



# Mental Health Committee

## Minutes

*Wednesday, April 13, 2022 7:00pm*

*Room #114*

### **I. Call to Order/Roll Call**

Jillian called the meeting to order at 7:01 p.m. Roll call vote taken.

Members Present: Jillian Bernas, MaryAnn Ogilvie, Stephanie Bertels, Jonathan Rubin, Gina Raza

Others Present: Schaumburg Township staff liaison Katy Trent

Absent: Mary Cloonan Walsh, Joanmarie Wermes, Cathy Skura, Trustee Matthew Steward -  
Board Trustees Liaison

**II. Welcome/Introduction of Visitors** - No visitors at the beginning of the meeting,  
Trustee Lauren Saternus joined the meeting around 8 p.m. to say hello

**III. Public Comments** - No public comments.

**IV. Approval of Minutes from 3/1/2021-** Stephanie moved to approve the minutes and  
Jonathan seconded the motion. Minutes were unanimously approved by voice vote.

**V. No correspondence or announcements** - Jillian shared a reminder that many  
documents are in the Google Drive.

### **VI. Old Business**

**A. Mental Health First Aid - March 30, 2022 from 10 a.m. - 3:00 p.m.** Jillian  
shared that the coordinator Khadijah Gowdy was pleased with the turnout and  
participation of attendees. Katy has not had a chance to ask her colleagues  
about the class, but will bring it up at a department head meeting and report  
back. MaryAnn asked if a waitlist was kept and Jillian responded that no  
waitlist was kept due to logistics.

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- B.** Thank yous - Jillian sent out the thank yous to the speakers from last year's speakers series. MaryAnn presented the gift cards to the NAMI speakers and they were very honored. She needs another gift card for Minds Matter speakers and Katy will get another Visa gift card.

### **VII. New Business**

**A.** Upcoming programming

- 1.** Mental Health First Aid Course - Fall - The Committee discussed organizing another course in the fall. It was decided to move forward with the course because virtual events are low maintenance and the Township Board likes that we do them. The week of October 17 might be good because that is after the Town Crier is distributed. October 20 is a good date. Jillian will confirm the date with the coordinator. This course will be opened to the public, while the course in the spring will place a priority on Township staff. Katy noted that the Township's Trunk or Treat event is October 27.
- 2.** Potential programming for the Fall - In the past, the Committee had worked on an event titled Emerging Minds. The idea was a Minds Matter for youth. Jillian will look through Google Drive for materials. This event could be virtual. It would be nice to have young people help with planning the event. Agency liaisons will coordinate with funded agencies to identify youth representatives. This event could be held the first week of November maybe. It might be nice to have a keynote speaker.

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### **B. Minds Matter**

1. Facilities/Exhibitors - Jillian Bernas, Joanmarie Wermes - MaryAnn and Jonathan will meet on Monday, May 2 at noon to prepare bags for Minds Matter attendees. Jonathan will ask a local karate studio if they would like to participate as an exhibitor. They may need two tables for a total of 19 tables with two chairs each. Jillian will look into ordering t-shirts and name badges.
2. Speakers/Sponsors - MaryAnn Ogilvie, Mary Cloonan-Walsh, Stephanie Bertels - Speakers are all lined up and MaryAnn circulated the final list of speakers and topics. Committee will sponsor refreshments. MaryAnn will purchase refreshments. Jillian will pull the evaluation form. Katy will look into providing a nursing room.
3. Marketing - Jonathan Rubin, Gina Raza - Jillian will prepare various email blasts about Minds Matter and Stephanie will post to Facebook. Jonathan will finalize the flier with the exhibitors and speakers included. Jonathan will look to see if he has the Mental Health Committee pamphlet to copy and distribute. MaryAnn will reach out to Kathy King about the therapy dogs participating in the event.

**C. Plans for Day of Minds Matter** - Committee members talked about the plans for the day of the event, including set-up and being present during the event.

### **VIII. Board and Liaison Reports and Review of Agency Bills**

- a. Board Liaison Report - Trustee Stewart - No report

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- b. Mary Cloonan-Walsh - SHARE - No report
- c. Jonathan Rubin - Northwest CASA - They received 460 calls in total last year. So far this year they have received 608 calls with a whole quarter of the year left to go still.
- d. Stephanie Bertels - Kenneth Young Center - They are in the early stages of planning a walk/run for June 25. They would like to do a color walk/run, looking for support for the event. National Drug Take Back Day is April 20 with various collection sites. On May 11 there is a Communities for Positive Youth Development annual meeting. They are hiring for a number of clinical and non-clinical roles. Kenneth Young Center can advertise for the open committee position.
- e. Gina Raza - Life Span - No report
- f. MaryAnn Ogilvie - Villages - No report
- g. Jillian Bernas- Library - Jillian will share the Minds Matter flier with the Library.
- h. Stephanie Bertels - Schools - Katy will circulate information about a Virtual Backpack initiative.

### **IX. Committee Member Comments**

Stephanie suggested a Schaumburg Township mental health survey. For example, questions like Have you struggled to find mental health support in the community? It was decided that questions could be reviewed by the Committee for posting on the Facebook page, but that we would want to proceed with caution. Katy said that a strategic plan is in

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the works at the Township where a survey and questions about mental health can be added. There is also an initiative for a Mental Health 708 Board and this board would have the responsibility of conducting an assessment.

**X. Next Meeting Date - Tuesday, May 3, 2022 at 7:00pm, Boardroom**

**XI. Adjournment** - MaryAnn motioned that we adjourn and Jonathan seconded. The meeting was adjourned at 8:32 p.m. by unanimous voice vote.

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