



Mental Health Committee

Minutes

Tuesday, September 6, 2022 7:00pm

Boardroom

I. Call to Order/Roll Call/Meeting Norms

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

Members Present: Jillian Bernas, Jonathan Rubin, Joanmarie Walsh, Maryann Ogilvie, Stephanie Bertels, Gina Raza

Others Present: Katy Trent, Community Relations Coordinator; Trustee Lauren Saternus

Absent: Mary Cloonan-Walsh

I. Welcome/Introduction of Visitors - None

II. Public Comments - None

III. Approval of Minutes from 5/3/2022 – May 2022 minutes were lost and must be pieced together. Jillian Bernas requested assistance from members to do so. It was noted a debrief of Minds Matter was conducted, community survey questions were reviewed and chosen, and elections were deferred to the September 2022 meeting.

IV. Announcements/Correspondence - None

V. Old Business

A. Mental Health Awareness Letter – Stephanie Bertels wrote the first draft of the letter and offered to circulate to all members. Katy Trent has interesting data from the community survey that can be included in the letter when approved by the Board of Trustees. Maryann Ogilvie inquired to whom the letter would be addressed; Jillian Bernas clarified this would be directed to the Board of Trustees for approval, then circulated to other Illinois elected officials.

VI. New Business

A. Committee Officer Elections – Stephanie Bertels volunteered to be Secretary. Jillian Bernas and Maryann Ogilvie offered that they would be happy to reprise

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their roles as Chair and Vice Chair if others expressed interest. No other members volunteered or were nominated. Jonathan Rubin moved to confirm the appointments; Joanmarie Wermes seconded. A unanimous voice vote confirmed these appointments.

B. Upcoming Programming

1. Disability Fair - September 24, 9:30 a.m.-12 p.m. – This event is run through Disability Services. Cathy Skura, Maryann Ogilvie, and Joanmarie Wermes are available to table for the Mental Health Committee at this event; Stephanie Bertels will be available in the morning. Members agreed to table in shifts. Jillian Bernas noted the event tends to taper off at the end, so less coverage is likely to be needed in the afternoon.
2. Mental Health First Aid Course - Tentative Thursday, October 20 - Last year's Mental Health First Aid instructor did not respond to Jillian Bernas' emails; instructors may be rotating every year. A need for a general contact email was noted; it was recommended to consult with Mary Cloonan-Walsh, as she may have alternative contacts. Maryann Ogilvia suggested the fall session could be for the public and the spring session for Township employees and elected officials.
3. Trunk or Treat - October 27, 4 - 7 p.m. – Stephanie Bertels can likely volunteer for the event and be there by 4:00 p.m. Some brainstorming led to a "Flower Power" theme for our table. A discussion followed regarding whether this would be a traditional trunk-or-treat or drive thru event as

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was started due to the COVID-19 pandemic; Katy Trent mentioned the drive thru event is safer, more accessible, and very efficient.

4. Emerging Minds - First week of November – The primary audience would be middle school/high school students. One good speaker or a couple of speakers will be needed. Gina Raza noted she could ask the child psych department at her work; she suggested coping skills for anxiety as a topic. Stephanie Bertels will check in with KYC, and Jillian Bernas will check school schedules for conflicts. This should be prepared by the October 2022 meeting.
 5. Minds Matter - Tuesday, May 2, Committees - Marketing, Exhibitors/Township Facilities, Speakers/Sponsorships; additional details to be discussed at the October and November 2022 meetings.
- C. Meeting Schedule - First Tuesday of the month at 7 p.m., Reviewed dates for conflicts, October 4, November 1, December 6, January 3, February 7, March 7, April 4 and May 2. 1. Jonathan Rubin has a conflict on October 4 (Yom Kippur); we can loop him in after. Katy Trent suggested hosting Emerging Minds on November 1 prior to the Mental Health Committee meeting; Jillian Bernas agreed and suggested 6:00-7:00 p.m. Lauren Saternus mentioned her calendar shows April 4 as an Election Day; Katy Trent will check with Cook County.
- D. Budget Allocation (\$2000.00) for the fiscal year March 2022 through February 2023
1. Jonathan Rubin and Stephanie Bertels need name badges; Stephanie Bertels needs a polo shirt as well.

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2. Other needs – The Mental Health Committee’s budget never gets completely used. Gina suggested adding to the trunk-or-treat event an activity for kids to cope with anxiety.

E. Funding Application Process – Katy Trent will prepare and distribute the applications and post them on the webpage. She will invite agencies to present at the November meeting. The Boys & Girls Club is unlikely to apply again. Additional details to be discussed at the October 2022 meeting.

VIII. Board and Liaison Reports and Review of Agency Bills

- a. Board Liaison Report - Trustee Saturnus – Reminder that this is National Hispanic Heritage Month, and The National Hispanic Suicide Prevention Network is based in Schaumburg. The Township is creating a new Task Force: DEI; this will become a full committee in the next couple of months. A meeting would be held on September 7, 2022. Trustee Saturnus noted a representative from each committee would be appreciated; Stephanie Bertels volunteered.
- b. Mary Cloonan-Walsh - SHARE - None
- c. Jonathan Rubin - Northwest CASA - NWCASA has two new in-person interns. The 5k Pumpkin Dash will be held November 12. An Associates Board for young professionals has been created. The new Director is helping bring focus to the agency, and they are looking to move into space with at least 17 offices for private therapy sessions.
- d. Stephanie Bertels - Kenneth Young Center – KYC has Webinar Wednesdays, which Stephanie Bertels will share on the Facebook page.
- e. Gina Raza - Life Span - None

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- f. MaryAnn Ogilvie - Villages - None
 - g. Jillian Bernas- Library – Keep an eye out for their new mindfulness program!
 - h. Stephanie Bertels - Schools - None
- IX. **Committee Member Comments** – MaryAnn Ogilvie noted there is a sensory room at the library. She inquired whether there will be any special spaces for adults with intellectual and developmental disabilities to gather, such as evenings from 6:00-9:00. Jillian Bernas noted they are rethinking how spaces are being used and how to expand and optimize their use. Discussion ensued about what other entities may want to help provide this service. Gina Raza suggested sharing senior yoga and the library’s mindfulness program on the Facebook page. Jillian Bernas requested members continue spreading the word about the vacancy on the Mental Health Committee.
- X. **Next Meeting Date - Tuesday, October 4, 2022 at 7:00pm, Boardroom**
- XI. **Adjournment** – Jonathan Rubin motioned that we adjourn and Gina Raza seconded. The meeting was adjourned at 8:14 p.m. by unanimous voice vote.

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