	Other Org.
<input type="checkbox"/> Jennifer Hess	Juvenile Justice Council	youth-serving
<input type="checkbox"/> Brenda Huber	Bloomington 708 Board	Other Org.
<input checked="" type="checkbox"/> Scott Kaufmann	DCHD	Local Gov't
<input checked="" type="checkbox"/> Dagmar Kauffman	OnBalance Parenting	Youth-Serving
<input checked="" type="checkbox"/> Khadija Khan	Wheaton PD	Law Enforcement
<input checked="" type="checkbox"/> Geri Kerger	NAMI DuPage	Other Org.
<input checked="" type="checkbox"/> Kristin Kramer	IL PTA	Parent
<input type="checkbox"/> Elisa Lara	VNA Healthcare	Healthcare

<input checked="" type="checkbox"/> Nikki Lay	Breaking Free	Youth-Serving
<input checked="" type="checkbox"/> Deb Lewin	Path to Recovery	Other Org.
<input type="checkbox"/> Joe Lindt	DuPage State's Attorney	Local Government
<input type="checkbox"/> Kelly Lindowski	College of DuPage	School
<input type="checkbox"/> Ashely Liem	NEDFYS	Youth-Serving
<input type="checkbox"/> Miranda Lopez	Teen Parent Connection	Youth-Serving
<input checked="" type="checkbox"/> Jodi Macaluso	AMITA	Healthcare
<input checked="" type="checkbox"/> James McGreal	Downers Grove PD	Law Enforcement
<input checked="" type="checkbox"/> Becky McFarland	DCHD	Local Government
<input checked="" type="checkbox"/> Nina Menis	KidsMatter	Other Organization
<input type="checkbox"/> Felicia Miceli	Serenity House	Other Organization
<input type="checkbox"/> Crystal Miroballi	Wheaton PD	Law Enforcement
<input checked="" type="checkbox"/> Crystal Milliner	DCHD	Local Gov't
<input type="checkbox"/> Mike Murray	Bloomington Mental Health Auxiliary	Civic
<input checked="" type="checkbox"/> Elizabeth Murphy	DCHD	Local Gov't.
<input checked="" type="checkbox"/> Emily Murskyj	DCHD	Local Gov't.
<input type="checkbox"/> Rabia Mukhtar	DCHD	Local Gov't.
<input checked="" type="checkbox"/> Patrick Nakamura	Teen Parent Connection	Other Org.
<input type="checkbox"/> Joe Nemchock	Glen Ellyn PD	Law Enforcement
<input type="checkbox"/> Sarah Norton	WeGo	Youth-serving
<input checked="" type="checkbox"/> Patty O'Malley	HAS Cares	Youth-Serving
<input checked="" type="checkbox"/> Nora Ortinou	DCHD	Local Governemt
<input type="checkbox"/> Karin Podolski	Northwestern Medicine	Healthcare
<input type="checkbox"/> Andrea Polites	COD	School
<input checked="" type="checkbox"/> Alex Pulaski	DCHD	Local Government
<input type="checkbox"/> Eric Pulia	Nat'l Guard	Local Government
<input checked="" type="checkbox"/> Amber Quirk	DuPage ROE	School
<input type="checkbox"/> Alison Ramirez	GEPD	Law Enforcement
<input checked="" type="checkbox"/> Michael Renner	DuMEG/Nat'l Guard	Law Enforcement
<input type="checkbox"/> Brittany Ringo	Streamwood Behavioral Health	Healthcare
<input checked="" type="checkbox"/> Gilda Ross	Glenbard High Schools	School
<input checked="" type="checkbox"/> Tricia Rossi	Hanover Park PD	Law Enforcement
<input type="checkbox"/> Angelika Rupp	St. Francis	School
<input type="checkbox"/> Becky Sadler	Rosecrance	Healthcare Prof.
<input type="checkbox"/> Travis Satterlee	Heritage	Health Professional
<input type="checkbox"/> Lynn Schmidt	St. Francis	School
<input type="checkbox"/> Jennifer Simmons	Northwestern Med.	Healthcare
<input type="checkbox"/> Robert Skrocki	Interfaith Mental Health Coalition	Faith-Based
<input type="checkbox"/> Charlene Slighting	AAA	Business
<input checked="" type="checkbox"/> Danny Sourbis	ROSC	Other-org.
<input type="checkbox"/> Beth Squires	NIU	Faith-Based
<input type="checkbox"/> Amit Thakker	Referral GPS	Other Org.
<input type="checkbox"/> Ida Westlove	Streamwood Behavioral Health	Healthcare
<input type="checkbox"/> Kathy Zander	My Child's Life Matters	Other Organization

