



# WCCMHB

Winnebago County  
Community Mental  
Health Board

## Winnebago County Community Mental Health Board Minutes

**Date:** Wednesday, May 3<sup>rd</sup>, 2023

**Time:** 2:00 PM CST

**Location:** Region 1 Planning Council, 127 N Wyman Street, 2<sup>nd</sup> Floor, Rockford, IL 61101 or virtual at [Winnebago County Community Mental Health Board YouTube Page](#)

**Called by:** Mary Ann Abate: President

**Members:** Richard Kunnert: Vice President, Dr. Bill Gorski: Secretary, Wendy Larson-Bennett: Treasurer, Rev. Dr. K. Edward Copeland, Dr. Terry Giardini, Tim Nabors, Linda Sandquist, Mohammad Yunus

**Director:** Jason Holcomb, Region 1 Planning Council

### Agenda:

**A. Call to Order:** President Mary Ann Abate called the meeting to order at 2:00 PM

### B. Roll Call

- Mary Ann Abate: Present
- Dr. K. Edward Copeland: Absent
- Dr. Terry Giardini: Present
- Dr. Bill Gorski: Present
- Richard Kunnert: Present
- Wendy Larson-Bennett: Absent
- Tim Nabors: Present (Left at 2:41 PM)
- Linda Sandquist: Present
- Mohammad Yunus: Present
- Jason Holcomb: Present
- Guests:
  - Chelsey Glatz, Nicole Bennett: Region 1 Planning Council
  - Joy Drysdale, Christa Reiter: Lifescape

### New Board Member Introduction

Mohammad Yunus gave an introduction about his experience and background.



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**C. Public Comment**

1. No Public Comment

**D. Presentations**

**1. Lifescope:**

- i. Presenters: Joy Drysdale and Christa Reiter
- ii. Notes: Lifescope's Senior Mental Health Program seeks to strengthen older adults' resilience and mental health well-being through many of life's changes by assessing, educating, and referring clients to the support and help they need. Older adults have the highest suicide rate in the country. Increasing socialization and physical activity are common goals that seniors have in this program. As a result of this program, individuals have a decreased depressive screening score, a reduction in depressive symptoms, and a reduction in mental health stigma scores.
- iii. Mrs. Abate commented on the recent Surgeon General report that loneliness is a public health crisis and inquired how that will be addressed in this program. Representatives from Lifescope indicated that addressing loneliness is important in their program. Dr. Giardini asked what caused some individuals to not be successful in this program. Lifescope responded that some individuals who have other physical health issues or who do not want to complete the program are sometimes not successful. However, they aim to educate individuals and meet clients where they are at in terms of receiving care. Mr. Yunus asked about the demographic breakdown of the program, which was provided in the data given by Lifescope. Lifescope provides resources for low- English Proficiency (LEP) individuals, as that, can be a barrier to care.

**E. Monthly Activity Report - April 2023**

1. Jason Holcomb, WCCMHB Director, gave the April 2023 Activity Report.
  - i. Notes: A communications specialist selection has been made and will be announced later this week. On May 5<sup>th</sup>, NAMI and WCCMHB are co-hosting the Building Bridges event. Clarification of the Open Meetings Act was provided. There is a Special Board Meeting on June 15<sup>th</sup> at 1:00 PM, and Board Members will complete an empowerment evaluation about Board operations. There will be a budget discussion and approval in this meeting as well. Today is the deadline for the full application for new applicants in the grant application cycle. Board Member reviews will be assigned for reviews.



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**F. Action Items**

**1. April 2023 Meeting Minutes**

Motion: To approve the April 2023 Meeting Minutes.

- i. Raised by: Mr. Nabors
- ii. Seconded by: Mr. Yunus
- iii. Discussion: None
  - a. Motion **approved** by a unanimous vote of all Board Members present.
  - b. Absent Board Members: Ms. Larson-Bennett, Dr. Copeland

**2. Resolution 2023-X: Resolution Authorizing the Winnebago County Mental Health Board Funding and Allocation of Grant Funds for Continued Funding Applications for Program Year 2023-2024 (PY24)**

Mrs. Abate read the resolution, announcing the continued funding programs' amounts.

Motion: To approve Resolution 2023-X.

- i. Raised by: Mr. Kunnert
- ii. Seconded by: Mr. Nabors
- iii. Discussion: There was a discussion about the public announcement of funding amounts for funded programs.
  - a. Motion **approved** by a roll call vote.
    - Dr. K. Edward Copeland: Absent
    - Dr. Terry Giardini: Aye
    - Dr. Bill Gorski: Aye
    - Richard Kunnert: Aye
    - Wendy Larson-Bennett: Absent
    - Tim Nabors: Aye
    - Linda Sandquist: Aye
    - Mohammad Yunus: Aye
    - Mary Ann Abate: Aye



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**3. Resolution 2023-X: Resolution Authorizing Funded Programs' Budget Updates for Program Year 2022-2023**

Mr. Holcomb discussed the relevancy of budget requests and that the June Board Meeting is the final meeting to request a budget amendment by the funded programs. Crisis Co-Response Team, Rosecrance, Winnebago County Sheriff's Office, and Remedies Renewing Lives requested budget amendments. Mr. Holcomb provided a brief explanation of the budget changes.

**Motion:** That the changes be accepted.

- i. Raised by: Mr. Kunnert
- ii. Seconded by: Dr. Gorski
- iii. Discussion: Rosecrance waived the occupancy line item as they share occupancy at the public safety building. The City of Rockford has a work plan amendment to hire a Program Director that will be split between the Crisis Co-Response Team and the Mobile Integrated Health Program.
  - a. Motion **approved** by a roll call vote
    - Dr. K. Edward Copeland: Absent
    - Dr. Terry Giardini: Aye
    - Dr. Bill Gorski: Aye
    - Richard Kunnert: Aye
    - Wendy Larson-Bennett: Absent
    - Tim Nabors: Absent
    - Linda Sandquist: Aye
    - Mohammad Yunus: Aye
    - Mary Ann Abate: Aye



**G. Discussion Items**

**1. Behavioral Health Advisory Committee**

- i. Mrs. Abate received a call from Mayor McNamara about putting together a Behavioral Health Advisory Committee. The Mayor had invited WCCMHB to sit on this advisory committee. It will look at other possible mental health grants the City could qualify for beyond the mental health tax funding. Local leaders from some of the major organizations are also invited. Mayor McNamara would like the group to brainstorm about their vision of behavioral health and the needs they see. Mercy, UW-Health, UIC School of Medicine, and WCCMHB were pointed out as being invited to this committee. Jason Holcomb will be the representative for WCCMHB. Mrs. Abate wanted to inform the Board that we are open to participating and will keep the Board informed of any updates.

**H. Other Matters**

- 1. No Other Matters

**I. Adjournment**

- 1. **Motion:** For Adjournment was carried. Adjourned at 2:49 PM
  - i. Raised by: Mr. Kunnert
  - ii. Seconded by: Dr. Gorski
    - a. Motion **approved** by a unanimous vote of all Board Members present.
    - b. Absent Board Members: Dr. Copeland, Ms. Larson-Bennet, Mr. Nabors