

# PIN

*People in Need Forum*

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**SATURDAY, JANUARY 25, 2025**

**8:30 a.m.–1 p.m.**

***Hosted at McHenry County College***

For information and resources  
visit [www.mchenry.edu/pin](http://www.mchenry.edu/pin)

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# AGENDA

8:30 A.M.–

1 P.M.

**REGISTRATION, REFRESHMENTS, AND NETWORKING (CAFÉ)**

**EXHIBITOR BOOTHS OPEN (GYM AND HALLWAY)**

*All Exhibitor booths will remain open until 1 p.m.*

9–10 A.M.

## **BREAKOUT SESSION I**

- **Understanding Medicare and the Choices You Need to Make (A215)**  
*Susan Grossinger*  
Learn more about the constantly changing world of Medicare. Be in control as we learn how to access the best healthcare possible.
- **Creating Healthy Body Image and Confidence in Your Child (A211)**  
*Katie Primak, Catherine Lucaccioni, Alicia Mendoza*  
Healthy nutrition and awareness of the role parents play in shaping a child's perception of themselves are key to mental and emotional well-being.
- **Ending the Silence (A221)**  
*Abbey Nicholas, Clarissa Bartlett*  
Learn from both a professional as well as a young adult with a mental health condition who has taken the journey of recovery. Discuss the stigma attached to mental illness, possible warning signs, and the part we can play to change perceptions.
- **The Empowered Caregiver: Exploring Care and Support Services (A242)**  
*Jeanne Rivera*  
We will explore how best to prepare for future care decisions including respite, residential, and end of life care.
- **Opioid Trends: Understanding the Crisis and Its Evolution (A226)**  
*Sara Lemke*  
This session, designed for both general and professional audiences, examines the evolving trends in opioid use. Gain insight into the impacts and learn practical approaches to foster awareness, reduce stigma, and support recovery.
- **Updates from the Illinois Migrant Council (A240)**  
*Dr. Magdalena (Maggie) Rivera*  
Learn about the current state of the Migrant Asylum/Refugees in Illinois. This session will address the closure of shelters. Where have the migrants and refugees gone and what does their future hold?
- **Purpose + Connection = Hope for Military Veterans (A222)**  
*Laura Franz*  
The important link between connections, and a sense of purpose, belonging and hope to combat the suicide rate among military veterans and their families. Increase understanding and learn about available local resources.
- **Diabetes y Emociones: Sanando Cuerpo y Mente (A224)**  
*Elizabeth Rios, Veronica Villacis*  
Aprende sobre cómo vivir con la diabetes y las emociones asociadas con la enfermedad.

10:30–

11:30 A.M.

## **BREAKOUT SESSION II**

- **Mastering the Resume and Interview: Essential Skills for Shining in Your Job Search (A211)**  
*Bob Lueders, Cory Vlahos*  
Learn how to optimize the quality of your resume and explore techniques to prepare for a successful interview.
- **Mental Health and Suicide in Older Adults (A221)**  
*Abbey Nicholas, John Buckley*  
Trends are alarming in our county and our country. How do we encourage ourselves and others to stay mentally healthy during the aging process?
- **Healthy Living for Your Brain and Body (A222)**  
*Todd Lasota*  
How to optimize physical, and cognitive health as we age. Hear the latest research, and get tips on nutrition, exercise, cognitive activity, and socialization. Use hands-on tools to form a plan for healthier aging.
- **Convenience Marts: Teens are Picking Up More Than Snacks (A215)**  
*Laurie Crain, Judy Pasternack, Adam Carson*  
An interactive session highlighting intoxicating substances sold in all convenience stores to underage teens. Come see the actual products and how teens are enticed to purchase.

- **A Walk in Their Shoes (A242)**  
*Emily Salomon, Alena Hansen*  
This presentation will use affirming language and terms to utilize while supporting the LGBTQIA+ community as we develop a greater understanding through a case study and statistical data of current health outcomes.
- **McHenry County Health Atlas (A220)**  
*Maura Gossen*  
Explore what the public health data means for McHenry County and how it can be helpful to us.
- **Fitness for Trial (A226)**  
*Sheriff Robb Tadelman*  
Discuss the challenges faced when defendants who have a mental or physical condition are unfit to understand the nature and purpose of proceedings against them, and how to assist in their defense.
- **Caminos hacia el empleo para personas con barreras (A224)**  
*Maria Andrade*  
Únase al Desarrollo de la Fuerza Laboral del McHenry County College para obtener una visión general de los programas y recursos disponibles en el condado para quienes buscan empleo competitivo. Aprenda sobre preparación laboral y desarrollo profesional.

**NOON–  
1 P.M.**

### **BREAKOUT SESSION III**

- **A Happiness Booster Shot: Enhancing Positive Emotions (A242)**  
*Shira Greenfield*  
This program will reveal some surprising information about the benefits of experiencing positive emotions such as joy, gratitude, and awe. Learn strategies to enhance our sense of well-being.
- **The Caregiver Carousel (A215)**  
*Lori Parrish*  
Caregivers are on a constant overwhelming carousel balancing their own full lives and those they care for. Hear stories and learn strategies as you become aware of resources for you and your loved ones.
- **Reefer Madness: How THC is Contributing to Mental Health Issues in Youth (A226)**  
*Dr. Caitlyn McClure*  
Learn how THC has changed, the mental health side effects of its use, youth-specific consequences, and necessary treatment adaptations to support long-term repercussions of cannabis use.
- **Talking to Your Kids About Sensitive Topics (A211)**  
*Dr. Melissa Katz, Mallory Pavlik*  
This session will provide guidance on approaching difficult topics such as disasters, violence, mental health, body image, relationships, sex, and family issues with your children and teens. Creating a safe space for communication and how to answer difficult questions will be discussed.
- **Firearm Safe Storage Strategies (A220)**  
*Neva Wright*  
Safe firearm storage is of utmost importance, as are the words we use when discussing firearms. Firearm restraining orders, what they are, and when they are used will also be discussed. Cable gun locks will be available for distribution.
- **VA Health Care System (A222)**  
*Kelly McDonald*  
Presenting an overview of FHCC's Homeless programs, accessing VA benefits, and navigating service connections.
- **The Grind of Grief (A240)**  
*Lisa Orris*  
Listen to the speaker dispel the myths of grief while deconstructing the 5 stages. Healthy ways to move through grief and what NOT to say to a grieving person will be identified.
- **Pathways to Employment for Individuals with Barriers (A221)**  
*Catherine Jones, Tom Faber*  
Join McHenry County College Workforce Development for an overview of the programs and resources available in the county for those seeking competitive employment. Learn about work readiness and career preparation.
- **Terminando el Silencio (A224)**  
*Edith Sanchez, Jimena Núñez*  
Aprenda de un profesional y un joven adulto con una condición de salud mental que ha recorrido el camino de la recuperación. Conversen sobre el estigma asociado a las enfermedades mentales, las posibles señales de advertencia y el papel que podemos desempeñar para cambiar las percepciones.

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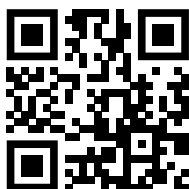
McHenry County Mental Health Board

National Alliance on Mental Illness

Northern Illinois Special Recreation Association

Resurrection Church

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