

LOGAN COUNTY MENTAL HEALTH COUNCIL MEETING AGENDA

Location: Logan County Department of Public Health
109 3rd Street, Lincoln, IL
Administrative Conference Room

Date: November 17, 2022

Time: 11:30 a.m.

Agenda Items

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| 11:30 a | Roll Call |
| 11:35 a | *Approval of Meeting Minutes from August 24, 2022, submitted by Secretary, Don Cavi |
| 11:40 a | *SME Oral Reports <ul style="list-style-type: none">• Mental Health Outreach (Dan/Alison)• Mental Health Prevention (Jeanette)• Mental Health Promotion (Gary/Don)• Mental Health Treatment & Maintenance (Olivia)• Law Enforcement (Rod) |
| 12:20a | Open Meeting Act Training |
| 12:25a | County Update & *Council Recommendations Moving Forward |
| 12:45a | *Upcoming Meeting Dates/Times |
| 12:50a | Public Comments/*Adjournment |
- (*Voting item for approval)



Meeting Minutes

Logan County Mental Health Advisory Council

Meeting Date: August 24, 2022

Meeting Location: Logan County Department of Public Health, 109 Third St., Lincoln, IL

| Present | Absent | Excused |
|---------------------|-----------------|---------|
| Alison Rumler-Gomez | Jeanette Harris | |
| Don Cavi | Rod Boyd | |
| Dr. David Hepler | | |
| Dan Benedict | | |
| Gary Davis | | |
| Olivia Messina | | |

The meeting was convened at 8:33am. Roll call was taken by Chairman Rumler-Gomez. Six (6) members were present. Two (2) members were absent. The Council welcomed a new member, Gary Davis, and a public guest, James Alexander.

Action Item #1: Meeting Minutes from August 24, 2021, were shared and discussed. No changes to the meeting minutes were made, and the minutes were approved. **The motion to approve was made by Dr. Hepler and seconded by Olivia Messina. The Council approved the motion.**

Action Item #2: Members gave their Subject Matter Expert (SME) reports. Reports are as follows:

Don Cavi (Mental Health Promotion) – Don reported that in May of this year, he completed a “Train the Trainer” session which was provided by the Illinois Public Health Association. He was joined by two members of his staff, Kara Davis and Fay Allison. Jeanette Harris from Chestnut Health Systems and Angela Stoltzenburg from LMH also participated. Don is in process of training his staff who choose to participate during monthly staff meetings. There is no clear-cut method of determining if an agency is technically “trauma informed,” but Don is working with other resources to develop a plan to have his staff trained in all aspects to create a welcoming, trauma-sensitive, and compassionate environment for his staff and their clients. The process will take approximately a year to complete, and Don hopes then to assist other agencies in their efforts to become trauma informed.

Alison Rumler-Gomez & Dan Benedict (Mental Health Outreach)

Alison reported that she is now working in the private sector but is still maintaining an active role in the community. She is working with Christian Childcare to assist their employees who are low-income single moms. They employ 25 people. Alison is working with CAPCIL to assist Christian Childcare with an employee rewards program called Go 365. This is a wellness program which includes programs for mental health. Olivia Messina has been working with her on some of the projects.

Dan reported that the Veteran’s Assistance Commission has completed its third tiny house to assist veterans in meeting their housing and other vital needs. The Veterans love the homes, and this has been a very rewarding experience. They are now looking to build tiny homes in Lincoln. Dan completed a mental health first aid training course which teaches the basics

regarding mental health needs including addressing PTSD, anxiety, depression, sexual trauma (which is becoming more common in men). The first aid training focuses on Veterans. Otherwise, Dan has been very busy with outreach.

Olivia Messina (Mental Health Maintenance) – Olivia reported that the Lincoln Mobile Crisis Response Team will activate on September 19th. This will include face to face services along with continued telehealth which has been more common due to the recent pandemic. Clients in need of mental health emergency service can call 988 (instead of 911) to get service. The program serves people of all ages. The Mosaic program with its counseling services is back in schools. Most of the area schools are participating; however, the high school is utilizing a different service. The LMH Foundation has been a strong financial support for the program. Olivia is thankful to the Foundation but is hopeful that someday the program will become self-supported. Lincoln Memorial Behavioral Health has improved retention of staff (up 5%). Sign-on bonuses have helped in recruiting, and they have hired 16 new people over the last 2 years. They have put a freeze on hiring and are now focused on training their staff. Patient volumes are still very high.

