

Meeting Minutes

Logan County Mental Health Advisory Council

Meeting Date: November 17, 2022

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

Present	Absent	Excused
Jeanette Davis		Alison Rumler-Gomez
Don Cavi		
Dr. David Hepler		
Dan Benedict		
Gary Davis (phone)		
Olivia Messina		
Rod Boyd		
Beth Nestler		

The meeting convened at around 11:35am. Roll call was taken by Secretary, Don Cavi and he welcomed Beth Nestler to her first meeting as a new member. Six (8) members were present. One (1) member was absent. The Council welcomed a guest, Angie Stoltzenburg.

Action Item #1: Meeting Minutes from August 24, 2022, were shared. No changes to the meeting minutes were made, and the minutes were approved. **The motion to approve was made by Jeanette Davis and seconded by Dan Benedict. The Council approved the motion.**

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

Dan Benedict (Mental Health Outreach)

Dan reported that the next tiny house build is scheduled to begin in April. They are still looking for a Veteran recipient for the next house. The Veteran rents the home and, after 10 years, the home is rent-free. More information regarding this program is available at civeteran.org. Jeanette Davis mentioned her mother was a home recipient and is pleased with the program.

Jeanette Davis (Mental Health Prevention)

Jeanette's report includes that Chestnut Health Systems is providing counseling services to high schoolers. Jeanette has been busy with the Recovery Oriented System of Care (ROSC) program that Chestnut Health Systems is working on a community empowerment program with the Logan County/Mason County Communities to encourage drug use prevention and to help those who are recovering find a means and support to get their lives back on track. The ROSC is working on stigma reduction and making efforts to attend local events to help recovering people be a part of the community and not a taboo topic. She is working on grants with ROSC and re-visiting their strategic plan. She is supporting local groups by providing educational materials. They have been meeting in the jail to assist those who are incarcerated. They have been busy providing recover opportunities thorough a 12-step program or "smart recovery" which incorporates mental and all aspects of health. The ROSC is also a part of a coalition to promote the need for emergency housing. ROSC is trying to connect with those who have lived experiences as drug abusers as they can reach out to help others as they understand and have lived the experience. Jeanette is also reaching out to local employers about giving people who are recovering opportunities to work and to learn new skills. Jeanette has supported businesses by offering tool kits and has been brainstorming with employers to think outside the box to

help people in recovery. Jeanette is collecting recovery stories to help motivate others who are struggling, and she is promoting opportunities for peer specialists and pathways to make it work.

Gary Davis and Don Cavi (Mental Health Promotion)

Gary shared that he is impressed with the 988 emergency mental health crisis number as he tested it out. Within 60 seconds someone answered. Gary suggested promoting this more throughout the community and to local churches. He said there are 41 churches on the Ministry Council and this would be a great avenue to promote the number. Olivia Messina and Jeanette Harris will attempt to do some outreach/promotion of 988. The health department can also post information on Facebook and Angie Stoltzenburg has a church email list of contacts.

Don reported that he is through five train the trainer sessions with his staff and training should take about a year. He is teaching this as part of his monthly staff meetings and $\frac{1}{2}$ to $\frac{2}{3}$ of staff are participating. He is developing the curriculum on his own and if anyone is interested in his presentations, please let him know. As part of his strategic plan, he would like to promote first aid training but is not aware of any programs. It was shared that Sharon Mills (or her replacement) at Illinois State University would be a good contact as they have offered a one-day training for \$20. Don informed that data gathering is a top priority of the advisory council and that anyone interested in meeting can stay after the meeting to discuss.

Olivia Messina (Mental Health Treatment and Maintenance)

Olivia shared that the Mobile Crisis Response Center had to pull back their hours for face-to-face visits and are only doing this from 8am-7pm Monday-Friday due to staffing issues. They only have 3-4 employees and need 7-8. During non-face-to-face late hours, people can call 217-788-7070 for assistance and they will do telehealth. It was noted there is some communication failures with the crisis line and the jail. Also, no available face-to-face counseling at the jail was also noted as a concern. The Springfield central location and no insurance coverage were cited as possible reasons and Olivia said she will talk to someone at LMH and the crisis center about how the jail can best be served. Olivia will also have someone at LMH reach out to the jail. Jeanette also added that Chestnut can assist by having Certified Recovery Support Specialists visit jail detainees to support the clinicians if they are not available. These people receive special training and are underutilized. Olivia met with the Lincoln team about doing more local education and marketing of their services to clinicians and the public through direct contacts and social media. The team also plans to market services by participating and advertising at local community events. Potential radio advertisement was also discussed. LMH Behavioral Health is working on a new electronic health record system to streamline work and eliminate paper.

Rod Boyd (Law Enforcement)

CAPCIL has been providing programs for jail detainees. Alison got the program started and Mike Robinson from CAPCIL, with the help of Kim Turner and volunteers, continues to engage with detainees as the program is a big success! Rod stressed the need for jail detainees to be engaged as the jail can be an isolated and stressful environment. Detainees eventually will need job connections, continued mental health counseling, peer education and family involvement in the recovery process. The Butterfly project (for children who experience violence) and CAPCIL were discussed as additional services available to lend counseling support to detainees and their families. Dr. Hepler raised questions about remodeling plans to make the jail more accommodating and offering the community and stakeholders tours to observe current conditions firsthand as a means to get additional community

support and funding. Rod and the Council are open to the idea. Beth Nestler will be joining Rod Boyd on the Council as the SME for law enforcement.

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

Action Item #3: Open Meeting Act Training

Don asked members to take time to complete the OMA training on-line through the IL Attorney General's Office as OMA applies to County Advisory Groups. He provided the Council with the information. He asks members to drop off or email him the Certificate of Completion for his records. To date, Don has Dan Benedict, Olivia Messina and Beth Nestler's certificates.

Action Item #4: County Updates & County Recommendations Moving Forward

Dr. Hepler shared with the Council that the County Board approved handling the costs of any upgrades to the Sojourn office waiting area. The County also approved of \$10,000 funds to the Mental Health Advisory Council for 2023 to cover any expenses related to their work. The funding is effective December 1, 2022. The Council discussed the need to create community awareness about mental health and resources. The Council made a recommendation that the County Board request the Logan County Assessor Office include a resource flyer with their property reassessment letters, if legally possible, which will be mailed to all county property owners.

A motion was made by Dr. Hepler to approve the recommendation for the County to request that the Logan County Assessor Office include a mental health resource flyer with the reassessment letters to Logan County property owners. The motion was seconded by Dan Benedict.

Action Item #5: Upcoming Meeting Dates/Times

The Council agreed that second Thursdays (quarterly) at 11:30am (lunch provided) at Logan County Department of Public Health works for meeting. The upcoming dates for next year are as follows:

February 9, 2023

May 11, 2023

August 10, 2023

November 9, 2023

A motion was made by Jeanette Harris to approve the meeting location/dates/times which was seconded by Dan Benedict.

Action Item #6: Public Comments/Adjournment

Dan Benedict re-emphasized the need to promote behavioral health and prevention. Angie Stoltzenburg of LMH informed the Council about the 2022 Illinois Youth Survey Results which can be found [here](#). The LMH Community Health Collaborative is facilitating a youth mental health coalition with The Butterfly Project. They have worked on case studies, gap identification, etc. If you have questions or for more information, you can contact Angie.

A motion was made to adjourn by Olivia Messina which was seconded by Jeanette Harris.

The next Logan County Mental Health Advisory Council meeting is scheduled for Thursday, February 9, 2023 (11:30am) at the Logan County Department of Public Health.

Respectfully Submitted,

Don Cavi
Secretary