



Mental Health Committee

Minutes

Tuesday, November 2, 2021 7:00pm

Boardroom

I. Call to Order/Roll Call

Jillian Bernas called the meeting to order at 7:00 pm.

Members Present: Jillian Bernas, MaryAnn Ogilvie, Mary Cloonan Walsh, Joanmarie Wermes, Jonathan Rubin (remote), and Gina Raza (remote)

Others Present: Trustee Matthew Steward - Board Trustees Liaison (remote), Katy Trent - Schaumburg Township staff liaison, Cathy Skura Associate Member

Absent: Stephanie Bertels

II. Welcome/Introduction of Visitors

Jillian welcomed representatives from agencies seeking funding from the Village of Schaumburg. Visitor names are listed under Agency Presentations.

III. Public Comments - No public comments

IV. Approval of Minutes from 10/2/2021

Joanmarie moved to approve the minutes from October 5, 2021. MaryAnn seconded the motion. There were no amendments. Minutes were approved unanimously through roll call vote.

V. Announcements/Correspondence

Township Crier and promotional materials received via mail were circulated for review. Katy reported that funding applications had been sent to agencies currently receiving funding from the Townships and made available on the Mental Health Committee webpage. Five funding applications were received by the deadline of October 26, 2021.

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VI. Old Business

1. October 20 at Noon - Wanda Lee Farnell, Minds in Motion. This presentation was the last one in the 2021 speakers series that the Committee organized. This speaker series was intended to increase mental health awareness over the year given limited in-person meeting opportunities and there are no plans to repeat this programming next year.
 2. October 28 from 3 - 7 p.m. - Trunk or Treat at Township of Schaumburg. MaryAnn Ogilvie, Stephanie Bertels, Cathy Skura and Jillian Bernas helped pass out around 500 treat bags on a very rainy night. Jillian thanked fellow members for representing the Committee.
- B. Promotional Items - Over 400 of the foam stress ball brains were passed out a Trunk or Treat. There are many more promotional items available. Committee members were invited to think of ways to distribute them over the next year.

VII. New Business

A. Agency Representative Visits

1. 7:10 p.m. Kenneth Young Center - Linda Springer , Senior Clinical Director, Kenneth Youth Agency. Linda asked the Township for \$110,000 in funding for her agency. KYC is a comprehensive mental health center that provides services to residents of Schaumburg Township for behavioral health services. Linda described services provided, including therapy (individual, group and family) and medication maintenance provided by one full-time psychiatrist and one full-time Advanced Nurse Practitioner.

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The Committee asked Linda for clarification of the amount of funding requested since in the past they had requested more.

2. 7:20 p.m. Life Span - Laura Valiukenas, Counseling Director from Lifespan. Laura asked the Township for \$15,000 in funding for her agency. Lifespan is an agency that assists victims of domestic violence with therapeutic and legal services. There are five full-time counselors that provide counselling by phone, Zoom or in person. Virtual counseling sessions have permitted clients greater accessibility and the agency has noticed better follow through.
3. 7:30 p.m. Northwest CASA - Carrie Estrada, Executive Director of Northwest Center Against Sexual Assault. Carrie asked the Township for \$15,000 in funding for her agency. The agency's mission is to empower individuals impacted by sexual harm and to engage communities to end sexual violence. NWCASA partners with Northwest Community Hospital to offer medical advocacy by dispatching an advocate within 60 minutes of a request for the service. Victims are offered free trauma counselling, family and group counselling as well as yoga. Clients are taught a variety of grounding skills which include deep breathing. Other services include a 24/7 crisis line and prevention education is offered through schools.
4. 7:40 p.m. SHARE Program - Bruce Sewick, CEO of the Leyden Township's SHARE - Start Here Addiction Rehabilitation and Education Program. Bruce asked the Township for \$50,000 in funding for his agency. Jillian thanked Bruce for his presentation earlier in the year during the

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Committee's speaker series on the long-term effects of trauma and how that impacts later substance addictions. Bruce reports that SHARE never closed during the pandemic and they followed all the rules and regulations. Staffing was an issue for the detox unit due to a nurse shortage which, unfortunately, had to be closed. A local carpenter union donated their service to renovate their outdoor space. Jill Delarco is Program Director. SHARE was created in 1977 and offers 56 medically monitored beds. They did lose 10 beds due to social distancing and Covid requirements. They serve males and females ages 18 and older. There is a psychiatrist available and offer therapy, including individual, group, family, and life skills. They provide treatment to dual diagnosed clients with addiction as well as other mental health diagnoses. There is recreational therapy, 12-step meetings. They have reopened the Intensive Out-Patient Program three days per week. Services are provided for process addictions like gambling. All services are available to the uninsured and underinsured.

5. 7:50 p.m. Boys and Girls Club - This agency will present at the December meeting. The agency is asking for \$10,000 in funding.

B. Agency Funding Recommendations in December - Funding recommendations will be made at the December meeting. Jillian reminded committee members that all information is available on the Committee's Google Drive as well as a document showing the historical funding data. The Committee's role is to make a

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funding recommendation to the Township Board and they will ultimately approve the funding levels.

C. Mental Health First Aid Courses - Jillian is trying to make contact with the Mental Health First Aid Training program at Amita. The goal is to offer one session in the spring and another next fall. Those dates are to be determined pending contact with the training program.

D. Upcoming Programming

1. In Our Own Voice - February 24, 2022 from 7 - 8:30 p.m. - NAMI volunteers will tell their stories in the Township of Schaumburg gym, which has a capacity of about 40-50. This event will be advertised in the Town Crier and on social media. MaryAnn will better define the programming with NAMI and ask if it can be recorded or set up virtually.

E. Minds Matter May 3, 2021 Committee Reports - There are three committees. MaryAnn and Mary will serve on the speakers and sponsors subcommittee. They will look into speakers and determine whether to have one or many speakers. Jonathan and Gina will be on the marketing subcommittee. This subcommittee can work on editing last year's flyer. Jillian and Joanmarie will be on the facilities and exhibitors subcommittee and work on contacting exhibitors.

VIII. Board and Liaison Reports and Review of Agency Bills

A. Board Liaison Report - Trustee Matthew Steward - trustee Steward did not have anything to report about the Township Board, but shared that he was happy to be the liaison to the Mental Health Committee.

B. Mary Cloonan-Walsh - SHARE - No report

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- C. Jonathan Rubin - Northwest CASA - No report
- D. Stephanie Bertels - Kenneth Young Center - No report
- E. Gina Raza - Life Span - No report
- F. MaryAnn Ogilvie - Villages - MaryAnn is forwarding village and other relevant newsletters to Committee members.
- G. Jillian Bernas - Library - No report
- H. Stephanie Bertels - Schools - Stephanie reported that the local PTA organization has started their own mental health committee.

II. Committee Member Comments

Jillian shared that many visitors came to the September and October Committee meetings, but that, so far, no one has submitted an application to join the Committee as a member. Current Committee members are encouraged to invite people to join the Committee.

IX. Next Meeting Date - Tuesday, December 7, 2021 at 7:00pm, Boardroom

X. Adjournment

MaryAnn moved to adjourn the meeting. Joanmarie seconded the motion. The motion was approved by unanimous roll call vote. The meeting was adjourned at 8:22 p.m.

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