



Meeting Title: Grundy County ROSC Council Meeting

Date: May 26, 2026

Location: Virtual

Facilitator: Neesha Stringfellow

Attendees: Michelle L. Pruiem (NAMI Will-Grundy); Danielle Heffernan (Serenity House); Ben Rudolph (ROSC Region 2 technical assist.); Morgan Roberts (UI Ext.); Dr. Kathleen Burke (WCHD); Crystal Torres (NAMI Will-Grundy); Antonella Manzella (North Central Behavioral Health System); Tanya Reid (Sound Minds); Marilyn Alexander; Pastor Shawntaleia Smith; Dr. Ruby E. Powell; Dr. Maria Crawford (HLM); Kirsten Anthony (HLM); Nichelle Alexander (HLM); Johanna Gonzalez (IDHS-DBHR); Cristina Banda (Illinois Family Resource Center); Beatriz Ruiz (Joliet EasterSeals Jumpstart); Chantel Gamboa (B&GC Joliet); Neesha Stringfellow (HLM); Tarcia Leak (HLM); Magdalena Campos (HLM); Celeste Fonseca (HLM)

Status Report on items pending from last meeting: N/A

Who	Task	Status
HLM Recovery 180 Will County ROSC	Email April Meeting Minutes	Emailed

12:30pm - 1:30pm

Welcome & Presentation by
Kirsten Anthony & Nichelle Alexander
Project L.I.G.H.T. (Living In Grace, Hope & Transformation)

Overview/Notes:

- Overview:** The HLM Recovery Grundy County Council meeting focused on mental health resources and partnerships. Magdalena Campos welcomed attendees and introduced speakers. Dr. Kathleen Burke from the Will County Health Department highlighted their services, including school-based mental health counselors and medication-assisted treatment. She emphasized the need for community partnerships and the challenges of providing psychiatric services. The meeting also featured a presentation by college interns Kirsten Anthony and Nichelle Alexander on Project Light,

a youth prevention program addressing mental health and substance use. They discussed the importance of understanding mental health, the impact of various stressors, and the need for healthy coping mechanisms.

- **Opening Remarks and Welcome:** Neesha Stringfellow introduces the meeting, mentioning upcoming events and partnerships. Magdalena Campos with HLM Recovery 180 R.O.S.C. welcomes everyone and leads a prayer. Magdalena acknowledges first-time attendees and introduces Chantel Gamboa and Beatriz Ruiz. Chantel Gamboa introduces herself as the Executive Director of the Boys and Girls Club of Joliet. Beatriz Ruiz introduces herself as a parent educator with the Easterseals Jumpstart Program.
- **Introduction of Presenters and Updates:** Neesha Stringfellow thanks Maggie and asks first-time attendees to introduce themselves. Neesha mentions the absence of Teena Mackey from the Community Mental Health Board for Will County and introduces Dr. Kathleen Burke from the Will County Health Department. Dr. Kathleen Burke provides an overview of the Will County Health Department and its resources. She discusses the federally qualified health center, medication-assisted treatment, and school-based programs.
- **Will County Health Department Services and Programs:** Dr. Kathleen Burke highlights the federally qualified health center's services, including dental and eye care. Discusses the school-based program operating in Plainfield, Joliet, and soon Lockport schools and mentions the addition of a substance use counselor for the next school year. Dr. Burke explains the adult and child/adolescent care services offered by the health department and emphasizes the importance of community partners in providing services outside of the health department's daytime hours. Dr. Kathleen Burke clarifies that Will County Health Department does not take Grundy County clients due to funding restrictions. Tarcia asks about services available to Grundy County residents in Will County. Dr. Burke mentions the federally qualified health center as a resource for medical care. Neesha mentions Morris Hospital's behavioral health services and the need for Grundy County to reignite their services.
- **Project L.I.G.H.T. Presentation & Introduction:** Neesha Stringfellow introduces the Project L.I.G.H.T. presentation by college interns Kirsten Anthony and Nichelle Alexander. Kirsten Anthony and Nichelle Alexander introduce themselves and their roles in the presentation. Neesha asks the interns about the impact of presenting the program on them personally. Kirsten and Nichelle share their experiences and the positive impact on their careers and personal growth. Nichelle begins the Project Light presentation, explaining the mission and goals of the program. The five points of Project Light include educating, preventing, destigmatizing, connecting, and inspiring transformation. She leads the audience in a series of affirmations to start the presentation on a positive note. The presentation aims to address mental health issues and provide resources for youth and young adults. Nichelle discusses the importance of understanding mental health and the temporary nature of emotions. The presentation includes a video from the National Suicide Prevention Lifeline to emphasize the importance of seeking help. Kirsten lists common stressors affecting youth, such as bullying, academic pressure, family conflict, and social media pressures. The presentation highlights the need for healthy coping skills and the dangers of substance use. Kristen explains how various stressors can lead

to mental health issues and substance use. The presentation includes a video explaining the manipulative marketing tactics used by substance manufacturers. Nichelle shares her personal experience with family separation and its impact on her mental health. Kirsten discusses the impact of her brother's suicide on her life and the importance of seeking help and emphasizes the importance of healthy coping skills, such as exercise, hobbies, and trusted support systems. The presentation highlights the dangers of vaping and alcohol use on brain development and mental health. Nichelle Alexander and Kirsten Anthony discuss the need for open conversations about mental health and substance use.

- **Community Feedback:** Chantel stated she loved the videos, content and it was youthful. Beatriz enjoyed the presentation, provided words of encouragement to Kirsten and Nichelle. Continue to do what they do. Tanya provided feedback regarding the presentation, to share lived experience at the beginning.
- **Conclusion:** The presentation concludes with a reminder of the available resources and the importance of seeking help when needed. If you would like Project L.I.G.H.T. to come to your organization please reach out to HLM Recovery 180 ROSC at hlmrecovery@gmail.com .