

BHA May Newsletter

Community News

- Unfortunately, due to COVID-19, BHA cannot hold an in-person meeting. **However, there is a ZOOM meeting to be held for May. Stay tuned for more information being sent out for this meeting.**
- JJC is canceling all events through the end of May. 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.
- NAMI is offering online support groups at this time. Participants should go to namiwillgrundy.org, Support Groups, Online Support groups to register ***NO LATER THAN 4:30 PM on the day of the support group meeting.*** Support groups will meet every Sunday from 4 – 5:30 for Family Support, and 6 – 7:30 for Connection Support plus Thursday 5/21 from 4 – 5:30 for Grundy Family Support group. Online support groups are also available through NAMI Illinois and NAMI DuPage.
- Hartgrove Hospital will be hosting weekly “Coffee Chat Teacher Support Group” meetings in both the morning and afternoon time frames. This support group will run May 12th – June 24th 2020. The space is limited to 20 participants per time frame so make sure to register early. For registration information please reach out to us or visit the Hartgrove Hospital website.
- There will be a “Grief, Loss and Trauma: Leading in the Times of Crisis” webinar, Wednesday, May 13th, 2020 at 10AM (CST). This is hosted by the Hartgrove Behavioral Health System and Advocate Aurora Health. Please reach out to us or visit the Hartgrove Hospital website for more information.
- Silver Oaks Hospital is providing a 9-minute video, through YouTube, featuring a psychiatrist and an internal medicine physician. This video is designed to address the behavioral health issues that are arising during the COVID19 pandemic. Follow the link below for more information https://www.youtube.com/watch?v=NRRaxa-Avyo&feature=youtu.be&fbclid=IwAR1Hs1VvKODW_YWAoxynVd_bPU1DVQqdE4Nbdzsd5MqjkHfmaRq1N_Fexj00E
- 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 June 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.

BHA Board

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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!

BHA May Newsletter

National Prevention Week

May 11th – May 15th, 2020

It is National Prevention Week. The purpose of this week is to involve communities in raising awareness of substance abuse and mental health issues. This week also allows for a fostering of partnerships and collaborations between multiple organizations and agencies to better assist the public. And this week also allows for promotion and dissemination of quality resources for substance abuse prevention and mental health resources.

So why does National Prevention week happen in May? Well, SAMHSA chose this week due to the fact that May signifies the near start of summer, which is an important time for schools, communities, and prevention professionals to be able to refocus efforts and attentions back on prevention. This idea and timing was derived due to the fact that most youth and full-time college students were assessed to use substances for the first time during the June and July months (samhsa.gov).

Thus, with this information in hand, SAMHSA decided to proclaim this week National Prevention week. This week has been adopted by communities all across the country and is observed every year and seen as a great opportunity to spread the message about prevention and mental health.

Here is the list of daily themes happening this week:

Monday, May 11: Preventing Prescription Drug and Opioid Misuse

Tuesday, May 12: Preventing Underage Drinking and Alcohol Misuse

Wednesday, May 13: Preventing Illicit Drug Use and Youth Marijuana Use

Thursday, May 14: Preventing Youth Tobacco Use (E-Cigarettes and Vaping)

Friday, May 15: Preventing Suicide

*** Pay attention to our social media pages as we help take part in these daily themes****

Also the **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.**

Visit <https://www.samhsa.gov/prevention-week/about> for more information about National Prevention Week.

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