



# Mental Health Committee

## Minutes

*Tuesday, January 7, 2020 7:00pm*

*Room 210, Township Building*

**I. Call to Order/Roll Call/Meeting Norms** - Lauren Saternus called the meeting to order at 7 p.m. Committee members present: Lauren Saternus, MaryAnn Ogilvie, Jillian Bernas, Joanmarie Wermes, Gina Raza, Mary Cloonan Walsh and Stephanie Bertels. Associate members present: Cathy Skura. Township representatives present: Katy Trent and Township Board member Charlotte Kegarise. Absent: Jonathan Rubin. Public: Ron Migalski.

**II. Welcome/Introduction of Visitors**

A. Director of Behavioral Health at Northwest Community Healthcare (NCH) Ron Migalski - Mr. Migalski is a trained therapist and oversees the 52 in-patient beds, 20 beds for adults, 20 for older adults and 12 for adolescents, psychiatric unit and intensive out-patient mental health programming for adults and adolescents for Northwest Community Healthcare (NCH). His team is working to launch a traditional out-patient clinic in April or May to provide psychotherapy care. There are three reasons why someone would be admitted to emergency psychiatric care, they are a danger to themselves, a danger to others, or they are not able to care for themselves. More adults and children are suffering from mental health issues related to drug use and there is evidence of more serious suicide attempts compared to the past. A typical length of stay is six days for adolescents, while older adults average eight to nine days when more provider intervention is needed. The number of psychiatric presentations in emergency rooms is putting pressure on bed availability. If the 52 in-patient beds are occupied, then the emergency room needs to work with other facilities to provide transfers. As facilities close, it puts

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serious limitations on the region. The purpose of an emergency room is to evaluate the patient, create a disposition and get the patient where they need to go for treatment. Mr. Migalski foresees stays trending longer as patients present with more serious suicide attempts. There is also a national shortage of psychiatrists and most facilities are moving toward nurse practitioners that can treat patients under supervision. Constructing a psychiatric facility is a significant investment, for example, one psychiatric approved door may cost \$6,000 each. Insurance providers place more barriers to patients receiving in-patient care, so patients are kept shorter than they should be. Companies are less stringent for out-patient care. It is very important to link patients with follow-up services when brought in after law enforcement intervention ideally within 24-48 hours. Adolescents will have a family session before discharge because the goal is to have the adolescent not be actively suicidal. Most patients that have a connection with a therapist are less likely to repeat their actions. Mr. Migalski thinks the most important goals should be normalization of mental health issues and helping people understand their internal biases around mental health.

**III. Public Comments** - No public comments.

**IV. Approval of Minutes from 1/7/2020** - Stephanie moved to approve meeting minutes and Joanmarie seconded. Motion passed by voice vote.

**V. Announcements/Correspondence** - Lauren noted that former Associate Member Greg Hilligoss submitted his resignation at the last committee meeting on January 7, 2020.

**VI. Old Business**

A. Minds Matter

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1. Speakers - MaryAnn and Gina confirmed that three speakers are confirmed. There will be a speaker on suicide prevention, mental health first aid, and the Schaumburg Police Department will provide a speaker. They are looking for a fourth speaker and have a couple people that can speak on general mental health issues, Obsessive Compulsive Disorders (OCD), or mental health recovery.
2. Township/Facilities - Lauren confirmed that exhibitors were sent applications and that she had received 12 responses already in the span of 24 hours.
3. Marketing - MaryAnn and Gina will send Jillian the information about the speakers when the schedule is finalized. Jillian has set up an event page on Facebook and has contacted villages within the Township. Stephanie has volunteered to help follow up with the villages and Jillian will send her the information. Jillian will prepare the first email blast to send and Jonathan will prepare the flyer for distribution when speaker information is made available.

B. Discussion of Community Mental Health Services - None

**VII. New Business** - No new business

**VIII. Board and Liaison Reports and Review of Agency Bills**

- A. Char Kegarise - Board Liaison Report - The committee's recommendation of funding was accepted by the Township Board and passed unanimously.
- B. Joanmarie Wermes - Lutheran Social Services - No report
- C. Mary Cloonan-Walsh - SHARE - No report
- D. Jonathan Rubin - Northwest CASA - No report
- E. Stephanie Bertels - Kenneth Young Center - Stephanie met with representatives at the Kenneth Young Center for a tour. They have hired someone to solely handle reporting and their reports were very timely this month. They also were granted a William/Colbert grant and are working on a super license which will help them work with addiction.
- F. Gina Raza - Life Span - Absent

**IX. Committee Member Comments** - Jillian reminded Katy to update the Mental Health Committee website with Minds Matter material. Katy also reported that a tentative

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budget has been passed and they will send out offer letters to the agencies once the budget is officially approved. Agency reporting has generally improved. Katy will also review inventory for the committee to see what material is needed for Minds Matter 2020.

- X. Next Meeting Date - Tuesday, March 3 at 7:00 p.m.** - Gina motioned to adjourn, Stephanie seconded. Motion passed by voice vote.
- XI. Adjournment** - Meeting adjourned at 8:07pm.

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