



Mental Health Board Needs Assessment Committee Minutes

*Tuesday, September 5, 2023 8:00pm
Board Room*

- I. Call to Order/Welcome** – Trustee Lauren Saternus called the meeting to order at 8:00pm. Visitors were welcomed.

- II. Roll Call** - Members present: Trustee Lauren Saternus, Ken Haycock, Bob Ogilvie, MaryAnn Ogilvie, Gina Raza, Kathy Reed
Members absent: None
Others present: Laura Nash, Connie Arkus, Cathy Cimo

- III. Approval of Minutes** – MaryAnn moved to approve the minutes of 8/1/23. Bob seconded the motion. Minutes were approved by voice vote.

- IV. Public Comments** – Laura said she likes the new MHB business cards.

- V. Old Business** –
 - A. Highlights of the BCG Learning Solutions focus groups report were presented by Lauren.
 1. The main issues mentioned by providers are: basic needs not being met, delayed access to treatment, insufficient funding, language barriers and fear and stigma.
 2. Other issues participants mentioned are: access to resources, safety and trust, holistic approach, stigma and education, substance use and self-medication, perinatal mental health, early intervention and prevention.
 3. Barriers to accessing mental health services are: transportation, insurance, lack of providers and stigma and lack of education.
 4. Suggestions from participants include: comprehensive and holistic approach, in-home services, culturally competent services, early intervention and prevention, accessible education and increased funding and accountability.
 5. Challenges faced by caregivers and individuals with developmental disabilities include: burnout of caregivers, transition services, access to information and resources, cultural barriers and lack of diversity in service providers, preference for counselors, mental health for adults with IDD, cultural differences, limited agency, challenges in the emergency department and family involvement.
 6. Other challenges mentioned about services for IDD population include: lack of home-based mental health services, limited support for family caregivers, waiting lists for mental health services, transportation and transition support, limited success in education programs, difficulty in



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obtaining feedback, referral services, need for comprehensive roadmap, wrap-around services and mentors, and resource festivals. There are challenges in mental health services.

7. Other challenges include: lack of pediatric mental health services, stigma and lack of understanding, limited support for families and disparities between substance use disorder and mental health.
8. Other suggestions made are: increased funding and resources, mental health education and awareness, crisis intervention and mobile mental health units, telehealth services, insurance coverage improvements, support for families and caregivers, integrated care approach, community partnerships, early intervention programs and advocacy and policy change.
9. Board members discussed these highlights. Schools need to do a better job of providing resources to parents and of allowing agency information to be available at schools.
10. When the MHB Needs Assessment report is completed, it will be shared with TOS Board of Trustees in December. Then it will be shared with the public and the Schaumburg police social workers who have requested to see the report.

B. Community Needs Assessment Survey results

1. There were 258 respondents and 196 completed surveys.
2. Most common treatments sought are individual therapy, psychiatric care and evaluation.
3. Primary barriers to service are long wait times, cost and insurance issues.
4. Under-represented groups were people under age 35, males, non-whites and those with a home language other than English.
5. The most common conditions are anxiety/worry, depression and ADHD.
6. The major barriers are cost, insurance and wait lists.
7. There is a desire for social opportunities, support groups and educational programming. Some groups also need greater access to affordable housing, transportation and food, vocational support, affirming providers and linguistic access.

VI. New Business –

- A. The Administrator the MHB will hire should, ideally, have public health background and business skills.
- B. Lauren will recommend that the application for grant funding be made public via press releases, TOS website, Facebook ,etc. The grant application will state that the MHB funding is focusing on providers who offer services for mental health, substance use disorder and developmental disabilities.
- C. A few changes were made to the grant application.



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- VII. Committee Member Comments** – Gina suggested that the MHB be present at TOS events in order to provide resources.
- VIII. Next meeting** – October 3, 2023, 8:00pm; Board room
- IX. Adjournment** – MaryAnn moved to adjourn the meeting. Kathy seconded the motion. Meeting was adjourned at 8:51pm.