

JO DAVIESS COUNTY
AD-HOC MENTAL HEALTH COMMITTEE
MEETING MINUTES
AUGUST 21, 2025

I. Call to Order

Committee Chairperson Lynn Gallagher called the meeting to order at 2:00 PM on Thursday, August 21, 2025 in the Jo Daviess County Board Room, Jo Daviess County Administrative Offices in Galena, Illinois.

II. Roll Call

Roll Call was answered as follows: Present – Lynn Gallagher, