



Mental Health Committee

Agenda

Tuesday, December 6, 2022 7:00pm

Boardroom

I. Call to Order/Roll Call/Meeting Norms - Jillian Bernas called the meeting to order at 7:00pm.

Members Present: Jillian Bernas, MaryAnn Ogilvie, Stephanie Bertels, Mary

Cloonan-Walsh, Joanmarie Wermes, Gina Raza

Other Present: Trustee Lauren Saternus; Carrie Estrada; Harish Kolasani; Kathleen Reed

Members Absent: Jonathan Rubin

II. Welcome/Introduction of Visitors

Harish Kolasani with National India Hub (16 E Schaumburg Road; IndiaHub.org)

Kathleen Reed has returned for her third meeting and has applied for MHC membership.

III. Public Comments

IV. Agency Presentations

A. Northwest CASA - 7:05 - 7:15 p.m. - Carrie Estrada (she/her), Executive Director of NWCASA. NWCASA was established around 1975. Comprehensive services: specialized counseling for free, bilingual; high demand. Deals with sexual assault (“SA”) specifically. Medical support in ERs within an hour; no survivors left without help! Most people don’t know their rights regarding SA until they’ve experienced it. May not want to talk to law enforcement or get rape kit. Legal advocacy: Orders of Protection and No Contact orders. Crisis intervention for anyone in the community experiencing sexual violence. In school districts: providing body safety and consent education; information and referrals. A significant increase in funding was requested. During pandemic, it wasn’t safe to meet and counsel; now there’s a huge waitlist. Lost volunteers for the hotline

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during the pandemic. NWCASA has been creative in fundraising efforts. Losing a teammate requires EXTENSIVE training for replacement. Vicarious trauma education for staff. Losing staff to private entities due to money. Launched their first 5k this year. Trying to get private dollars. They have interns right now, but they've also outgrown their space; they'd like to take a larger space across the parking lot but will need state funding to do so.

- V. **Approval of Minutes from 11/1/2022** - Stephanie moved; Gina seconded. Approved by voice vote.
- VI. **Announcements/Correspondence** - Township Deaf Line Newsletter for November and December
- VII. **Old Business**
 - A. Mental Health Awareness Letter - Suggestions for revisions were made by members; we will discuss more at the next meeting.
- VIII. **New Business**
 - A. Upcoming Programming
 - 1. Mental Health First Aid Course - Thursday, December 8, Elmhurst Edward Hybrid Presentation - 19 people signed up; MHC covering cost of training
 - 2. Emerging Minds - Josselyn Segura identified as speaker, second week of February - Identified by Linda Springer as someone who can develop a program for youth about coping with anxiety. Jillian will contact Josselyn.

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3. In Our Own Voice - Scheduled for Monday, March 6, at Schaumburg Township District Library - Susie and Sergio (prior speakers) will speak at 7pm; Library will help advertise.
 4. Minds Matter - Tuesday, May 2, Committees- Marketing, Exhibitors/Township Facilities,and Speakers/Sponsorships - Jillian typically reaches out for exhibitors in February-March. Lauren Saternus would like to see In Our Own Voice return to Minds Matter; MaryAnn will look into who else might speak about this. Inviting Ron Melka (Executive Director of Lyons Township Mental Health Board, President of Association of Community Mental Health Authorities of Illinois) as a speaker on mental health boards was discussed. Gina Raza pointed out speakers have historically been primarily white and that it would be helpful to have speakers more representative of our community.
- B. Review Funding Applications and Make Funding Recommendation - \$20k increase in request total. This is unsurprising considering inflation and increased needs. Members discussed in depth. Stephanie moved to approve requested funding for all agencies, with the caveat that if there is a deficit in available funding, the Boys & Girls Club should receive less funding; Gina seconded. Approved by voice vote.
- C. 708 Mental Health Board Update and Discussion - Election results certified yesterday. Jillian stated there are still many questions about the 708 Board. The Mental Health Committee will dissolve after the May meeting, but the Board will be appointed before May and it would be helpful for the two entities to meet at

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similar times and exchange information. Members of the Committee will not role on the Board. There will be a process for appointing the new Board. Jillian encouraged MHC members to look into other 708 Boards and see how they operate.

IX. Board and Liaison Reports and Review of Agency Bills

- A. Board Liaison Report - Trustee Lauren Saternus - Lauren advised appointments are due in 59 days, and applications will go live this week. Best staffing for board would be a healthy amount of mental health professionals and finance professionals as well as those with lived experience. Lauren attended a seminar by the Association of Community Mental Health Authorities of Illinois; other 708 boards are very willing to help! Community Needs Assessment will be the first rule of order. No funding until March 2024; goes into effect the following March. This will leave a large gap in funding for the Township, which can be used in a multitude of other ways.
- B. Mary Cloonan-Walsh - SHARE - No update
- C. Jonathan Rubin - Northwest CASA - No update
- D. Stephanie Bertels - Kenneth Young Center - The Great Queer Clothing Swap will take place this Thursday, December 8 from 5-7pm at 650 E Algonquin Road; this is a free and gender-affirming event open to all queer youth. 2022 Adopt A Family Drive continues through December 23; more information on their website, KennethYoung.org.
- E. Gina Raza - Life Span - No update
- F. MaryAnn Ogilvie - Villages - No update

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- G. Jillian Bernas - Library - No update
- H. Stephanie Bertels - Schools - No update
- X. Committee Member Comments** - Kathleen (“Kathy”) Reed has applied for membership. MaryAnn moved to approve Kathy’s application; Joanmarie Wermes seconded; approved by voice vote.
Jillian thanked Members for their commitment to the MHC this year and provided treats.
- XI. Next Meeting Date -Tuesday, January 3, 2023 at 7:00pm, Boardroom**
- XII. Adjournment** - Joanmarie moved to adjourn; Stephanie seconded. Passed by voice vote.
Meeting adjourned at 8:30pm.

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