



Mental Health Planning Committee Meeting Minutes January 31, 2017

- I. Call to Order/Roll Call:** The Mental Health Planning Committee was called to order by Mary Ann Ogilvie, coordinator, at 7:03 pm on January 31, 2017. Present were: Mary Ann Ogilvie, Lauren Saternus, Tom Sucher, Grace Thornton, Janet Abri and Susan Weisz.
- II. Welcome/Introduction of Visitors:** There were no visitors at this meeting.
- III. Approval of Minutes:** Two corrections were made to the minutes from the January 24, 2017 meeting. First, Mary Ann Ogilvie has left messages for Detective Zurwaski who is the Police Department Educator. She has not yet spoken with him. Also, Susan Weisz added to the minutes the hours decided upon for this year's Minds Matter which are from 4-8 pm. With these corrections, Lauren Saternus moved to approve the minutes. Tom Sucher seconded the motion. The minutes passed.
- IV. Old Business:**
 - A. Location Update -** Conant High School is tentatively booked for Minds Matter. Mary Ann Ogilvie has a rental agreement to complete. The District also requires a certificate of liability insurance from the Township. Tom Sucher will talk with some of the trustees about this request to understand it more clearly. The committee's trustee liaison, Diane Dunham, will be informed at the at the monthly committee meeting next Tuesday of the planning committee's preference to hold Minds Matter, 2017 at Conant High School and seek board approval for that choice. If approval is granted, planning committee members would like to tour the school and see the space in which the event will be held. Mary Ann will let the committee know if this can be arranged. The planning committee also needs to determine what set up costs will be involved for the committee if the event is held at the school.
 - B. Target Audiences -** were not discussed at this meeting.
 - C. Advertising –** Grace Thornton and her boyfriend will develop a flyer for Minds Matter, 2017.
 - D. Exhibitors -** were not discussed at this meeting
 - E. Speakers and Topics –** proposed and confirmed

Lauren Saternus reported that Dr. Kannan will do a program on meditation at Minds Matter in May. She also mentioned that he will be doing a presentation at the Schaumburg Library on February 20th from 7-8:30 pm. Dr. Kannan would like to have Minds Matter attendees register for his program ahead of time. The committee considered the possibility of registration for all speakers at Minds Matters and the use of Eventbrite for this purpose.

Lauren has also spoken with Wanda Farnell, who works with children, and she is open to doing some parent/child activities at Minds Matter – perhaps with some gross motor skills or arts and crafts projects.

Tom Sucher reported that Argosy University is receptive to providing the speakers which were discussed at the committee's last meeting on the topics which included Sleeping Habits Habits and How They Relate to Mental Health Issues; PTSD; and Lines in the Sand: Stories of Teens

That Have Struggled with Substance Abuse and Mental Health Issues. Argosy will check that the can be available for the event. The school requests an hour's time for each presentation. Argosy also wants to be a vendor at Minds Matter. Tom indicated, too, that Arogsy is very interested in combining with the Mental Health Committee to have one Mental Health Awareness Fair each year.

Mary Ann Ogilvie is waiting to hear from the NAMI speaker as to her availability to present at Minds Matter. She has also not heard back from Detective Zurwaski about speaking.

It appears there would be fifteen speakers at Minds Matter this year if all who have been discussed are able to participate. This number includes seven speakers from the Township supported agencies and Dr. Whetstone in addition to the speakers mentioned above. Also, Tom Sucher will be showing his Mental Health Perspectives video throughout the fair's hours.

Grace Thornton will make a chart to visualize more easily the scheduling of the speakers during the Event. Tom Sucher has a white board that he will bring to the next meeting for easier planning and visualization, too.

F. Committee sponsored activity

Several ideas were discussed including a mental health quiz for attendees and ribbons with pledges such as "I will fight the stigma of mental illness". Those completing the quiz would be eligible for a raffle prize. Janet Abri will work on developing a mental health quiz.

G. Exhibitor Invitation Letters and Participation Forms – were not discussed at this meeting.

H. Raffles, giveaways and refreshments

The committee has decided to have three bigger raffle prizes this year rather than many as were had at last year's event. It is hoped that these prizes may be donations. In addition, vendors could have raffle prizes of their own if they so choose.

Susan Weisz will inventory the number of giveaways that are left from previous Minds Matter events. They include the stress management book marks and bags for collecting information at the fair.

The committee decided that this year's refreshments will include healthy items too such as fresh fruit and vegetables. Pizza will be a part of the refreshments this year again as will water.

Additional costs for the event will include advertising on Facebook and in other media, a banner and refreshments. There will be no stipends or gift cards given to the speakers this year.

V. New Business: There was no new business

VI. Public Comments: There were no comments from the public.

VII. Committee Member Comments:

The planning committee viewed and discussed two new Mental Health Perspectives slide presentations that Tom Sucher has developed. One displayed art work created by mentally ill persons. Both were emotionally moving and very well done. The committee members' impressions seemed to be that the

earlier slides displayed more hopefulness. Tom reported that he is getting closer to having his presentations uploaded in a successful format on the Township website.

VIII. Next Meeting Date: February 13, 2017

IX. Adjournment: Lauren Saturnus moved to adjourn the meeting at 8:55 pm. Janet Abri seconded the motion. The motion passed.

Respectfully submitted,

Susan Weisz