

BHA April Newsletter

Community News

- Unfortunately, due to COVID-19, BHA cannot hold an in-person meeting. **However, there is a pending ZOOM meeting to be held for April. Stay tuned for more information**
- JJC is canceling all events through the end of April. If there are any events you planned on attending at this location, please reach out to the JJC staff to see if there is a rescheduled date.
- As of this time, all NAMI support services and classes are on hold until the ability to resume them has been reassessed.
- The Will Find Hope Anti Stigma Symposium scheduled for April 22nd, 2020 has been canceled. There is no future date scheduled at this time.
- April is **National Drug Take Back Month**. Drop boxes are located at local police departments for use in assisting with this effort.
- During this time of social distancing, there is still a need to be able to provide prevention methods and services to the community. **Kankakee Health Department is still distributing NARCAN to the community. Our kits include two doses of nasal Narcan, Narcan instructions, a breathing barrier, substance misuse resource sheets, and educational materials.** To arrange mailing or pick up, we can be reached by phone at **815-802-9396**, by email at media@kankakeehealth.org, or by sending **Kankakee County Health Department a Facebook message.**
- The Grundy County Health Department is urging people to reevaluate travel plans and current practices to be able to better assist with the current stay at home order given to the state of Illinois. If you have any questions, comments, or concerns please feel free to reach out to the **Health Department at (815) 941-3404 for further guidance and clarification.**
- Do you have information you would like to add to our May Newsletter? Email bhagrundy@gmail.com!

New COVID19 Resource Helpline

Free of charge. Text "TALK" or "HABLAR" to 552020.

Once a message is sent, a counselor from one of 62 community mental health centers will call and listen.

You can also text other words, like "FOOD" "UNEMPLOYMENT" or "SHELTER" to receive helpful information.

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The community needs your help. If you are able to donate blood, please head to the donation center in your area to be able to give back to the community in this time of need!

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Social Distancing

The stay at home order has given a lot of us a “new normal” and with that “new normal”, we have come to accept the phrase social distancing. And while most of us are starting to cringe when we hear that phrase, there are a lot of benefits to this practice that will not only help flatten the curve, but also help keep us and our communities safe.

- The CDC defines social distancing as the practice of keeping space between you and those community members outside of your home.
- There are (3) steps to practicing this process
 - Stay 6ft apart from other people you do not live with on a daily basis
 - Do not gather in large groups
 - Stay out of crowded areas and large gatherings

To help with this process, the CDC recommends these best practices to ensure proper practice of social distancing:

1. Use mail order for medications, if possible
2. Consider grocery delivery services
3. Use a cloth face cover when you have to be in public, but still maintain the 6ft rule
4. Avoid large gatherings
5. Work from home, if possible
6. Avoid public or ride share transportation, if possible
7. Use distance learning when applicable (students/teachers)
8. Remember to stay connected during this difficult time. You can utilize FaceTime, Zoom, Skype, and social media platforms to be able to stay connected to your loved ones.

However, since social distancing practices have been enacted, families have found themselves to be at home and together now, more than ever. One benefit of this situation is more time for parents to notice behavior patterns in their children. The good news is that this type of situation can help parents spot problems that may be arising with the youth in their homes. Jennifer Hahs, Community Relations Coordinator with Rosecrance, a substance use and mental health treatment provider, has given these trends to look for during this period of stay at home:

1. Extreme mood or behavior changes.
2. Concealing drug use.
3. Unusual smells.
4. Unreasonable demands to hang out with friends and leave home in spite of parent direction to stay home.

If you would like more information on this subject you can call Jennifer Hahs at (779) 970-6707 or visit <https://rosecrance.org/resources-for-parents/>. Please visit our social media sites and website for more information on this topic.

*** Referenced from <https://www.cdc.gov>***

Organizations within the area are doing **everything** they can to try and help community members **through** this **difficult** time.

The **Greater Joliet Area YMCA** is doing **ZOOM** meetings once a week to **help cope** with the stress this “new normal” is creating.

Visit www.jolietymc.org

for more info

Help and Resources

Stepping Stones
815/744-4555 ext. 135

Family Guidance Center
815/730-7521

Symetria
866/240-9604

Gateway Foundation
815/730-1193

Opioid Helpline
1/833-2FINDHELP

Rosecrance
888/928-5278

Safe Passage Program
815/774-7486

** For more resources please visit www.bhagrundycounty.com**

Social Media Center

Facebook

<https://www.facebook.com/bhacoalition2018>

Instagram

@bhagrundy2020