

708 GENEVA COMMUNITY MENTAL HEALTH BOARD
MEETING MINUTES

February 9, 2021 7:00 P.M.
109 James Street
Geneva, Illinois

Visitors are welcome to all City meetings; however, pursuant to Governor Pritzker's Executive Order 2020-43 limiting gatherings of no more than 50 people (or 50% of room occupancy) and a requirement to wear a face covering in public places, physical attendance at public meetings may be limited or restricted. For more information please see the "[Notice Regarding Meeting and Public Comment Rule Modification Due to COVID-19](#)".

1. **CALL TO ORDER / ROLL CALL**

Chair Shogren called the meeting to order at 7:00 PM

Present: Gabriel, Gaines, Hamilton, Hollman, Kautz, Shogren

Others Present: Geneva High School PE/Wellness Department Chair Mr. Scott Hennig and assistant principal Mr. Drexler

Absent: Wagner

2. **AMENDMENTS TO THE AGENDA**

None

3. **OMNIBUS AGENDA (OMNIBUS VOTE)**

All items listed with an asterisk (*) are considered to be routine by the Mental Health Board and will be enacted by one motion. There will be no separate discussion on these items unless a board member or citizen so requests, in which event the item will be removed from the Omnibus (Consent) Agenda and considered in its normal sequence on the Regular Agenda.

4. **APPROVAL OF MINUTES, PAYMENTS**

*A. Regular Meeting Minutes of January 12, 2021

*B. Approve Payment to Recording Secretary for Services

Motion by Gabriel second by Kautz

Voice Vote Aye: 6 No: 0

Motion carries

5. **Guest Speaker:** Mr. Scott Hennig, Geneva High School PE/Wellness Department Chair
Chair Shogren introduced Mr. Hennig and Mr. Drexler from Geneva High School and offered a description of what the Geneva 708 Mental Health Board does, as well as introductions by board members.

Dr. Drexler thanked the Board for inviting them to this meeting to speak, stating he feels it signifies recognition that the community is seeing the work the school is doing and making connections to other areas of this community. Mr. Hennig offered an overview of the current type of physical education curriculum offered by Geneva High school. The first Wednesday of the month is currently devoted to mental health days. Students can choose from a variety of student-choice options on first Wednesdays. This was part of the curriculum before changes of 2020 occurred. An adapted curriculum which began in 2020, included a link shared that offers students mental health support options on remote learning days through a mindfulness curriculum. The curriculum offers videos followed by journaling, breathing exercises, Pilates, enhancements of mind/body awareness and more. Also mentioned is a class offered called

Geneva 708
Mental Health Board
February 9, 2021

Personal Wellness which includes dual credit opportunities with Waubensee Community College. It allows students who might be interested in areas of health and wellness or perhaps counseling type of work an opportunity to get more exposure to these kinds of experiences through this course. Next year a course involving sociology in sports will be offered as an expanded curriculum by the PE/Wellness Department. This course will also be offered as a dual credit course with Waubensee Community College. Dr. Drexler added that some of what we've experienced as a society over the last year, will quite possibly remain and believes that these mindfulness topics added will help students become better self-advocates as they navigate high school and work toward their chosen career paths into adulthood. Mr. Hennig believes the students at Geneva High School connect well with the the PE/Wellness team and there is a unique ability to build rapport with all students because this team sees every student in the school.

Chair Shogren thanked Dr. Drexler and Mr. Hennig for coming to the meeting and for their service to the community as educators.

6. **Chairperson's Report:**

Chair Shogren shared that the Geneva City Council Budget was approved and is available on the City website; highlighting that City property tax is due to *decrease* next year and that the City has stated they are on track to navigate costs associated with the Covid-19 impact. Geneva Public Schools have already received \$1.18M in Coronavirus relief funding. Geneva District 304 is also set to receive more than \$1M in grants, in Coronavirus relief funding and is encouraged to spend it on areas showing greatest need including mental health care. Chair Shogren shared information released from the American Heart Association highlighting the correlation between positive mental health and overall good physical health.

7. **ACMHAI Report:**

A. Member Dues Invoice 2021

Chair Shogren sent the invoice received to the City of Geneva for payment, noting that it's now serviced by a 3rd party.

B. Membership Survey

Chair Shogren and Vice-Chair Hamilton discussed the annual membership survey that's sent out to all member organizations.

8.

New Business:

A. Guest Speaker for March

Chair Shogren revisited some of the topics previously brought up for guest speakers. A Board Member recalled that there are some new positions within the Police Department, as well as a new Police Chief. These new positions include a social worker. What may be interesting is to learn more about this. Chair Shogren will reach out to the Police Department.

B. Organizations and Service Provider's Newsletters

Chair Shogren shared electronic newsletters noting that many are becoming electronic, and that she would be happy to share any of them by forwarding but will continue to briefly highlight items during 708 Board Meetings, occasionally forwarding information that seems to be of particular interest.

Geneva 708
Mental Health Board
February 9, 2021

Fox Valley Hands of Hope has celebrated 40 years in the community recently.

NAMI sent information with two items of note: including “taking a pause”, a list of some recommended readings and a live webinar offered by Kishwaukee Hospital.

Mental Health First Aid sent information encouraging practices of resilience and methods of practice.

Health and Human Services department had a core group as well as partnership organizations participation working together to send messaging to legislatures for FY22 asking for certain principles to be a guide in decision-making. For example, historic “silos” were recognized outlining facts about saving cost in one budget could show direct correlation and a shift of need to another budget. They outlined human suffering as an outcome to these methods of failing to recognize how silo budgeting affects outcomes for people. They’ve stated that the General Assembly needs to recognize how some areas of “savings” do not actually save any money, it simply transfers where that money is spent and is at the cost of great human suffering.

9. **Old Business:**

Discuss Student Liaison

Chair Shogren will reach out to the High School. The hope is this individual might also be involved in May Mental Health Month. A Board Member stated they’d like to see a more defined role for the student showing the benefit for both the Board and the Student. It was also recommended that consulting Dr. Drexler on what this role might look like as a benefit to students. The topic will be tabled for now and revisited. Chair Shogren will however reach out as discussed. A Board Member indicated that perhaps this could be a project for a student in one of the courses discussed from guest speaker presentations earlier this evening.

10. **Public Comments, Mail**

None

11. **Adjournment**

Chair Shogren asked for a motion to adjourn the meeting.

Motion by Kautz second by Gaines

Voice Vote Aye: 6 No: 0

Meeting adjourned at 8:03PM

All Scheduled Meetings for the 708 Geneva Community Mental Health Board to begin at 7:00 PM unless specifically noted