



Mental Health Board Minutes

August 1, 2023, 7:00pm
Boardroom

- I. Call to Order/Pledge of Allegiance/Welcome** – President Bob Ogilvie called the meeting to order at 7:00pm. Pledge of Allegiance was recited. Visitors were welcomed.
- II. Roll Call** - Members present: Joanmarie Wermes, Gina Raza, Trustee Lauren Saternus, Kenneth Haycock, Bob Ogilvie and MaryAnn Ogilvie
Member absent: Kathy Reed
Others present: Laura Nash, Connie Arkus
- III. Approval of Minutes from July 11, 2023** – Lauren made a motion to approve. Joanmarie seconded the motion. Minutes were approved as written by voice vote.
- IV. Public Comments** –
 - A. Laura Nash stated she participated in a focus group comprised of service providers of crisis intervention services. She stated that there were approximately 15 participants. Surprisingly, no one was aware of the MHB’s existence. Laura completed training at Duke University for the use of TMS (transcranial magnetic stimulation). TMS has been FDA-approved for use in treating many conditions. Her company, Hopemark, will have an open house in the near future. Laura will inform the MHB about the details when they become available. AFSP (American Foundation for Suicide Prevention) has a Walk in the Darkness fundraiser and community event in Chicago on Oct. 21. Laura will send the details to MaryAnn for posting on the MHB webpage.
 - B. Cathy Arkus met with Brian Townsend and Allison Albrecht of the Village of Schaumburg to inform them of the TOS MHB Needs Assessment initiative. They were unaware of this initiative. The Village will be doing its own needs assessment in the foreseeable future. Connie will follow up with a Village employee about the status and findings of this assessment.
- V. Reports** –
 - A. Needs Assessment Committee: Lauren distributed the preliminary report of the survey results. 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



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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.

- B. Focus groups: Lauren reported that all focus groups have been completed. She is awaiting detailed information from Antonio Mannings.

VI. Old Business –

- A. Lauren presented a draft and other members made additional suggestions for changes to the MHB webpage on the TOS website. MaryAnn will update and send the changes to Jenna Koeppen and Katy Trent for placement on the website. It was clarified that a MHB member must be a Schaumburg Township resident. A funded agency must provide services to Schaumburg Township residents but does not need to be located in the Township.
- B. Intergovernmental Agreement (IGA). Lauren will ask Melissa Williams to check if the MHB has liability insurance coverage under the Township. Items that the MHB wants covered by an IGA include furnished office space, use of the phone system, IT equipment and support, HR (i.e. an Administrator and backup when the Administrator is off duty), communications, office supplies and legal support.
- C. Bob asked each member for the preferred information to be included on business cards. Lauren will share that information with Mel so the cards can be ordered. There are \$800 left in the Mental Health Committee budget, a portion of which will be used to purchase the cards.

VII. New Business –

- A. Budget Committee – Members determined that a separate Budget Committee is not needed. Budget will be discussed at the regular MHB meetings.

VIII. Board Member Comments –

- A. Joanmarie attended the Hoffman Estates National Night Out this evening. She mentioned that she would like to meet with MHB members socially to get to know each other better. Bob stated that a member can meet with another member outside the MHB meetings, as long as there are no more than 2 members present, in order to be in compliance with the Open Meetings Act.
- B. Lauren will meet with Little City this week.



Mental Health Board Minutes

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- C. Lauren met with Mel and suggested ideas with which the TOS could assist the MHB. Included are: programs for the those with intellectual/developmental disabilities, providing a vocational skills coach, a lead clinician and three therapists. TOS would like to have Narcan (opioid rescue treatment) available but, not in a vending machine in the lobby. Narcan is currently available at the front desk. Optional locations are at the food pantry and near KYC in the lower level.

IX. Next Meeting Date – September 5, 2023, 7:00pm

X. Adjournment – Gina made a motion to adjourn the meeting. Ken seconded the motion. The motion was passed. Meeting was adjourned at 8:10pm.