



Mental Health Committee

Minutes

Tuesday, February 2, 2021 7:00pm

Held Remotely on Zoom

I. Call to Order/Roll Call/Meeting Norms - Lauren Saternus called the meeting to order at 7:02 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: Katy Trent. Absent: Trustee Diane Dunham Public: Kristin Jordan and David Ogilvie

II. Welcome/Introduction of Visitors

A. Kristin Jordan – Supervisor of Human Services, Schaumburg Police Department - Kristin has been with the Village for 18 years. There is limited staff at the Village of Schaumburg Family Counseling Center. They were in the process of hiring, but had to change trajectory when the pandemic hit. There is one full-time therapist at the center and three full-time counseling professionals at the police department. They are looking to integrate family counseling and police services. An opioid support group would be good at the police department. The Schaumburg Family Counseling Center is a village-supported therapeutic agency open Monday through Wednesday. Pat Dahmen is the therapist. The center treats village residents and accepts insurance. They have a sliding scale for uninsured residents and strive to make services available to all. They previously did not charge, but now need to charge for services. However, the fee is the lowest in the area along with Hoffman Estates. They have a contract with District 54 for services. They serve children through seniors and have offered telehealth and in-person sessions during pandemic. Now about 80% of visits are back to face-to-face visits. Pat

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specializes in EMDR therapy for trauma victims. At the police department, they do boots-on-the-ground, acute response work. There has been an increase in homelessness during the pandemic. About 50% of their work is domestic violence services and they do court advocacy and civil no contact orders for sexual assault victims. They also visit hazardous home sites where they work with the health department so that there is proper entrance and egress in homes. They work to keep individuals with mental health issues away from the criminal justice system. There is a two-year mental health diversion program through the Rolling Meadows courthouse. They also run emergency financial assistance for residents. There are four programs including Neighbors Helping Neighbors, help paying water bills through donations from residents, a community assistance program through donations from businesses and families, and a fund for rental assistance. They collaborate with the Salvation Army to process emergency rent and utility assistance for residents and have received a grant for support for residents experiencing financial crisis from Covid, exclusively for rent and utilities. Daily they go through police reports and reach out to families for non-criminal matters. Homeless and mental health services are the most vulnerable right now and the need is the greatest for single men needing housing. Elk Grove Village has made a commitment to substance abuse and helps people suffering substance abuse for up to 28 days, but then it is hard to find services. The committee can help by letting people know about the services.

III. Public Comments - No public comments.

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IV. Approval of Minutes from 1/5/2021 - Stephanie 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 - The Committee wants to order promotional items, chip clips, brains and koozies, and suggests spending about \$1700 not to exceed the budget for 2020 fiscal year. These promotional items will last for a long time so that our budget can be focused on programming in the new fiscal year. MaryAnn will submit orders for the promotional items with the help of Katy.

VII. New Business

A. Community Mental Health Data Collection - In the last ten years, it is noticeable how demographics have changed compared to other towns. This raises a concern about how other cultures view mental health challenges. Amita updated their report and the information presented was expected.

B. Update on Potential Speakers for Digital Series

1. Selecting Speakers - Jillian presented topics that were submitted by agencies that have previously participated in Minds Matter. Children and mental health was suggested as a topic for Minds Matter 2021 from the topics submitted. Mental health first aid training will be scheduled for February as the first of many presentations throughout the year. Jillian will create a schedule for the year given the topics submitted. The Committee could collaborate with the Senior Citizen Committee for some

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presentations. Lauren will secure the AMITA mental health training presentation for later this month. Maybe an additional training session could be scheduled for May. Sessions are limited to 20 participants. They are usually 8-hour, in-person sessions, but have been reimagined to now be virtual, including 2.5 of independent work time and 4-5 hours on Zoom.

2. Marketing - The Committee will discuss this once the format and schedule of presentations is determined at next month's meeting.

C. Community Distribution of Materials - Progress is being made on identifying locations for placing information.

VIII. Board and Liaison Reports and Review of Agency Bills

A. Board Liaison Report, Trustee Dunham

B. Mary Cloonan-Walsh - SHARE - Mary commented that SHARE has opened out-patient services since having to close for the pandemic.

C. Jonathan Rubin - Northwest CASA

D. Stephanie Bertels - Kenneth Young Center

E. Gina Raza - Life Span

F. MaryAnn Ogilvie - Villages

G. Jillian Bernas - Library

H. Lauren Saternus - Schools

IX. Committee Member Comments - Stephanie sent out an email recently with advocacy opportunities for committee members. There is current mental health legislation to directly bill Medicare for services. Members are encouraged to call their representatives.

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On January 21, Representative Mike Thompson (D-CA) reintroduced the Mental Health Access Improvement Act (H.R. 432). This legislation would allow therapists and licensed mental health counselors to directly bill Medicare for their services, dramatically expanding access to care for older adults and individuals with disabilities.

Currently, these professionals are not eligible Medicare providers, despite the important role they play in delivering treatment, recovery, and prevention services to seniors and people with disabilities. This change would immediately increase patients' access to needed care, particularly in underserved communities, rural areas, and areas with a mental health workforce shortage.

Lauren commented that we could invite the acting chief of police from the Hoffman Estates Police Department to speak with the committee.

Katy shared she will be working on the award letters for the agencies now that the Township Board has moved forward with the budget.

The Committee recognized that February was Black History Month.

- X. Next Meeting Date** - Tuesday, March 2 at 7:00pm, Room 314/Zoom
- XI. Adjournment** - MaryAnn moved to adjourn the meeting and Jillian seconded. Motion approved by voice vote. The meeting adjourned at 8:15 p.m.

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