

DEKALB COUNTY COMMUNITY MENTAL HEALTH BOARD
EXECUTIVE COMMITTEE
MINUTES OF MEETING

February 9, 2021

Approved

Committee Members Present: Jane Smith, Marilyn Stromborg, Meghan Cook

Staff Present: Deanna Cada, Kathy Ostdick

Other Persons Present:

1. Call to Order

Ms. Smith called the meeting to order at 5:02 p.m. Ms. Ostdick called the roll. All Committee members were present and there is quorum.

2. Agenda

Dr. Stromborg moved to approve the agenda; seconded by Ms. Cook. The motion passed unanimously on a roll call vote.

3. Approval of Minutes

Ms. Cook moved to approve the minutes of the 01/12/21 meeting; seconded by Dr. Stromborg. The motion passed unanimously on a roll call vote.

4. Office Report

Ms. Cada reported that she has been working with the Covid Response Fund Committee. They had sent out a survey on emotional and mental health support for non-profit agency staff. The CMHB had already hosted a Support the Supervisor Workshop by Dr. Toni Tollerud. We will be having another one on February 23rd. There will also be a Self-Care Support Group on Tuesday March 2nd and Thursday March 4th.

Tomorrow, Ms. Cada is partnering with Ms. Kim Volk, Director of the Ben Gordon Center, for an in-person Chamber of Commerce presentation on Mental Health Trends.

Ms. Cada had a reverse exit interview with Gary Hansen for insight into the new Administrator and how the Mental Health Board may be viewed. Mr. Hansen said he considers our Board an asset to the County.

Ms. Cada gave a presentation to NIU called "Active Minds" for students that have mental health issues or are getting into the field that deals with people with those issues. The students will be using this topic for a class project. Ms. Cada will interview the students on a quarterly basis for insight into what they have discovered. Ms. Cada and Mr. Maier presented to their Career Night. Ms. Cada spoke on government and mental health and Mr. Maier spoke about volunteering and mental health.

Ms. Cada shared a Thank You letter from the Census Bureau for all the work she had done on the 2020 Census.

5. By Laws/Policy & Procedure Review

Ms. Cada shared that it was time to review the By-Laws and asked Committee members to look them over and bring back any suggestions next month. Dr. Stromborg and Ms. Smith had read them and gave the Committee several suggestions.

6. DEI Consultant Proposal

Ms. Cada has talked to a Consultant that works with Non-profits. Her name is Ms. Hunt and she used to work with Forefront, a Non-profit Foundation Support Center out of Chicago. She now works with Equity. Ms. Cook had taken a workshop with her previously and said she was very engaging.

7. One Year and Three-Year Plan goals

The Suicide Programming Committee will be meeting tomorrow and they will be talking about an opportunity to work with NIU. Ms. Cada gave a presentation to a class on Program Evaluation Reports. The Class was very interested in the Suicide Programming Committee and would like to give feed-back to Ms. Cada. Ms. Cada gave them two projects connected with the Suicide Committee, a deep dive into QPR and the target suicide programming audience.

8. Date of Next Executive Committee Meeting: 3/2/21

9. Adjournment

Dr. Stromborg moved to adjourn at 5:24 pm; seconded by Ms. Cook. The motion passed unanimously on a roll call vote.

Respectfully submitted,

Jane Smith, Board President

Kathy Ostdick, Recording Secretary