Guests/New Members:

Shannon Thomas, Senior – Glenbard North High School

Hailey Noll, Senior – Glenbard North High School

I. Welcome/Introductions - Amber Quirk, Co-Chair (9:00am-9:10am)

- The meeting began at 9:01am. Amber Quirk invited everyone to introduce themselves and say which organization they were from.

II. Teen Ambassadors End of Year Report and Future Steps – Hailey Knoll, Glenbard North High School (10:10am-10:30am)

- Hailey and Shannon seniors from Glenbard North High School and two Teen Ambassadors, presented to the PLT on the work they have done over the past year. They also shared that they are looking to recruit more Reality teens that want to gain leadership skills, give back to the community, and are driven to make a difference.
- Shannon and Hailey shared who they are and what they do as teen ambassadors.
 - o They are teen volunteers in District #87.
 - o Substance use prevention, mental health wellness, and stigma reduction peer support ambassadors.
 - o Goal: reduce the stigma associated with substance use and mental wellness.
 - o Some recent activities: Cebrin Goodman Teen Institute, GBW HOCO Parade, GPS Takeover, Social Norming Campaign, Became Certified Mental Health First Aiders, Supported schools' clubs, and much, much more!
 - o Two ambassadors will also be traveling to Springfield in April to advocate for stronger prevention policies.
- The new application for D87 high school students who are interested in becoming a Teen Ambassador is posted on the PLT website at <https://dupageplt.org/198/Teen-Ambassadors-for-Mental-Health-Subst>
- Follow the DuPage Action Team's Instagram to stay in the know! @dupageactionteam

III. New Data Updates

- **Illinois Youth Survey 2023 under an equitable lens: Gender, Sexual Identity and Substance Use/Mental Health – Jordan Esser, Project Coordinator (9:10am-9:30am)**

- Jorie shared findings from the 2022 Illinois Youth Survey (IYS). The IYS is free to schools and takes just one class period to survey students. School registration opens in September 2023 for surveying to begin in 2024. More information can be found here <https://iys.cprd.illinois.edu/register>.
- In 2022, about 49% of public middle schools and 65% of public high schools participated in the IYS.

- The PLT will be looking to increase more participation in top left and right corner of the county with West Chicago, but overall we had good geographic representation in 2022.
- Some key takeaways:
 - o Students who identify as LGBTQ+ had higher rates of self-reported substance use compared to students who identify as heterosexual.
 - o 44% of 12th graders believed there was no/little risk in using marijuana products.
 - o DuPage High School Students have 2X greater rates of depression compared to the national average.
 - o Mental health may be correlated to substance use.
- **Poison control and Marijuana – Elizabeth Murphy, Data Committee (9:30am-9:40am)**
- Liz shared an Illinois Poison Center (IPC) Data update. The IPC is a non-profit health service providing poison treatment advice and information. Trained clinical staff is available 24/7.
- Liz shared that the number of potential exposures due to edibles increased from 2017-2022. Liz also pointed out that the number of potential exposures due to edibles was 2.3 times higher than those due to dried plants.
- If you have any questions please email Liz at elizabeth.murphy@dupagehealth.org.
- **Crisis Text Line – Nina Menis, KidsMatter (9:40am-9:50am)**
- Nina Menis shared 2022 data from the Crisis Text Line (CTL).
- A large percentage of the reported issues pertained to school (37.2%), relationships (32.5%), and anxiety/stress (31.5%). Nina shared that REACH is the official DuPage keyword for the CTL.
- In 2022, there were 519 conversations consistent with 2021 (573 conversations). Of those, 244 began via text (47%).
- CTL is utilized every month with the highest months of usage in order, **May, February** and **September** – which should be noted for crisis counselor staffing.
- 67% Percent of texters shared something with a crisis counselor that they hadn't shared before.
- There were 9 suicide de-escalations, which is significant given the lives saved by these resources.
- CTL is utilized daily, but Monday (18% of calls) was most popular in 2022.

