

COMMUNITY WELLNESS TASK FORCE

Building a Bridge of Belonging

Lake Forest • Lake Bluff • Knollwood



**Community
Wellness**
TASK FORCE

| Our Origin: A Promise of Support

In 2012, our community faced a profound tragedy. Leaders from Lake Forest, Lake Bluff, and Knollwood came together with one mission: to ensure no one struggles alone. What began as a crisis response has grown into a permanent pillar of resilience—bridging the gap between schools, local government, faith communities and healthcare partners.



Our Working Mission

"To move our community from good intentions to trusted connection—so no one has to navigate their hardest moments alone."

| Our Guiding Values



Shared Responsibility

Building a cohesive web of support where every resident knows where to find support and how to help if they want to help.



Equity & Dignity

Respecting the worth of every community member, especially during times of struggle.



Prevention

Using proactive measures and monitoring early warning signs to support those at risk before crisis.

| The 2026 Youth Summit

On April 21, about 30 8th, 9th, and 10th graders convened to reflect on their "State of Wellness."

We presented the students with data from their peers and encouraged them to speak honestly to community leaders.

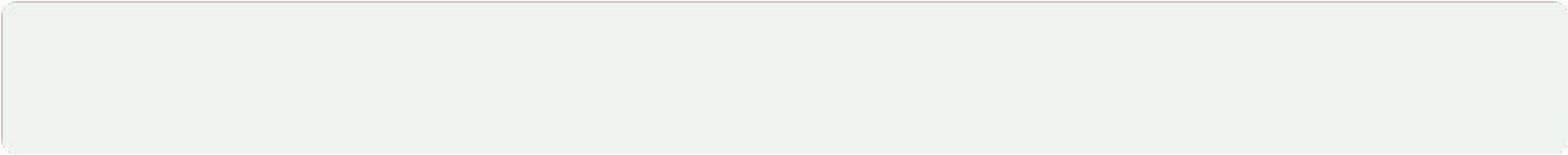
Their insights will ground our conversation tonight.

- ✓Authentic student voices
- ✓Real-time data capture
- ✓Youth-led discussions

Lake Forest Country Day -	5 students
DPM -	9 Students
LBMS -	10 Students
Woodlands Academy -	5 Students
LFHS -	6 Students

Adults from - LFHS, LBMS, DPM, Lake Forest Pediatrics, CROYA, Wellness 360, Christ Church, LFCD





Is there anything else you want the community to know?

- The pressure we feel constantly to do well in all aspects, socially, academically, extracurriculars. There is a lot, a lot of pressure. They don't understand as much as they should.
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“*Healthy kids grow in healthy environments. Our schools work best when they are wrapped in a community that supports everyone.*”

Human Connection + Support > Correctional Intervention

- *Core Instruction*
- *Interventions and Support*
- *Individualized Programming*



| Updates since April 21

Screen Free Summer

The CWTF has designed some social media posts to reinforce the messages that our students had for us with regard to technology. These are being posted weekly.

Working Toward Kindness

The Task Force is looking for community input on what kindness in our community looks like so that we can reinforce our community values through our work.

Questions & Dialogue

Building a Bridge of Belonging Together

Scan QR to RSVP & Join
Ambassadors



Lake Forest Hospital • 1000 N. Westmoreland Road • April 21st