



# Mental Health Committee

## Minutes

*Tuesday, January 4, 2022 7:00pm*

*Boardroom*

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

Jillian called the meeting to order at 7:00 p.m. Roll call vote taken.

Members Present: Jillian Bernas, MaryAnn Ogilvie, Stephanie Bertels Mary Cloonan Walsh (remote) Joanmarie Wermes, Jonathan Rubin (remote)

Others Present: Trustee Matthew Steward - Board Trustees Liaison (remote), Schaumburg Township staff liaison Katy Trent

Absent: Gina Raza, Cathy Skura

### **II. Welcome/Introduction of Visitors - No visitors**

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

### **IV. Approval of Minutes from 12/7/2021-** Joanmarie moved to approve the minutes and MaryAnn seconded the motion with suggested edits. Roll call vote unanimously approved the minutes with corrections.

### **V. No correspondence or announcements.** Town Crier is coming out in February

### **VI. Old Business**

**A.** Thank you notes will be sent to speakers from last year's speaker series and gift cards from Oberweis for 11 presenters were agreed upon and will be purchased.

**B.** Mental Health First Aid Courses - Jillian contacted Amita about the courses and received a response from Khadijah Gowdy. It was determined that Wednesday, March 30 from 10 a.m. - 3 p.m. would be a good day and time. Jillian will confirm next steps with Khadijah Gowdy.

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**C. Upcoming Programming** - In Our Own Voices on February 24, 2022 from 7 - 8:30 p.m. Maryann described the program with Susie and Sergio who are in recovery from mental health and described it as informative and eye-opening. Jillian created an Eventbrite Link to make it easy for people to register. An email blast will go out and it will be advertised in the Town Crier. MaryAnn is not sure if it will be recorded yet. Katy will make a flier and she will see if she can obtain a template from NAMI.

**D. Mental Health First Aid training** confirmed to be on Wednesday, March 30th. After sharing with Township staff, the registration will be opened to the public. There is a link to share. Jillian will follow up with Katy about the link. Capacity is 20 people. You have to register to attend and it does come with Continuing Education Units for attending.

**E. Guest Speakers at Meetings.** We used to have members from the community pre-COVID and Jillian is wondering if we would like to have them back. Stephanie likes meetings to be about business and has some concerns about the Omicrom variant. MaryAnn does not think it is the best use of their or our time. Joanmarie would like to see updated information from agencies in a newsletter for example. In the past we used to have in-person meetings at the facilities we fund. All liaisons are encouraged to visit funded agencies.

**F. Minds Matter**

Facilities/ Exhibitors- Jillian waiting until after the holidays to reach out to exhibitors.

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Speakers/Sponsors - Mary has reached out to several agencies and there are some promising leads. Stephanie Bertels has a trauma therapist that does trauma and Eye Movement and Desensitization and Reprocessing, Jonathan has a previous speaker- Dr James Kowal, that could speak about EMDR and a retired policeman in Naperville who did a Ted talk on internet safety.

Marketing - Jillian asked if Jonathan needs any assistance. We have tons of giveaways and promotional materials. Some of the other things we had in past Minds Matters included calming music and a coloring wall. Regarding refreshments, Riccardos has donated pizzas and Jewel had donated cookies in the past.

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

- A. Board Liaison Report - Trustee Stewart. There are a couple thoughts he would like to share. Interested in the mental health first aid course and board members would be interested in attending the course but does not want to take any spots from someone else. Jillian reports that they have a lot of dates and, if they do fill up, they can ask for another date. Lauren Saturnus and he have been theorizing ways they can partner with the Village of Schaumburg and Hoffman Estates, perhaps co-sponsor a mental health first aid course. Jonathan reports the Committee welcomed Chief Wolf last year and that everyone that was eligible had been crisis trained. Stephanie became interested in joining the Mental Health Committee because of the police response to marginalized populations. Stephanie feels every public health official should have mental

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health training. MaryAnn suggests finding out what the topics are in the mental health training so it is not being replicated.

- B. Mary Cloonan-Walsh - SHARE - No report and will reach out to Bruce Sewick going forward for updates as reaching out to former contact has been unsuccessful.
- C. Jonathan Rubin - Northwest CASA - They had 62 hotline calls which is twice the amount they usually have, 21 calls between Christmas and New Years Eve and 5% of the calls were from residents of Schaumburg Township.
- D. Stephanie Bertels - Kenneth Young Center - Q Center 650 E Algonquin Road in Schaumburg has a meeting tomorrow of the Northwest Suburban Community Network to engage with LGBTQ youth and their families. LGBTQ mental health is being hurt by bullying and they talked during their last meeting about how they can make sex education more LGBTQ friendly.
- E. Gina Raza - Life Span - No report
- F. MaryAnn Ogilvie - Villages - No report
- G. Jillian Bernas- Library - There is a hold on in-person programming, but still a lot going on virtually.
- H. D54 and 211 will be starting up on Monday and they will resume with masking, social distancing and testing. There is free COVID testing for children 8 a.m. - 4:30 p.m. January 5 -7.

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

February 3 is Jillian's due date and MaryAnn will chair the February meet

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Stephanie reminded us it is Winter and many people suffer from Seasonal Affective Disorder (SAD). Suggestions to cope include increasing self-care and purchasing a special light.

Jonathan asked if we are permitted to recommend funding for a Department for a Village such as the Village of Hoffman Estates which in the past had run out of funds. Trustee Stewart is unaware if precedent exists for that.

**X. Adjourned** at 8:08 pm. Motioned for by Jonathan and seconded by Joanmarie.

Unanimous roll call vote taken. Next meeting will be on February 1st at 7:00 p.m.

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