

Observer Report

Mental Health Board

Date: May 9, 2019

Observer: Pat Blumen

Meeting Began: 7:03PM

Meeting Ended: 9:15PM

Members Present: Jessica Sales, Chair, Jackie Haimes, Irene Zaya, Karen Reutzel, Sandi Johnson, Gnathan Carpenter

Absent: Rebecca Feiler

Staff Present: Jessica Wingader, Kimberly Richardson

Various community agencies were present.

Guest Speaker: Henry Perkins

Minutes Approved.

Liaison Reports:

–Jackie (Meals at Home) getting own kitchen so don't have to rely on Evanston Hospital; getting IPODs for all drivers.

–Jackie (Learning Bridges) has a Social Worker focusing on social-emotional development; infant-toddler program has 25 in 6 different day care homes; Collaborates with Open Studio for art projects, Cradles to Crayons, & Bundled with Blessings (for diapers); 70th anniversary.

–Jessica (Moran Center) has new attorney; will be moving to new location at Dodge/Dempster; partnership with CASE advocating for special education; parent partners through IEP Process (has 13 trained parents),

–Jessica (Interfaith Action) visited St. Mark's 35 to 40 homeless at 7:30AM: 2 fights were broken up within 30 minutes; have jobs & computer training center; will be open every night through next winter; COMMENT: Evanston needs a permanent space for a homeless shelter.

–Jessica (Metropolitan) expanding case management for families.

–Jessica (Teen Baby Nursery) Mothers aged 14 – 23; located in Family Focus building; can't use water because of lead in pipes.

Guest Kimberly Richardson, Deputy City Manager, gave an update of the 2019 Review of Social Services, which are spread across park, health, library and MHB and CBDG.

Says she has learned in ward mtgs. that there is much concern about social services in Ev.; Acknowledged that Social Services were hardest hit from the state. Two main questions: looking at how are we providing social services and Impact through an equity lens. Who are we

trying to impact? Are we succeeding? Are they better off? Has a committee of City staff, who have been meeting for a couple of months: working now internally with staff; next, community partners & recipients of city services. “Community” (my quotes) should say who gets services; need a full conversation with community indicators and how to meet; prioritize; consistency across services; to come back to MHB; doing things showing impact. Last survey was about priority-based budgeting. Need to Reimagine what Social Services in Evanston is about.; a racial equity process: who does not come to the table and tell us what they need. Address structural racism in our zone to do outreach: 10 staff with do outreach. “Everything starts with race”; lack of access for community of color. Says we talk about how to save programs, but not how to change the community. Says policy and cultural shifts have not been done in Evanston yet; suggests MHB could have meetings outside the civic center.

Guest Speaker Henry Perkins, Clinical Psychologist at Northwestern with private practice in Chicago and Evanston, Working with people of color; runs Stress Management Clinic at Northwestern:

Types of stress: Structural, Institutional & Individual/Implicit Bias in Health, Transportation, Education, Higher Education, Employment, Housing, & Criminal Justice; There is race-related stress when an event is perceived as biased, there are emotional, cognitive, physical & behavioral responses, even among higher Socioeconomic levels; Racial microaggression: microinsults, microassaults, microinvalidation. “John Henryism”: defense against being considered lazy & stupid is to work yourself to death. Stress & perceived stress leads to cellular aging. Maladaptive coping mechanisms: overeating, alcoholism, drug abuse, smoking; capacity for self-regulation is single most important factor to address stress: culturally-informed social- emotional learning; emotional regulation training; positive psychology interventions; What is important is not what you know but who you are; need to have black culture woven into the curriculum; these factors are more important if you start early; mindful awareness improves all; recommends early intervention with culturally-relevant social-emotional learning interventions.

2020 Funding Priorities:

- 1) Programs and services to promote mental and behavioral health of residents throughout the lifespan.
- 2) Programs and services that address mental health and social inclusion for marginalized populations.
- 3) Trauma-informed programs and services that support the social-emotional and developmental needs of children and adolescents.
- 4) Programs and services that enhance mental health by providing emergency or long-term housing, case management or nutritional services.

Chair: No report

Jessica Sales continuing as Chair; Becky Feiler will be Vice-Chair.

June meeting canceled.