



Mental Health Committee

Minutes

Tuesday, April 20, 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, Jillian Bernas, Stephanie Bertels, Jonathan Rubin, Mary Cloonan Walsh and Gina Raza. Associate members present: None. Township representatives present: Trustee Diane Dunham and Katy Trent. Absent: Members MaryAnn Ogilvie and Joanmarie Wermes and Associate Member Cathy Skura
- II. Welcome/Introduction of Visitors** - No visitors.
- III. Public Comments** - No public comments.
- IV. Approval of Minutes from 3/2/2021** - Stephanie moved to approve meeting minutes from March 2 meeting and Jillian seconded. Minutes amended to recognize that TED Talk referenced in the March 2 minutes was recommended by fellow Mental Health Aid Training participant. Motion approved by voice vote. Jonathan abstained.
- V. Announcements/Correspondence** - No Announcements
- VI. Old Business** -
 - A. Material Purchases - The promotional items that Lauren and MaryAnn ordered with the help of Katy have arrived and are in storage.
 - B. Review Recent Programming - There have been two presentations successfully completed one posted in March and one that will be posted in April. Speakers have been positive and good partners. Jillian has been organizing speakers and sending out email blasts to Committee lists, Stephanie organizing the recording of presentations, and Katy marketing the presentations. Stephanie has also had to create captions for presentations recorded on Zoom. This is a lot of work and it is

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recommended that presenters are encouraged to do their presentations live on Streamyard. There will be four presentations in May on Wednesdays for Mental Health Awareness Month and one every month until October on the third Wednesday of the month.

1. March - Sanjeevani 4 U - Sanjeevani 4 U's presentation was posted on Wednesday, March 17 at noon. Stephanie shared this presentation with her children's school psychologist to circulate among peers.

VII. New Business - Lauren suggested entertaining a hybrid event for future presentations. Committee will revisit this possibility at the May meeting. As a reference, in-person bingo at the Township will commence in June.

A. Upcoming Programming

1. April - Cook County Health - Cook County Health, CountyCare, and the Arlington Heights Health Center's presentation has been prepared for posting on the Committee's Facebook page on Wednesday, April 21 at noon.
2. May - SHARE, Lake and Chicago Behavioral Hospitals, CAC, AFSP - Jillian has invited speakers to present for every Wednesday in May. SHARE and CAC have confirmed their participation and Jillian will confirm the other two presenters and coordinate with Stephanie and Katy.
3. June - Dr. K/Co Power LLC - June's presentation will be on the topic of meditation. Jillian will contact the speaker in early May and give Stephanie a chance to work with May speakers first.

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- B. Discussion of Social Media Posts - The Mental Health Committee social media approach should be focused on messaging that is consistent with the Township's public image and posts highlighting resources or events that need to be paid for should be avoided. When in doubt, the rule is to share the proposed post with Katy before posting.
- C. Election of Committee Officers - Lauren will be stepping down as Committee Chair after the May 4 meeting and will not be sneaking reelection. Lauren nominated Jillian for the role of Committee Chair and Stephanie seconded. Jillian was approved as Committee Chair by a roll call vote. Lauren nominated MaryAnn for the role of Vice Chair and Jillian seconded. MaryAnn was approved as Vice Chair by a roll call vote. Lauren nominated Stephanie for the role of Secretary, but she declined the nomination. The Committee is still in need of a Secretary and Lauren and Jillian asked members to consider the position for discussion during May's meeting. Jillian assumed the role of Committee Chair for the remainder of the meeting.

VIII. Board and Liaison Reports and Review of Agency Bills

- A. Board Liaison Report, Trustee Dunham - Trustee Dunham shared that there would be an April 28 presentation of the Township budget to the public at 6:30 p.m. Diane thanked everyone for working hard for the Mental Health Committee
- B. Mary Cloonan-Walsh - SHARE - No report
- C. Jonathan Rubin - Northwest CASA - Jonathan shared that April 28 is the Light Up The Truth candlelight vigil hosted by Northwest CASA.

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- D. Stephanie Bertels - Kenneth Young Center - Stephanie shared that her family did an interview with Kenneth Young Center for their LGBTQ youth program.
- E. Gina Raza - Life Span - No report
- F. MaryAnn Ogilvie - Villages - No report
- G. Jillian Bernas - Library - Jillian shared the upcoming presentations with the Library Board.
- H. Lauren Saternus - Schools - No report
- IX. Committee Member Comments** - Lauren wanted to thank everyone for the rewarding experience of serving the community on the Mental Health Committee. Mary thanked Lauren for her hard work and all members agreed.
- X. Next Meeting Date** - The next meeting is Tuesday, May 4 at 7:00pm, Room 314/Zoom
- XI. Adjournment** - Lauren moved to adjourn the meeting and Jonathan seconded. Motion approved by voice vote. The meeting adjourned at 7:30 p.m.

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