



Mental Health Committee

Minutes

Tuesday, November 10th, 2020 7:00pm

Room 314

In a measure to promote compliance with Governor Pritzker's Executive Order 2020-10 (COVID-19 Executive Order No. 8) and to protect the safety of the residents, staff and officers of our Township, some members of the Committee will be participating remotely. The Chairperson of the Committee has determined that an in-person meeting for all members of the Committee and the public is not practical or prudent at this time due to the pending disaster related to the COVID-19 pandemic. The public can participate electronically via the below methods:

Join Online: <https://us02web.zoom.us/j/7286326686>

Meeting ID: 728 632 6686

Dial by Phone: +1 312 626 6799

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Room 210 will remain open during the meeting for public attendance but is subject to limited capacity in addition to the virtual option. Public comment is afforded on the conference line set forth above. The public may also submit written comments prior to the meeting, which will be read by the Chairperson at the public meeting. We are requiring members of the public who wish to comment at this meeting to email Katy Trent at ktrent@schaumburgtownship.org at least one (1) hour before the start of the meeting.

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- I. Call to Order/Roll Call/Meeting Norms Call to Order 7:01 pm. Lauren, MaryAnn, Jillian, Jonathan, Joanmarie, Stephanie, Katy, Diane, Gina**
 - II. Welcome/Introduction of Visitors**
 - III. Public Comments**
 - IV. Approval of Minutes from 10/6/2020 - MaryAnn moved and Jonathan seconded, approved by voice vote, Stephanie abstained**
 - V. Announcements/Correspondence**
 - VI. Old Business**

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- A. Social Media - Lauren congratulated Stephanie for increasing our social media presence
- B. Event Debrief and Plans - Stephanie share recap of LGBTQ panel discussion of impact of Covid on LGBTQ youth, 6 young people plus the county commissioner, good conversation and technology worked well

VII. New Business

A. Agency Representative Visits

1. 7:10pm Kenneth Young Center Linda Springer Senior Clinical Director, mental health center providing services to Township of Schaumburg, program focused on adult mental health challenges, individual, couple, family, group, Medication is important for some patients, full psychiatric services, hired additional nurse practitioner to meet demand, dollars are appreciated sustain psychiatric needs, KYC partners with state to deflect people from going into long term care, looking to expand CST community support team, teams of workers see client in community in the less stressful environment, ACT? Doctor, nurse, occupational therapy going to client multiple times a week, help clients with job needs, can treat substance abuse, individual and group settings, outpatient Lauren mentioned successful fundraiser, the new virtual mode has been good for somethings Linda added that they surveyed their clients to ask about teletherapy, small children struggle the most with these types of sessions, and older individuals enjoy in person sessions, MaryAnn asked about how long clients need to wait to receive services, depends sometimes if they

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need a higher level of care PSR (Psycho social rehab) no wait, sometimes they need to put someone in group therapy before they can get them the therapy they need, Stephanie asked about skipped question and the answer is yes, mobile crisis response (formerly SAS) for other townships, team that works with high risk youth Medicaid program through State of Illinois, KYC does the assessment and follows child when necessary, Jillian asked about cost structure, biggest cost driver are cost of medical services,

2. 7:20pm Life Span - Amy Fox Executive Director Life Span, Comprehensive domestic violence agency, 1978 in northwest suburbs, provide integration of service, do not charge for services, counseling main component, requesting funding for counseling services, also provide legal service, providing safety in a long term manner, adults and children, outreach education to schools, as well as crisis intervention programs and counseling in schools, many young people referred through school visits, services expanded with regard to human trafficking, provide services in various languages, Lauren asked about staffing structure related to mental health, all staff is 40 hour trained and masters level, Director of Counseling, plus 5 counselors, plus MSW intern, plus human trafficking counselor, Stephanie asked about legal costs and they are not a part of the ask, Jillian asked about how amount is determined, personnel is biggest cost driver, looked at service costs in market, Jonathan asked about application reflecting decreased services despite more people staying

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home, Amy acknowledged that it has been hard for victims to disclose because of everyone being home, the increase demand has not been large as predicted. They also asked for funding from wellness services

3. 7:30pm Northwest CASA - Community support activist, Rebecca Planscencia, works to heal survivors of sexual violence and irradiate it, group counseling and yoga therapy is even offered, medical and legal advocacy, sexual assault prevention education, professional training as well for affiliated professionals, also help line, answered the call for 42 residents, 19 resident medical advocacy, # receiving legal services, advocacy and counseling services work together, Rebecca provided true story about victim they had helped, Lauren asked about how things have changed in schools, Rebecca admitted that the schools had originally declined, but now she understands from their education coordinator that it is started to increase, Jonathan asked about work that committee could do to get word out about education, information is at police stations, Executive Director changed, following budget previously set in place, but we can report new Executive Director will start December 14
4. 7:40pm SHARE Program - Bruce Sewick, Trauma has been important to address and trauma can impact drug use later in life, Bruce has approached police departments to talk about personal experience with family member knowing that trauma can impact drug use, medication assisted treatment centers, Covid has been a big hit because they are taking care of people 24 hour a day and feeding people and it is an expensive operation, they have

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had to space beds apart and provide extra sanitation, treatment can take many times to be successful, dealing with population that is dual diagnosis, important to teach coping mechanisms to maintain success of treatment, Bruce has invited everyone to visit the Share program, they have rethought their intensive outpatient to be telehealth, 79% of overhead is personnel, take all Medicaid insurance plans, there are struggles with payment from management care and impacts business when payments are delayed and amounts are substandard, Lauren asked about staffing and interns, no volunteers are used because of nature of treatment, they utilize some interns 3 - 4 this semester, there are supervision requirements, Bruce is a teacher himself, the nature of the work is high stress because clients need to stay in for many days and it can get tense, Jonathan asked about age, clients are 18 and up, Stephanie asked about treatment for transgender individuals, funding has not increased despite need and thought was that municipalities are struggling so they did not want to ask for more,

VIII. Board and Liaison Reports and Review of Agency Bills

- A. Board Liaison Report, Trustee Dunham - Working on budget to make certain agencies get at least same amount of funding as last year
- B. Mary Cloonan-Walsh - SHARE
- C. Jonathan Rubin - Northwest CASA
- D. Stephanie Bertels - Kenneth Young Center - LGBTQ Center yesterday had middle school peer group ages 12 - 14
- E. Gina Raza - Life Span

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- F. MaryAnn Ogilvie - Villages - MaryAnn shared that Village of Hoffman Estates Director of Human Services would like to present, there are seven villages/towns within Township and MaryAnn has contacted them and built rapport, MaryAnn also reported on the Trunk or Treat, it was cold and windy, but there was a huge turnout the whole time, the theme was a drive in movie, there were about 800 people that came through
- G. Jillian Bernas - Library Jillian mentioned upcoming events related to mental health
- H. Lauren Saternus - Schools, Lauren contacted the associate superintendent of instruction Erin Knoll and discussed the importance of mental health in students and staff with remote learning
- IX. Committee Member Comments** MaryAnn wished everyone a great Thanksgiving
- X. Next Meeting Date - Tuesday, December 1st at 7:00pm, Room 314/Zoom**
- XI. Adjournment** Stephanie moved and Jonathan seconded, approved by voice vote

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