



Mental Health Board Needs Assessment Committee Minutes

*Tuesday, August 1, 2023 8:00pm
Board Room*

- I. Call to Order/Welcome** – Trustee Lauren Saternus called the meeting to order at 8:10pm. Visitors were welcomed.
- II. Roll Call** - Members present: Trustee Lauren Saternus, Ken Haycock, MaryAnn Ogilvie, Gina Raza, Joanmarie Wermes
Members absent: Bob Ogilvie, Kathy Reed
Others present: Laura Nash, Connie Arkus
- III. Approval of Minutes** – MaryAnn moved to approve the minutes of 7/11/23. Joanmarie seconded the motion. Gina suggested some word and content changes to Section V. Changes were made and minutes were accepted as amended.
- IV. Public Comments** – None
- V. Old Business** – None
- VI. New Business** –

A. Antonio sent preliminary focus group results to Lauren during this meeting:

There was a total of 43 unique respondents.

- 42 from the screening survey and 1 guest of a respondent
- 25 confirmed intent to participate - 17 providers and 8 consumers - 58%
- 20 total participants - 46%

We held 3 in-person focus groups:

- Adult Mental Health - Provider - 9 Participants
- Adult Substance Disorder - Provider - 7 Participants
- Adult Mental Health / Substance Use Disorder - Consumer - 4 Participants

Themes:

- Basic needs not being met
- Delayed access to treatment
- Insufficient funding
- Language barriers
- Fear and stigma



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Barriers to care:

- Accessible Education
- Culturally Competent Services
- Transportation
- Affordability

Demographics:

- 95% Female
- 5% Male
- 5% Black
- 5% Latino/a/x
- 15% Asian
- 75% White

Due to the low engagement for in-person sessions, I attempted to hold a virtual session as well. Attendance was null. Only 2 people logged in and both were present in one of the in-person sessions.

- B. Lauren distributed the preliminary report of the survey results at the MHB meeting just prior to this meeting. Lauren reported: There were 245 respondents with 191 people completing the survey in its entirety. All responses are included in the report. Groups not represented in the responses are those under 35 years old, males, non-whites (mostly Hispanic and South Asian) and non-English speakers. The top three conditions reported were: anxiety/worry, depression and ADHD. The top three stressors were: mental health, world events and lack of time for self-care. The top four desired services were: more affordable services, shorter wait times, support groups and social opportunities. The top themes for the free text section of the survey were: low affordability, insurance and Medicaid issues, education and support groups and long waitlists and provider shortages. Almost half of the respondents reported mental health concerns. Cost, insurance and waitlists are major barriers. Social opportunities, support groups and educational programming are desired. Some respondents reported the need for affordable housing, transportation, vocational support, affirming providers and linguistic access. Surveys are still being accepted through September 1.
- C. Lauren asked members to research to find any other usable data available that can be considered in determining Township needs.
- D. Top priorities for long-term planning were discussed. Mentioned were: a) to be a hub for networking; b) to be aware of the needs of all demographic groups in the Township; c) to provide education; and d) equitable distribution of services.



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Having a list of reputable resources on the MHB Facebook (FB) page would be helpful. MaryAnn will research (Lyons Township, for example) and post on FB. NAMI could provide educational classes for the community at the TOS building. All of NAMI classes are free. Ideas for incentivizing agencies to enhance services rather than “just” receiving more money were discussed. It is not desirable for agencies to be in competition with each other. Perhaps co-proposals with two agencies would be in the community’s best interest. Expectations from agencies will be described in the grant application instructions.

- E. Laura advised the MHB members to be cognizant of the verbiage used in communicating about various groups of people (e.g. say *individual with disabilities* vs. *disabled person*). She will send a specific list to MaryAnn to share with the MHB.

VII. Committee Member Comments –

- A. Lauren would like the MHB to have its own webpage in the future.

VIII. Next meeting – September 5, 2023, 8:00pm; Board room

- IX. Adjournment –** Ken moved to adjourn the meeting. Joanmarie seconded the motion. Meeting was adjourned at 8:4pm.