

**MINUTES OF
RIVERSIDE TOWNSHIPMENTAL HEALTH BOARD
MARCH 18, 2026**

A meeting of the Riverside Township Mental Health Board was held on Wednesday, March 18, 2026, at Riverside Townhall, 27 Riverside Road, Riverside Illinois 60546.

Adam Wilt, served as Chair and called the meeting to order at 6:30 p.m.

Present were:

Christine Carr
Joe DeRosier
Cynthia Kaczmarczyk
Kara Kalnitz
Melinda Lehman
Adam Wilt

Absent was:

Timothy Heilenbach

Also present were:

Shawn Lewis, Community Resource Center/Aging Care Connections
Yvette Williams, Community Support Services
Christina Gonzalez, Helping Hand
Don Betswina, Pillars
Jason Strietzel, Thrive
Jilian Reid, The Way Back Inn
April Michalski, WSSRA

It was noted the Consultant's Report for March 18, 2026, and the Agency Reports sent to the Directors this month were the following:

Community Resource Center/Aging Care Connections
Community Support Services
Helping Hand
Thrive

The Chair called for any comments, corrections, or additions to the minutes of the Board meeting held on Wednesday, February 18, 2026. Motion made by Melinda Lehman and seconded by Cynthia Kaczmarczyk, Joe DeRosier abstained, the following resolution was unanimously adopted.

RESOLVED, that the minutes of the meeting of the Riverside Township Mental Health Board held on Wednesday, March 18, 2026, are herewith approved as circulated.

Treasurer's Reports:

Kara Kalnitz reported we are in a good financial position. Our balance between both accounts is \$467,183.62, half of which will be paid toward the grants.

Motion made by Christine Carr and seconded by Cynthia Kaczmarczyk, and upon vote taken was unanimously adopted.

Consultant's Report:

Adam shared Dr. Joe Troiani's Consultant's Report, see attached report. Topics discussed included.

Adam reported that Joe attended the American Psychological Association. They had a Military Psychology Summit in March.

Report Highlights:

- On February 21, 2026, the "The Kids are Not All Right" presentation was held. The video of the presentation was uploaded to social media, i.e., Facebook and YouTube. The are links are in the Consultant's Report. It also ran on Ch.99-AT&T U-Verse which runs throughout the state as well as on Ch.6-Xfinity.
- The Fall program is in the works for the second 2026 RTMHB community program with a focus on behavior health response programs serving the township. They plan to include the Police Department and Mobile Crisis Responders and the township's 988 agencies.
- They are having a one-day refresher course for the certified CIT officers in the township. This training will be held on two separate days. They are in the process of confirming the training dates and will share them once finalized.

Agency Reports:

Community Resource Center – Shawn Lewis reported the CRC staff spoke with Emily, the Village Clerk, about publicizing the CRC. Emily said that in the next newsletter, they will have a little blur about the CRC.

Community Support Service - Yvette Williams reported they will be hosting a couple of events in April and May. They will have a mobile unit from the Secretary of State office for the entire community to come out and get their State ID or Driver's License. They are planning a Legislative Action Day in May in Springfield to raise awareness about individuals with disabilities and encourage families to engage in disability advocacy and policy awareness.

Their Annual Gala, Circles of Support, is on May 1, 2026, at the Hyatt Lodge in Oak Brook.

Helping Hand - Christina Gonzalez reported that their Day Program is doing a great job meeting the clients individually. By focusing on their preferences, strengths, and interests, they can create a more engaging and meaningful experience. Whether that is helping pass out lunches or engage one-on-one with staff members to work on specific art projects, the clients are really taking a lot of pride in their work, and they are excited to come into group every day. Art and music have always been their happiest place. This shows when the team is committed the way that Helping Hands is, they can transform lives.

Pillars - Don Bestwina reported Buddy's Place will have their 8-week session starting on Tuesday, March 31, 2026, for kids who have lost a parent or caregiver. They are also having another art show on Friday, April 24, 2026, at the Loft. Their block party is scheduled for June 6, 2026.

They have provided training for 200 teachers and have been actively involved in delivering a range of new presentations. Recently, they led a session on suicide loss, along with additional presentations focused on trauma and strategies to support teachers and administrators in working with students and families who have experienced trauma and loss.

