



Mental Health Committee

Minutes

Tuesday, September 7, 2021 7:00pm

Boardroom

I. Call to Order/Roll Call/Meeting Norms

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

Members Present: Jillian Bernas, Stephanie Bertels, Mary Cloonan-Walsh, Joanmarie Wermes

Others Present: Katy Trent - Schaumburg Township staff liaison

Absent: MaryAnn Ogilvie, Jonathan Rubin, Gina Raza, Trustee Matthew Steward - Board of Trustees liaison, Cathy Skura

II. Welcome/Introduction of Visitors

Dr. Dean Pittelko; Angela Fitch, MA, LCPC; Kim Ellison- Hanover Highlands PTA; Vijay Harikrishna, Ming Gilkey and Nancy James Reyes

III. Public Comments

Visitors introduced themselves.

IV. Approval of Minutes from 5/4/2021

Joanmarie Wermes moved to approve the minutes from 5/4/2021. Stephanie Bertels seconded the motion. There were no amendments. Minutes were approved unanimously through roll call vote.

V. Announcements/Correspondence

Jillian shared the bulletins from the Township.

VI. Old Business

VII. Review Recent Programming

1. May 5 - Bruce Sewick, LCPC, CADC, CEO of the Leyden Family Service & MHC and the SHARE program presented Neurosequential Model of Development: How Stress Impacts Development and Can Set the Stage for

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Addiction. The SHARE program is an agency supported by the Township of Schaumburg.

May 12- Charla Waxman, MBA, EdD, Director of Business Development at Lake Behavioral Hospital, presented on Gangs and Mental Health.

May 19- Allison Stoll, M.A., LCP, Child and Family Therapist/Family Support Services at the Children's Advocacy Center presented on Attachment, Attunement and Brain Development.

May 26- Cara Levinson, American Foundation for Suicide Prevention Board member delivered the Talk that Saves Lives presentation.

2. June 16 at 12 pm - Sudesh Kannan, Ph.D presented on Finding Meaning & Purpose in the Post Covid-19 World, using medication and visualization techniques. This presentation was the first in-person and virtual hybrid presentation.

3. July 21 at 1 pm - Jeff Garbaciak, MBA, of New York Life presented on Financial Tools for Seniors and Dependents with Special Needs. This hybrid presentation had a good number of people attend.

4. August 18 at 10 a.m. - Daxi Sangghvi, MSW, Caregiver Specialist at Kenneth Young Center presented on Tap Into Your Mind, focusing on self-talk to adjust and adapt to situations. This was a hybrid presentation.

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5. Facebook Presentation - Stephanie reported on the recent Facebook activity and number of engagements, especially with the video series.

6. Filing Project - Jonathan - Jillian read a report prepared by Jonathan in which he indicated the progress he made on the filing project.

VIII. New Business

1. Upcoming Programming

a. September 15 at Noon - Jenny Evakus, S.I.R. Management, Inc.:

Specialized Mental Health Rehabilitation Facilities (SMHRFs)

b. October 20 at Noon- Wanda Lee Farnell, Minds in Motion, Loving

Kindness: You Matter, So Does Your Mental Health

2. Meeting Schedule - First Tuesday of the Month at 7pm, Review dates for conflicts- October 5, November 2, December 7, January 4, February 1, March 1, April 5 and May 3. Please note that the November date may need to be changed. We will know by the October 5 meeting. Jillian will not be at the October 5 meeting and Stephanie will chair the meeting.

3. Review proposed budget (\$2000.00) for the fiscal year March 2021 through February 2022.

4. Mental Health First Aid Courses will be pursued with Amita, one in the fall and one in the spring. One session will be a mental health first aid when working with young people.

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5. Minds Matter May 3, 2021 Committees - Marketing, Exhibitors/Township Facilities and Speakers/Sponsorships. Members are encouraged to select a committee on which to participate this coming year.
6. Funding Application Process - Katy will distribute the funding applications to the agencies currently funded by the Township and put the application online for any new agencies looking to apply. Agencies will be invited to the November meeting. Applications will be due at the end of October.

IX. Board and Liaison Reports and Review of Agency Bills

- A. Board Liaison Report, Trustee Steward, no report
- B. Mary Cloonan-Walsh - SHARE, no report
- 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, no report
- G. Jillian Bernas - Library, There are no updates from the library.
- H. Stephanie Bertels - Stephanie reported that she is in contact with the PTA at Keller and they are adding a mental health committee to their organization. We can share ideas with them.

X. Committee Member Comments

Jillian shared the request from Lauren Ewan of the Schaumburg Township Disabilities Committee on September 25 from 9 a.m. - 12 p.m. Jillian will be present from 9 - 10 a.m. and Stephanie volunteered to cover the table from 10 a.m -12 p.m.

XI. Next Meeting Date - Tuesday, October 5, 2021 at 7:00pm, Boardroom

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XII. Adjournment

Stephanie moved to adjourn the meeting. Mary seconded the motion. The motion was approved by unanimous roll call vote. The meeting was adjourned at 8:05pm.

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