



# Mental Health Committee

## Minutes

*Tuesday, May 4, 2021 7:00pm*

*Room 210/Zoom*

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

Jillian Bernas called the meeting to order at 7:01pm.

Members Present: Jillian Bernas, MaryAnn Ogilvie, Stephanie Bertels, Joanmarie Wermes, Jonathan Rubin, Mary Cloonan-Walsh, Lauren Saternus, Gina Raza

Associate Member Present: Cathy Skura

Others Present: Katy Trent, Schaumburg Township staff liaison

Absent: Diane Dunham, Board of Trustees liaison

### **II. Welcome/Introduction of Visitors**

No visitors were present.

### **III. Public Comments**

No members of the public were present.

### **IV. Approval of Minutes from 4/20/2021**

Joanmarie Wermes moved to approve the minutes from 4/20/2021. Jonathan seconded the motion. There were no amendments. Minutes were approved unanimously through roll call vote.

### **V. Announcements/Correspondence**

Jillian shared that the Deaf Line newsletter included an article about mental health awareness.

She also noted that agency reports are up-to-date in the committee's shared folder and should be reviewed by liaison members. Stephanie Bertels shared that vaccines are now available at designated locations in Cook County on a walk-in basis.

### **VI. Old Business**

#### **A. Review Recent Programming**

##### **1. April - Cook County Health**

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The video posted to Facebook is up to 319 views. 1,164 people were reached with 36 engagements. Stephanie Bertels shared that people are very interested in the videos, and posts about upcoming presentations in May have been shared multiple times.

### B. Secretary Role for Committee

Jillian inquired if any members would be willing to step forward to fill the role of secretary. Mary Cloonan Walsh shared that she may be moving but may be interested. It was clarified that since she would still work in the township, she would be eligible for continued membership. Mary was nominated to the Secretary position by Jillian Bernas. Stephanie Bertels seconded the motion. There were no other nominations. The motion was approved by unanimous roll call vote.

## VII. New Business

### A. Upcoming Programming

#### 1. May - SHARE, Lake and Chicago Behavioral Hospitals, CAC, AFSP

The SHARE recording went well with Bruce Sewick. There is a video in the presentation, which will be preceded by a warning for viewers. Confirmation for AFSP is pending, and Jillian will follow up. Backup options were discussed, including Donna at KYC and NAMI. MaryAnn shared information about the NAMI In Our Own Voice program. Lauren suggested finding a different AFSP speaker. Cathy suggested a speaker from Alexian Brothers Behavioral Health.

#### 2. June - Dr. K/Co Power LLC

The June presentation will be about meditation. As with all speakers, it will be made clear that the talks are for education rather than promotion of a business. MaryAnn inquired about the business and what its role is. Jonathan clarified that Dr. Kannan's doctorate is not in a mental health field.

#### 3. July - Jeff Garbaciak New York Life Insurance

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The July presentation will be centered around future planning, and the event will be coordinated with the Senior Services department and build that relationship. MaryAnn was designated to take the lead on coordinating with the Senior Services department. Katy clarified that MaryAnn would be working with Becky Cordes, the Director of the department. MaryAnn asked for a list of ways our events are being marketed. Jillian shared that they have been listed in the Town Crier, emails to township and committee lists, and Facebook posts. Katy added that they have been included on the website and in e-newsletters. She indicated that further options for promotion are available if the committee would want to pursue those.

#### 4. Possible hybrid meetings

Lauren shared that the July presentation may be a good opportunity to begin in-person events since the committee would have additional support from the Senior Services department. The time of the event was discussed, which may need to be adjusted to fit the audience and the Senior Services department. Jonathan asked what is being done in the building to help reduce the transmission of COVID-19. Katy shared that air purifiers are in offices. Physical distancing is in effect for events. Visitors to the building are asked to wear masks, there are plexiglass barriers, and sanitation is occurring throughout the building. 50% occupancy is observed within each room, and events are moved if that amount is exceeded.

#### B. Liaison to Schools

Given Lauren's resignation, a new liaison to schools is needed. Stephanie Bertels volunteered and would also continue as the liaison for Kenneth Young Center.

#### C. Summer Homework for Committee

The committee does not meet in June, July and August. Jillian shared information about the committee's shared drive on Google and asked that members familiarize with the content.

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Committee reappointment dates were discussed, and it was clarified that no members are up for reappointment until 2022. It will be advertised in the Town Crier that the committee is seeking a new member.

Jillian asked that each member invite someone to attend the committee's September meeting.

There are physical files at the township that need to be sorted through, and Jonathan volunteered to help with this effort.

Jillian will be calling members over the summer to discuss goals for the committee next year. She plans to have a budget put together for the September meeting so there is a clear plan for the funding.

### D. Review Virtual/In-person Meeting Policy

The Township Board and heads of departments are attending in person. In-person meetings are planning for the Mental Health Committee in September with the continued option to attend remotely via Zoom.

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

Jonathan volunteered to receive agency reports and upload them to the committee's shared Google Drive moving forward.

### A. Board Liaison Report, Trustee Dunham

### B. Mary Cloonan-Walsh - SHARE

The SHARE Program has not had a single positive COVID-19 among residents.

### C. Jonathan Rubin - Northwest CASA

Northwest CASA is offering programming in partnership with the Schaumburg library: "Create and Chill" and "Craft and Chat". They also joined D211 for a solidarity walk last Saturday.

### D. Stephanie Bertels - Kenneth Young Center

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KYC is hosting a “Medicare-Medicaid Alignment Initiative Informational Webinar” on May 6th. Their 2021 Hustle for Health 5K Run/Walk is on June 26th, which has in-person and virtual options. KYC will honor their 50th anniversary of building healthier communities and 20 years of walking together. Sign up at <http://give.kennethyoung.org>.

E. Gina Raza - Life Span

There are no updates from Life Span.

F. MaryAnn Ogilvie - Villages

There are no updates from the villages.

G. Jillian Bernas - Library

There are no updates from the library.

H. Lauren Saternus - Schools

A PTA officer reached out and helped to publicize our upcoming May events to its members.

This may be a way to collaborate with the school communities in the future.

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

Stephanie shared that our committee meetings have been a source of positivity in recent weeks.

**X. Next Meeting Date - Tuesday, September 7, 2021 at 7:00pm, Room 210/Zoom**

### **XI. Adjournment**

MaryAnn moved to adjourn the meeting. Stephanie seconded the motion. The motion was approved by unanimous roll call vote. The meeting was adjourned at 8:00pm.

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