- CTL usage is typically highest between 12am-2am and secondarily 2pm-4pm.
- CTL was used more by females (68%) than males (17%) and those identifying as queer or transgender (17%).
- Most users are white (73%) followed by Hispanic/Latin/Spanish (20%) and Black (12%), Asian (7%) and Indian (5%).
- About half the users identify as LGBTQ+ (54%) and half as straight (46%).
- Most users are between the ages of 14-17 (42%) with the next largest group 13 or less (28%).

IV. New Business and Updates – Amber Quirk, Co-chair (9:50am-10:10am)

- Institute Day report out – Institute Day was on March 3rd and there were over 280 school staff attending. There was a lot of great feedback. Many said that this was a useful and relevant institute day session.
- Drug Facts Week – March 20-26th please promote that this is happening this week by sharing PLT facebook posts.
- GPS/Teen Ambassador Takeover – Liz Fosslien a distinguished Glenbard alumna will be discussing BIG feelings: How to Be Okay When Things Are Not Okay on April 4th from 7-8pm. Teen Ambassadors will be part of this program but doing the introduction, having a Q&A with the speaker and sharing information on Teen Ambassadors.
- Springfield Advocacy Day – The Illinois Prevention Network will be traveling to Springfield on April 18-19th to meet with representatives on various topics. Some of those being marijuana marketing restrictions, kratom bans, funding primary prevention and more.
- DuPage Health Matters/Giving Days Update – This event will be happening May 1st –5th. Many great charities are a part of this event. The main purpose is to expand the youth ambassador program and sustain what is happening in District #87. The funding that they have so far received is coming to an end this school year. More information on the campaign to come in the April monthly meeting.
- Psychedelics CME event – This event will be held virtually on May 18th from 8:30am-11am. More information to come. This event will conclude 3 CME's. Although it is a CME event, everyone is welcome to attend.
- Teen PhilanthroParty – June 6th this is the kick-off meeting for the summer schedule. More information on speakers to come.

- Reality Summer Schedule – Teens will meet each week in the summer starting June 6th through August 1st.
- Color Run – This event will be on June 10th. Teen ambassadors are working to raise funds during this event to continue their program. This event is in partnership with NAMI DuPage, Serenity House, and PLT.
- Other Upcoming GPS events
 - o Rosalind Wiseman will have two GPS sessions on April 11th from 12-1pm and 7-8pm. Her session will focus on Supporting Our Kids Through the Inevitable Ups and Downs of Teen Relationships.
 - o Dr. John Spencer will be discussing Empowering Students with the Skills of Tomorrow on April 18th from 7-8pm.
 - o More information and upcoming sessions can be viewed here:
<https://www.glenbardgps.org/upcoming-speakers/>
- KidsMatter Update – Nina shared that there is funding for teen/youth mental health and train the trainer classes. There will be 3 train the trainer classes this summer. If anyone is interested in this, please reach out to Nina (nina@kidsmatter2us.org) for an application.

V. Adjournment

- The meeting was adjourned at 10:26am.

The Next PLT Monthly Meeting Will Be: Wednesday April 26th from 9:00am-10:30am Via Zoom.