

# PIN

*People in Need Forum*

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**SATURDAY, JANUARY 27, 2024**

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)

Friends of  
**McHenry**  
County College  
Foundation



# AGENDA

8:30 A.M.–

NOON

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

**EXHIBITORS OPEN (GYM AND HALLWAY OUTSIDE GYM)**

*All Exhibitors booths will remain open until Noon*

9–10 A.M.

## **BREAKOUT SESSION I**

- **10 Warning Signs of Alzheimer's (Room A224)**  
*Maija Mizens*  
This educational program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.
- **How to Find Food Resources (A222)**  
*Barbara Connet*  
Learn the latest community efforts to address food insecurity in McHenry County.
- **Medicare 101: Understanding the Choices You Need to Make (A226)**  
*Susan Grossinger*  
Learn more about Medicare so you are in control and know how to access your healthcare in the way that is best for you.
- **Networks of Peer Substance Use Disorder Support (A220)**  
*Bobby Gattone*  
Explore how New Directions offers Peer Support Services across a variety of applications in McHenry County. We will discuss group housing, A Way Out Program, The Other Side Sober Bar and Community Center, and more.
- **Suicides and Suicide Prevention in McHenry County (A215)**  
*Abbey Nicholas*  
This is an opportunity to learn more about the Suicide Prevention Task Force, myths and warnings signs of suicide, and helpful resources in our county.
- **Supporting Active School Engagement (A211)**  
*Jacqueline Rhew*  
Participate in an interactive discussion around interventions and strategies to promote active school engagement. There will be a special emphasis placed on supporting students who have struggled with mental health, medical or pain management concerns, leading to issues with attendance, work completion, and building healthy relationships in the school environment.
- **Recursos para apoyar a usted y los demás (A221)**  
*Sebastian Morales*  
YFC presentará recursos para ayudar a las personas a navegar por el diverso y complicado mundo de los servicios sociales para ayudarse mejor a sí mismos y a los demás cuando surja la necesidad.

10:30–

11:30 A.M.

## **BREAKOUT SESSION II**

- **Dementia Conversations (A222)**  
*Todd LaSota*  
If you know someone who is experiencing changes in memory, thinking, and behavior, this education program provides tips and strategies for difficult but important conversations about changes related to dementia.
- **Mental Health in McHenry County (A220)**  
*Abbey Nicholas*  
Gain a deeper understanding about the National Alliance for Mental Illness, mental health and illness in McHenry County, and how you can help.
- **Overdose Education and Naloxone Training (A224)**  
*Teagan Ferraresi, Stefanie Gattone*  
Attendees will learn about what opioids are and how they work, the opioid overdose epidemic, identify the signs of an opioid overdose and how to respond and reverse it, all about naloxone, a little about harm reduction, and overdose prevention and policies.

- **Parenting with a Growth Mindset (A211)**  
*Jacqueline Rhew*  
Discover how to raise an engaged and resilient child, teen or young adult by learning how to understand them better. Learn how to parent using a Growth Mindset, as well as ways to help their child step out of their comfort zone, handle disappointments, set healthy boundaries, improve motivation, and how to embrace a 'bounce back' mentality.
- **Race, Human Development, and the Anatomy of an Apology (A221)**  
*Tony Bradburn*  
Engage in an exploration of human development and how humans develop differently based on race. Then, navigate to draft a personal action plan.
- **Update on Migrant Refugee Crisis (A215)**  
*Dr. Maggie Rivera, Vanessa Mendoza, Luzmarina Zacatzi*  
Hear an update on the current status of migrant refugee currently living in shelters and buses in Chicago. Also, hear what McHenry County groups and residents are doing to bring relief to the crisis that has made a presence in our community.
- **El impacto de la diabetes en los Hispanos y que podemos hacer para prevenirlo (A226)**  
*Daniel Garcia, Elizabeth Rios*  
En este taller aprendera sobre las estadísticas de la diabetes en la comunidad Hispana y que pasos se pueden tomar para prevenir la diabetes y sus complicaciones, viviendo una mejor calidad de vida.

**NOON-  
1 P.M.**

### **BREAKOUT SESSION III**

- **Access to Higher Education in McHenry County (A221)**  
*Kristen Mueller*  
Explore the multiple ways to engage in higher education locally to meet your specific needs: high school dual credit, career-specific certificates and credentials, Associates degrees, Bachelors degrees - including the University Center, GED, English as a Second Language classes (ESL), career training, and more.
- **Grief Guide: Navigating Life After Loss (A215)**  
*Lisa A. Orris*  
We all have pain and what we do with our pain matters. Our culture communicates that we should deny, hide and pretend about what's true in our life. What if there was another way to live through loss and we didn't have to hide, any longer? What if we could live through the pain into a new way of being? Learn how to name and own our pain, find wisdom in our grief, and new practices to express it.
- **How to Handle a Disclosure of Abuse (A211)**  
*Misty Marinier, Kate Webster*  
Learn how to appropriately handle a child disclosure of abuse, the different ways children typically disclose, and warnings signs to watch for and be aware of to best keep all children safe.
- **Supporting Veterans Mental Health Needs (A224)**  
*Nicole Eisenrich, Donna Rasmussen*  
The Veteran population is a unique group with unique needs. Learn more about Veteran mental health, local resources, suicide prevention needs and specific needs of women Veterans.
- **Vaping Harm Reduction (A222)**  
*Andy Breen*  
A frank discussion about the facts of vaping nicotine and THC geared towards adolescents and emerging adults.
- **Actualización sobre la crisis de los migrantes refugiados (A220)**  
*Dr. Maggie Rivera, Vanessa Mendoza, Luzmarina Zacatzi*  
Escuche una actualización sobre el estado actual de los migrantes refugiados que actualmente viven en refugios y autobuses en Chicago. Escuche también lo que los grupos y los residentes del condado de McHenry están haciendo para aliviar la crisis que ha hecho acto de presencia en nuestra comunidad.



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TO ACCESS THE 2024  
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