



Mental Health Committee

Minutes

Tuesday, January 5, 2021 7:00pm

Held Remotely on Zoom

I. Call to Order/Roll Call/Meeting Norms - Lauren Saternus called the meeting to order at 7:00 p.m. on Zoom. Committee members present: Lauren Saternus, MaryAnn Ogilvie, Jillian Bernas, Joanmarie Wermes, Stephanie Bertels, Jonathan Rubin, Mary Cloonan Walsh and Gina Raza. Associate members present: Cathy Skura. Township representatives present: Trustee Diane Dunham and Katy Trent. Absent: None. Public: Monica Saavedra

II. Welcome/Introduction of Visitors

A. Monica Saavedra is the Director of Health and Human Services for the Village of Hoffman Estates. She is a clinical psychologist and her department provides mental and physical health services for Hoffman Estates citizens of all ages. The nursing division provides vaccinations through monthly vaccine clinics, although now they are doing them by appointment. They deliver any vaccine from infancy. Nurses also do preventative health screenings including cholesterol, glucose, iron etc. and vision and hearing screenings for preschools and daycare centers. Mental health counseling for community members 3+ and are specialized in individual, couple, and family counseling. They see many cases of depression and anxiety, and many referrals for behavior from schools. All of our services are on a sliding scale from \$5-\$70. They also provide psychological testing on a sliding scale. Some can be as high at \$1,000 and they are able to offer them at more affordable rates, approximately \$300. Covid has produced an increase in those looking for mental health services, There is no cap on the number of sessions provided. All appointments are now telehealth appointments. The department runs a training

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program for students getting masters in psychology. They partner with professional schools. There are five part-time practicum students and 2 full-time paid interns. They are able to provide many services and keep the costs low because of the support of these positions. Additionally, they provide professional development workshops as well partner with local schools for social emotional programming. For example, they have an upcoming women's empowerment program. They are a Salvation Army crisis management satellite site and help citizens submit applications for assistance with bill payments. They refer Development Behavior Therapy cases to Kenneth Young Center, substance abuse to SHARE and domestic violence offenders to other programs. They have provided intensive training to Hoffman Estates police and fire departments and also serve the D54 community through the Community Assistance Program. Monica asked for help from the Committee by sharing their work with others in the community. She hopes one day to be able to provide bilingual services. The Committee invited her to participate in Minds Matter.

III. Public Comments - No public comments.

IV. Approval of Minutes from 12/01/2020 - Jillian moved to approve meeting minutes and MaryAnn seconded. Motion approved by voice vote.

V. Announcements/Correspondence - No Announcements

VI. Old Business -

A. Purchase of Promotional and Informational Materials - MaryAnn reviewed NAMI brochures and comprised a list of helpful information. She estimates we will need about 200. Some items that the committee might consider are packs of

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inspirational cards, stigma free stickers, NAMI's homefront veterans packs, brochures about caring for a child with mental health issues or about various illnesses, Spanish language brochures, etc. Brains and magnets are good as well. The Committee considered the information and thought that brochures were a good idea to compile information, but considering our options for distributing the information this year, it might be better to create one or two Township of Schaumburg branded handouts and also replenish our promotional brains and magnets.

B. Funding Application Feedback - No feedback on funding application

VII. New Business

A. Revisit Priorities

1. Community Mental Health Data - Maybe the Committee can compile mental health data in the Township. Lauren will look up contact name in published data. Jillian will contact individual at AMITA. MaryAnn will review Cook County site for data.
2. Build Government Agency Relationships - Would Monica's counterpart in Schaumburg be interested in speaking with our Committee? Village of Schaumburg has nursing and counseling departments. MaryAnn will identify someone that can speak about the counseling program. Family counseling center advisory chair is Marty Stanton. Lauren will reach out to Hoffman Estates Police.
3. Funding Allotment for Mental Health Agencies – Committee members are encouraged to keep an eye out for new agencies that support mental health

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concerns and could be eligible for funding, although because of eligibility guidelines this list of agencies will be short.

- B. Discuss Programming Options for 2021 - Minds Matter will probably not happen again this year in-person. Facebook live videos got a good amount of traction last year. Options of a September-October or outside event were considered. Maybe a location like a gazebo or shelter. However, putting energy into something that we know will work or planning for a 2022 event is probably a better use of time and resources. The Committee can make a decision in March. Jillian will ask agencies if they want to present on a topic. Stephanie shared her experience with last year's Facebook live panel. The subcommittees will be the same, Marketing, Speakers, and Community. Jillian will create a survey for agencies, Stephanie will look at tech, and MaryAnn will take care of promotional items.

VIII. Board and Liaison Reports and Review of Agency Bills

- A. Board Liaison Report, Trustee Dunham - The Township remodeled their food pantry and there is a video of it on social media.
- B. Mary Cloonan-Walsh - SHARE
- C. Jonathan Rubin - Northwest CASA - There is a new executive director at Northwest CASA Carrie Estrada. She previously worked at Children's Advocacy Center.
- D. Stephanie Bertels - Kenneth Young Center
- E. Gina Raza - Life Span
- F. MaryAnn Ogilvie - Villages
- G. Jillian Bernas - Library

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H. Lauren Saternus - Schools

- IX. Committee Member Comments** - Gina mentioned Hope Box as something the committee could learn more about.
- X. Next Meeting Date** - Tuesday, February 2 at 7:00pm, Room 314/Zoom
- XI. Adjournment** - Stephanie moved to adjourn the meeting and MaryAnn seconded. Motion approved by voice vote. The meeting adjourned at 8:29 p.m.

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