



# Mental Health Committee

## Minutes

*Tuesday, March 5th, 2019 7:00pm*

*Room 314, Township Building*

1. **Call to Order/Roll Call** - Lauren called the meeting to order at 7:00 pm. Members present: Susan Weisz, MaryAnn Ogilvie, Mary Cloonan Walsh, Jonathan Rubin, Jillian Bernas, Lauren Saternus, Joanmarie Wermes and Gina Raza. Associate Member present: Greg Hilligoss. Board Liaison Nimish Jani was present. Suzanne McVey Administrator and Katy Trent Community Relations Coordinator from the Township of Schaumburg were also present. One agency representative was present (name listed below).
2. **Welcome/Introduction of Visitors**
  - a. Agency Visit - Life Span - Amy Fox

Amy Fox is the Deputy Executive Director at Life Span an agency that provides support services for victims of sexual and domestic violence. Life Span is the recipient of Victim of Crime Act (VOCA) funding and they have received 1.3 million in federal VOCA dollars. VOCA funding has been brought back to original levels and Life Span has received three years of guaranteed funding. They are now in year two of funding. The program required the agency to match federal dollars by 20% to earn the 1.3 million. They have been able to greatly increase staff and services at their Des Plaines office and have hired more full-time attorneys to meet their clients needs. The bulk of the work is at the Rolling Meadows Courthouse and sometimes at the Skokie Courthouse. They now have a full-time immigration attorney through Violence Against Women Act (VAWA) funding and criminal-related immigration relief. They have also expanded their counselling services. They added three full-time counselors to their team of four counselors. They want to have a counselor that focuses full time on family counselling to work with children, an adult counselor, and a resource counselor to research and build new relationships to access services that Life Span does not provide. The funding arrived last July 1, 2018 and they were intentional in hiring. They wanted to build on the cultural capacities of their staff and hired bilingual and bicultural counselors. There has been a 10% increase in clients served overall, a 15% increase within the Township of Schaumburg, and service hours are up about 40%. The average divorce in Cook County takes 2 years and one client may equal two years of services. There are about 130-140 clients from Township of Schaumburg and they have over 250 children that benefit from the services. They have a large teen education and awareness training program and 257 teens have participated in outreach and education programming. They have covered teen dating violence in health classes and afternoon assemblies, and participated in tabling events in the local community. A development director was hired two years ago to raise private funds. Township funds go to safety planning, crisis planning and family

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counseling, and to enhancing safety counseling. Their service model is based on studies that show victims have better odds for long-term safety if they have this suite of services. Zero mental health professionals was indicated on report, however, all of their counselors are MSWs or licensed critical care counselors.

**3. Approval of Minutes from 2/5/2019** - MaryAnn moved to approve the minutes, Jillian seconded. Motion was approved by unanimous voice vote.

**4. Correspondence**

**5. Review of Agency Bills**

**6. Announcements**

**7. Old Business**

a. Minds Matter (Update, Feedback/Questions, Help Needed) -

i. Marketing committee – Jonathan only sent one of the updated documents and asked for colleagues to review the Minds Matter brochure for distribution. Jillian brought magnets. First email to list of contacts will be prepared and flyer attached and sent within the month of March.

ii. Speakers/Committee Sponsors Committee – Committee will meet to discuss what to have at the event, for example, the Mental Health is... poster. Ordered pens and bags. Action: The committee will work to seek out sponsors for food and beverage donations.

iii. Township and Exhibitors Committee – There have been 19 applications submitted, This figure does not include all supported agencies, so more applications are expected.

b. Mental Health First Aid Training - Hosting an event on a Saturday poses challenges to the Township as far as staffing the event. Suzanne and Katy suggested that front-line staff would be a good audience and that it might be more appropriate to hold the training during the weekday. The training options are to have eight hours in one day or four hours over two days. It may be wise to focus more on units of government and local businesses. There is an outstanding question of whether or not CEU is available. This would motivate mental health professionals to attend. In the previous training session, some staff from the Township and residents attended. Businesses could be identified through chambers of

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commerce. Suzanne and Katy will suggest some weekday dates in May and June. Muna will have table at Minds Matter to advertise it.

- c. Resource Guide - Everyone sent content for their sections to Lauren. MaryAnn will lead the organization of the resource guide project. Joanmarie and Jillian will send lists to MaryAnn. It was suggested to model the guide after the guide provided by the mental health committee in Hanover Park. Lauren will send documents to MaryAnn. Descriptions of each agency within the resources guide could increase the workload of maintaining the document, however, it may be possible to add a very short description of each agency. The guide will focus on agencies that serve our area. A disclaimer should be added that these are identified agencies and that the Township has not vetted all agencies listed.

### 8. New Business

### 9. Board and Liaison Reports

- a. Nimish Jani - Board Liaison Report - The Township Board had its budget workshop and voted to approve requests made by the committee. The proposal for the youth-centered Minds Matter needs to come before the board. Lauren will send draft proposal to Township staff and Suzanne and Katy will determine if more information is needed. Parking lot expansion project was approved and the Township will be moving ahead with the project.
- b. Joanmarie Wermes - Lutheran Social Services
- c. Mary Cloonan-Walsh - SHARE
- d. Jonathan Rubin - Northwest CASA
- e. Susan Weisz - Kenneth Young Center
- f. Gina Raza - Life Span

**10. Public Comments** - Greg Hilligoss encouraged committee to prioritize support of mental health issues when allocating resources. Kathy Skura a retired Registered Nurse from Alexian Brothers was present. She was a charge nurse for 25 years on the adolescent unit and most of her experience has been with children. She is interested in learning more about the Mental Health Committee.

**11. Committee Member Comments** - Joanmarie reports that Lisa Himelstieb from Lutheran Social Services thanked the committee for giving her the opportunity to speak before the board over the phone due to the inclement weather. Joanmarie will be on vacation next month and requested an excused absence.

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**12. Next Meeting Date - Tuesday, April 2nd, 2019**

**13. Adjournment** - Gina motioned to adjourn the meeting and Joanmarie seconded. Motion was approved by unanimous voice vote. The meeting was adjourned at 7:48 pm.

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