



Mental Health Committee

Minutes

Wednesday, February 5th, 2019 7:00pm

Room 314, Township Building

I. Call to Order/Roll Call - Lauren called the meeting to order at 7:02 pm. Members present: Susan Weisz, MaryAnn Ogilvie, Mary Cloonan Walsh, Jonathan Rubin, Jillian Bernas & Lauren Saternus. Members absent: Joanmarie Wermes & Gina Raza (both excused). Associate Member present: Greg Hilligoss. Katy Trent Township of Schaumburg Community Relations Coordinator was present and two agency representatives dialed in due to poor weather conditions (names listed below). Board Liaison Nimish Jani was absent.

II. Welcome/Introduction of Visitors

A. Agency Visits

1. Lutheran Social Services of Illinois - Lisa Himelstieb

LSSI is working on addressing the whole person and identifying all of the mental health needs of individuals fighting substance abuse so that the individual and their family can be supported. They are trying to be more creative in meeting the client where they are physically. For example, they have partnered with Rolling Meadows High School where they go once a week for group sessions. This helps address substance abuse at an early stage. Rolling Meadows has been receptive and they are looking to expand the program to other high schools in an effort to teach coping skills at an earlier age. The Arlington Heights office focuses on substance abuse and individual, couples and family sessions with different tiers of services for varying levels of need. Their most comprehensive service, the intensive outpatient program, helps build the patient's substance-free network and provide job opportunities. Language support is offered in Spanish. Starting in March of 2018, essential intake screening was consolidated to one place. Clients are then distributed to different points of service depending on their needs.

2. SHARE - Jill Delarco

SHARE has provided patient medical-monitored rehabilitation for 18 years for individuals battling substance abuse. They also offer other intensive outpatient services for addictions such as gambling. On January 4th, they opened a 16-bed MAT unit, which will help them provide continuous 7-day detox treatment to clients. They are designing treatment programs dealing with topics such as cravings and hiring to staff the location. This will serve clients fighting addictions to alcohol and opiates mostly. SHARE received a grant this year from the State of Illinois for advertising programs to reach out to gambling addicts. There has been an increase in intensive outpatient clients from



Mental Health Committee

Minutes

Wednesday, February 5th, 2019 7:00pm

Room 314, Township Building

Schaumburg. Their inpatient unit is on Moonlake Blvd. Bed availability is always a problem and this impacts treatment continuity because continuing detox treatment becomes a challenge if they conduct it at home. There is an injection you received right before you leave detox and then 30 days later and people are not following up with it. One of the biggest challenges is keeping primary care doctors informed about detox follow-up treatments to provide a smoother referral process.

III. Approval of Minutes from 1/2/2019 - MaryAnn moved to approve the minutes with minor edits, Susan Weisz seconded. Motion was approved by unanimous voice vote. Jillian abstained due to her absence at February's meeting.

IV. Correspondence

V. Review of Agency Bills

VI. Announcements

VII. Old Business

A. Minds Matter (Update, Feedback/Questions, Help Needed) - Jonathan has provided the edited Minds Matter flyers for 2019 and has created a first draft of the brochure. Two speaking topics are very similar and Gina will be asked if she can change the first presentation to a different topic. She had previously said she could also speak on sleep. Mary will confirm with Dr. McGrath to finalize time slot. The committee discussed adding phone contact information. Jonathan will add phone number to bottom of flyer. Remove VP and TTY from the flyer per Katy's recommendation. Jillian updated Facebook page and created Facebook event page, which was shared by the Township of Schaumburg page. Communication sub-committee will craft first email before next meeting. Susan and Lauren reached out to vendors and are organizing responses. Speakers have been contacted and titles confirmed and times will be confirmed shortly. We will provide 200 of every promotional item. Therefore, we need to order 100 more tote bags, 170 more magnets, and 75 more pens. KC at Halo did pens and tote bags and Minuteman did magnets. Susan will provide contact information to MaryAnn and MaryAnn will contact Halo. Jillian will contact Minuteman. The fiscal year ends in February and we need to order items before then. Jillian moved that \$750 be allotted for pens, bags and magnets. MaryAnn seconded the motion and it was approved by a unanimous voice vote.



Mental Health Committee

Minutes

Wednesday, February 5th, 2019 7:00pm

Room 314, Township Building

- B. Mental Health First Aid - Muna with AMITA presented information on the mental health first aid course that they provide at the January meeting. A date in late May or June was discussed, but not finalized. Ideally it should be held in the Township board room. Lauren will be in touch with Muna about scheduling the course and will propose Saturday, June 1 and then Saturday, June 8 to her as possible dates. Katy suggested we confirm with the Township our intention to use the building on a weekend as this may require additional staff time.
- C. Resource Guide - The guide will focus on the topics that most align with the work of the Mental Health Committee and include those agencies within a certain radius of the Township. The committee will use table of contents modeled by Hanover Park. Jonathan will make the template. Lauren will compile mental health, crisis hotline and emergency services numbers, Jonathan will compile Township of Schaumburg numbers, Mary will compile addiction numbers, MaryAnn will compile advocacy and developmental disabilities numbers, Susan will compile family and youth services numbers, and Jillian will compile domestic violence numbers.

VIII. New Business

- A. Youth Mental Health Schedule - The scheduled was reviewed and agreed to with minor change. The committee is still waiting on approval from the board.

IX. Board and Liaison Reports

- A. Nimish Jani - Board Liaison Report - Nimish was not present
- B. Joanmarie Wermes - Lutheran Social Services - Joanmarie was not present. Report from Lisa Himelstieb at beginning of meeting.
- C. Mary Cloonan-Walsh - SHARE - Report from Jill Delarco at beginning of meeting
- D. Jonathan Rubin - Northwest CASA - No additional comments.
- E. Susan Weisz - Kenneth Young Center - No additional comments.
- F. Gina Raza - Life Span - Gina was not present.

X. Public Comments - No public present at this time.

XI. Committee Member Comments -

- A. MaryAnn shared with the committee that on Monday, February 11 at Prince of Peace Lutheran Church in Palatine members of the interfaith mental health coalition called In Our Own Voice will present. The coalition is comprised of



Mental Health Committee

Minutes

Wednesday, February 5th, 2019 7:00pm

Room 314, Township Building

individuals recovering from and living with mental health conditions. They will give presentations about their experiences.

- B. Katy shared with the committee that the Township of Schaumburg will present a program titled Older Adults with Depression on April 9. A social worker will talk about how to identify and treat depression in older adults.
- C. Lauren thanked Katy for including the Mental Health Committee submissions to the most recently published Town Crier.

XII. Next Meeting Date - Tuesday, March 5th, 2019

XIII. Adjournment - Jillian motioned to adjourn the meeting and MaryAnn seconded. Motion was approved by unanimous voice vote. The meeting was adjourned at 8:00 pm.