



Mental Health Planning Committee

Meeting Minutes

January 10, 2017

- I. Call to Order/Roll Call:** The Mental Health Planning Committee was called to order by Mary Ann Ogilvie, coordinator at 7:06 pm on January 10, 2017. Present were: Jillian Bernas, Mary Ann Ogilvie, Lauren Saternus, Tom Sucher, Grace Thornton and Susan Weisz.
- II. Welcome/Introduction of Visitors:** William Olson and Kathy Stachurska were welcomed to the meeting. Both are considering associate membership and have attended at least one monthly meeting of the Mental Health Committee.
- III. Approval of Minutes:** Lauren Saternus moved to approve the minutes from the May 17, 2016 meeting. Mary Ann Ogilvie seconded. The motion passed.
- IV. Old Business:** There was no old business.
- V. New Business:**
 - A. Location:** Committee members discussed having the event at a location that would provide more space for vendors and speakers - ideally separate rooms for both - as well as more parking for attendees than is possible at the township building. A first consideration was the Schaumburg Township District Library. Jillian Bernas, who serves on the library board, has spoken with the library's new director about this possibility and she will discuss the request with the library program manager. Other ideas for location included Conant High School and Argosy University which is holding a mental health awareness fair later in January. Tom Sucher will inquire about those possibilities. Mary Ann Ogilvie will contact Dan Cates, superintendent of District 211 about the possible use of Schaumburg High School for the event. Other considerations were the Renaissance Hotel and Trickster Gallery. The committee gave preference to the library as a first choice in view of its relatively centralized location and the foot traffic it has. The committee also decided to leave the time and date/day of the fair as it was last year so that it will be on the first Tuesday of May which is May 2 this year and from 4-7 pm. Evaluation forms this year will inquire as to attendee preferences for other days, dates and times.
 - B. Target Audience:** The committee has a good starting point for its target audience outreach from the google document that was developed for last year's event and contains over two hundred contacts. The committee also wants to reach out this year to hospitals, medical groups and students at high schools and colleges. The committee also had sign up sheets at two of District 211's community education programs - at which the MHC participated - and asked attendees to provide an email address for notification of MHC events. We will continue to have sign up sheets at other activities in which the committee is involved.

- C. Advertising: Facebook will again be a part of the event's advertising efforts. Additional discussion around advertising will follow.
- D. Exhibitors: There was no discussion about specific exhibitors at this meeting.
- E. Speakers: A number of ideas for speakers were generated including yoga and meditation, suicide prevention, police response to mental health crises, caregiving and mental illness in the elderly. Elizabeth Diaz presented on meditation last year and may be invited back or another person on that topic – which was very well received – may be asked. Kathy Strachurska will speak to a psychologist friend associated with Northwestern University who may be a possible speaker on the topic of suicide prevention. Mary Ann Ogilvie has a contact at the police department whom she will ask about presenting at Minds Matter. The committee also thought that a panel of presenters on caregiving - for the mentally ill, children and older adults would be of interest and that Kenneth Young Center might be able to provide speakers for that topic. Susan Weisz will investigate that possibility. It seemed to the committee that four speakers – each for 30 minutes including the presentation and question and answer time – would be a good number. Anticipated speaker scheduling would be 4:15, 5: 00, 5:45 and 6:30.
- F: Exhibitor Invitation Letters and Participation Forms: There was no discussion of these items at this meeting.
- G. Raffles, giveaways and refreshments: Susan Weisz said that there is probably money remaining in this year's mental health budget that can be used to purchase a giveaway for attendees. Tom Sucher clarified that the invoice for the item would have to be received by the end of February in order to use this fiscal year's committee's funds. The committee would like to order the brain stress ball again which has been a popular giveaway in the past. Susan will investigate if the township can place and pay for the order last year was done by Mary Ann Ogilvie who was then reimbursed.

There was some discussion about this year making available Tom Sucher's power point presentation on a CD as another giveaway for interested attendees. It would be a less expensive to distribute that way than having it on a flash drive as was done last year. It was decided however that many computers no longer have a CD option, and so this idea will not be pursued.

VI: Public Comments: There were no public comments.

VII: Committee Member Comments:

Tom Sucher brought to the committee's attention the Argosy University Mental Health Awareness Fair on January 21, 2017. He will be showing his Mental Health Perspectives Power Point presentation at the event which also invites the committee to have a table with information about the committee. The committee accepts that invitation, and Susan Weisz will be present at the table to answer any questions. It was noted that Jillian Bernas has already posted information about the Argosy University fair on the committee's facebook page.

Tom Sucher has made some revisions in his Mental Health Perspectives power point and Lindsey Kaminsky at the Township will be asked to add it to the committee's section of the website. There was some discussion about how it might be possible to have the power point added and include the music with it as well as make it possible for viewers to download it to their own devices. Grace Thornton will contact Lindsey to discuss these possibilities.

The committee discussed having a permanent Mental Health Committee banner that could be displayed at any event in which the committee participates. This idea will be discussed further at a future meeting.

VIII: Next Meeting: January 24, 2017 – 7 pm

IX: Adjournment: Lauren Saturnus moved to adjourn the meeting at 8:25 pm. Mary Ann Ogilvie seconded. The motion passed.

Respectfully Submitted,

Susan Weisz