To serve vacancies, Jeanette Harris will be asked to serve as the Subject Matter Expert (SME) in reporting for Mental Health Prevention and Gary Davis has agreed to serve as SME for Mental Health Promotion.

A motion was made to approve the SME reports. Don Cavi made the motion to approve which was seconded by Dan Benedict. The Council approved the motion.

Action Item #3: Data Sharing/Database Development

Don reported that as part of his agency strategic plan and an initiative of the Council has been data collection. Don is hoping to meet with interested individuals to brainstorm on how to implement such a program, what type of data would be useful, etc. This will take a group effort and Don would like to attempt to bring people together on this project. Rod Boyd in the past has showed interest in addition to Beth Nestler at the Sojourn office as Don had a recent conversation with her. In addition, Keenan Leesman has offered to be included to help address the technical aspects, privacy and other issues that may come into play. Don asked if anyone is interested, to please let him know after the meeting or via email. It was suggested to reach out to Tri-Care (Bethany Hoeffert-former Council member) as they would likely have a strong interest.

Action Item #4: Membership Update

Don again welcomed new member, Gary Davis, to the Council. Don has also reached out to Beth Nestler at the County Sojourn Office and she is interested in becoming a part of the Council and will have much to contribute as she works closely with the court system and troubled families. Beth's availability is Monday mornings and Thursdays. Don will reach out to Beth if the Council can accommodate meeting those times.

Action Item #5: Council Recommendations Moving Forward (Discussion)

The Council discussed immediate needs of the County and needs to make recommendations. Dr. Hepler discussed the need for a pleasant environment in the Sojourn office waiting area. Clients are sitting in a hallway which is not welcoming. The County should create a pleasant waiting area with a refrigerator for waters/coffee, etc. Dr. Hepler also shared that in the county, private employers are taking a hard lined approach with employees who may be absent without regard for the potential underlying causes of why employees are not showing up for work. Employers should be educated on becoming sensitive to the potential underlying causes of the problems prior to considering strict discipline. Having educational materials for employers to become more sensitive and open minded would be helpful. In addition, Olivia Messina shared that there is a lack of Employee Assistance Programs provided by employers for their employees throughout the community. Making these programs available would increase access to mental health services for many.

The Council decided to make two (2) motions for recommendations to the County Board.

Motion 1: To recommend to the County Board a need for a proper, pleasant, comfortable waiting area for clients at the Sojourn to lessen their burdens or stress as these families have experienced trauma. The waiting area would be enclosed and consist of, for example, a couch or comfortable chairs, refrigerator, and coffee, etc.

Motion 2: To create a \$10,000 annual line item for the Logan County Mental Health Advisory Council to fund activities and projects necessary to enhance their ability to serve the community. Any unpaid funds will be returned to the general fund of the County Board.

A motion was made to approve the recommendations to the County Board. Don Cavi made the first motion to approve and seconded by Olivia Messina. The Council approved the motions.

Action Item #6: Don informed the Council of the 2022 meeting schedule. The next LCMHAC meeting will be Wednesday, May 11, 2022, at CAPCIL (possible new time to be announced). The remaining meetings for 2022 will be held on August 10th and on November 9th.

Action Item #7: Upcoming Meeting Date/Time

The next scheduled meeting date of Wednesday, November 9, 2022, was potentially not going to work. Don will follow up with the Council shortly to verify the next meeting date.

Action Item #8: Adjournment

The Council entertained comments from visitors and **a motion was made to adjourn the meeting. The motion was made by Dan Benedict and seconded by Olivia Messina. The Council approved the motion.** The meeting adjourned at 10am.

Respectfully Submitted,

Don Cavi, Secretary