Thrive Counseling Center – Jason Strietzel reported Julian and Brooks Middle Schools wants to host an event for parents and would appreciate some training focusing on prepping new high school parents. They also have a new computer strategic plan both for expanding care and reducing barriers but are working through some challenges. Their Gala is scheduled for April 25, 2026, at the Oak Park Country Club in River Grove.

The Way Back Inn – Jilian Reid reported they are having their annual art competition this year. They opened it up from visual art to including literary art. The prizes range from \$500 up to \$2,000 and it is open to any alumni resident. The youth category is ages 14 through 20 and then 21 and older for the adult category.

Last week they met with Fenwick who are interested in a rotating schedule of presentations annually for like every 4 years. They continue with the OPRF educational programming and are still working to get in touch and collaborate with RB as well as Proviso.

Finally, their Young Adult Recovery Program is magnificent. This is a program that is for individuals who are 18 through 24 and struggling with addiction. For these residents, the program is completely free.

WSSRA – April Michalski reported spring programs will start in early April. They are hosting a Pancake Breakfast Saturday, March 21, 2026, at North Riverside Park from 9-11 a.m. They held their day camp lottery and accepted 111 individuals with a waitlist of 20 which is continuing to grow. Their annual Derby Gala is scheduled Saturday, May 2, 2026. They will be celebrating their 50th anniversary at a new location at Roberts Westside in Forest Park this year.

Old Business:

Budget Committee – Kara Kalnitz

Kara reported that some of the agencies asked for additional funding this year and it was agreed upon for 2½% increase. We also increased the budget for office supplies by 60%. Our dues for ACMHAI have increased by almost \$500 for the next fiscal year. The agencies we support will receive \$2,500 for fundraisers. See attached budget report.

Adam mentioned that we have a budget for discretionary grants. Traditionally these grants are distributed in March but if there are special projects or new initiatives that come up during the year that could use the support of the Mental Health Board, we do have the ability to provide those funds at other times of the year.

Motion made by Melinda Lehman and seconded by Joe DeRosier, the following was unanimously adopted.

Community Engagement Committee:

Christine reported the presentation at the North Riverside Public Library has been scheduled for May 21, 2026. We are also in communications with Adult Services from the Riverside Library to confirm a date.

Joe DeRosier is in communications with St. Mary's. to set up a time for that presentation. The Knights of Columbus and the Parish Council are also interested.

Adam reminded us of the projects honoring Joan Labak from the Mental Health Board. It was suggested we could have an honorary yearly scholarship in Joan's name for \$2,000 for one of our agencies that applies for the scholarship. Other suggestions made were to plant a tree with a plaque and a grant for someone pursuing social work. Adam would like the final June meeting to serve as the kickoff for the project honoring Joan.

The Riverside Township meeting is scheduled for April 14, 2026, at 6:01 p.m. Anyone from agencies or members of the Mental Health Board are welcome to attend. Adam and Kara will work on the report to the Board. This is our opportunity to share with the community what the Mental Health Board has accomplished and worked on over the past year.

Review and Approvals of Payables:

Kara reported that we had not received the invoice from Presence for the social workers. So, this amount was based upon what we paid them last year.

Riverside Township Mental Health Board		
Accounts Payable - February 2026		
Check #	Payee	Amount
1139	Pillars	\$77,822.25
1143	Maritza Zitzer	\$450.00
1140	Helping Hand	\$48,853.00
1141	Community Support Services	\$14,305.25
1147	Way Back Inn	\$30,000.00
1146	Thrive	\$10,000.00
TOTAL:		\$181,430.50

Motion made by Christine Carr to approve the payables and seconded by Cynthia Kaczmarczyk.

The Chair called for a vote, which was recorded as follows:

BOARD MEMBER	YAY	NAY
Joe DeRosier	X	
Christine Carr	X	
Cynthia Kaczmarczyk	X	
Kara Kalnitz	X	
Melinda Lehman	X	
Adam Wilt	X	

Comments from the Public:

The township is thinking possibly having a presentation in June from the Mental Health Board.

Adam mentioned he wanted to discuss our agency's appreciation event at our meeting next month and would make sure it was on the agenda. The event was held last year in June after our meeting.

Cynthia Kazmarczyk made a motion to adjourn with a second from Melinda Lehman. The meeting adjourned at 7:27 p.m.

Respectfully submitted,

Maritz Zitzer
Recording Secretary

APPROVED:

Adam Wilt, President

Kara Kalnitz, Treasurer