



Mental Health Committee

Minutes

Tuesday, October 2nd, 7:00pm

Room 314, Township Building

I. Call to Order/Roll Call - Call to order at 7 pm

Committee Members

Present: Lauren Saternus, MaryAnn Ogilvie, Jillian Bernas, Susan Weisz, Joanmarie Wermes, Gina Raza, Nimish Jani (Board Liaison)

Absent: Mary Cloonan-Walsh (excused)

Associate Members

Present: Jonathan Rubin, Greg Hilligoss

Absent: Kathy Strachurska

II. Welcome/Introduction of Visitors

- A. Agency Presentation - Northwest Center Against Sexual Assault (NW CASA) - Jim Huenink, MA, LCSW Executive Director of NW CASA came to share an agency update with the committee. Offer medical advocacy services to 5 hospitals in Cook County. As soon as a survivor presents in the hospital NW CASA is contacted. NW CASA is trained in areas where the hospital staff has not always received training. Importance of relationship with hospital and offering training to survivors as soon as possible after the trauma to increase the likeliness of survivors seeking support. Individual and family therapy is offered. Trauma informed yoga is a new service being offered to clients. They are committed to education and have program to educate youth on sexual violence. NW CASA has a program to evaluate the work that they do. They have semi-annual evaluations of their clients and the large majority reporting improvements in quality of life. They also use six-month follow-up surveys to evaluate quality of service provided. Estimates they serve 800 survivors a year that are supported by a small staff and large volunteer base, about 35 trained volunteers. Graduate students are

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also trained in trauma-informed therapy. Master students also contribute as counselors. NW CASA received funding to begin a Sexual Assault Response Team (SART) to educate law enforcement on support of victims resulting in more prosecutions of offenders. There has been an increase in severe cases that are complicated by mental health limitations where clients are referred to more treatment. Annual fundraisers include Walk a Mile in Her Shoes where men wear high heeled shoes and walk a mile to show support, which will be held this year on Sunday, October 7 in Evanston in a park south of Northwestern University, and a casino night at Cooper's Hawk in Arlington Heights. Mr. Huenink expressed his appreciation for the Township's support of NW CASA.

III. Approval of Minutes from 9/4/2018 - MaryAnn motioned to Minute were unanimously approved.

IV. Correspondence

V. Review of Agency Bills

VI. Announcements

VII. Old Business

A. Mental Health First Aid Training Debrief - Training was conducted on Friday, September 21. There was a lot of information to cover in one day. There were about 16 participants out of the 26 that signed up. The committee budgeted \$150 for refreshments. Used about 1.5 boxes of coffee and some of the box of tea. The food set out in the morning lasted the entire day. Discussion of charging participants for future courses to encourage attendance, amount to be determined. The agency that offered the course has received funding for the next fiscal year.

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- B. Amita Health Report Summary - Citizens in primary area of service have higher incidence of binge drinking and lack of sleep. About 13.2% reported fair or low levels of mental health. Of those, women and hispanics reported lower levels. Additional statistics were reported. Amita has created a plan based on the report based around a crisis line to help connect people with the right resources.
- C. Minds Matter - Review and Assign Leadership Roles - Responsibilities have been divided into Marketing, Township Liaison and Speakers and Committee-Sponsored. Gina will work in Speakers, Jillian will work in Marketing, MaryAnn

VIII. New Business

- A. Community Education Co-Sponsorship Opportunity - Substance Abuse - Lauren spoke with Symetria Recovery who specialize in substance addiction (specialized with opioid abuse) that could be a good resource for an educational session in substance abuse. Nimish suggest board approval. Committee will compile information to present to board.
- B. Review Updated Information Guide, Amend as Needed - Typos identified in the information guide. Joanmarie will update history section of the document. This document will be updated.
- C. New Membership Application Review - A new application has been received for membership. Entered into executive session at 7:55 pm, motion by Gina and seconded by Joanmarie. Entered into open session at 7:56 pm, motion by Gina and seconded by Lauren. MaryAnn motioned to accept Jonathan as a member of the committee and Joanmarie seconded. The motion was unanimously accepted.

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Jonathan's membership application will be forwarded for Township Board approval.

D. Boomerang Reminders for Agency Reports - Automatic email reminders will be set up to remind the agencies

IX. Board and Liaison Reports

A. Nimish Jani - Board Liaison Report - The Board is in the process of hiring for a Township Administrator and Senior Services Director. There are various qualified candidates being considered. The Committee will submit Minds Matter request to Board as soon as possible and recommendation for agency support.

B. Joanmarie Wermes - Lutheran Social Services

C. Mary Cloonan-Walsh - SHARE

D. Lauren Saternus - Northwest CASA

E. Susan Weisz - Kenneth Young Center

F. Gina Raza - Life Span

X. Public Comments

XI. Committee Member Comments

XII. Next Meeting Date - November 6th, 2018 (Election Day)

XIII. Adjournment - The meeting was adjourned at 8:03 pm, Gina motioned it and Jillian seconded the motion.

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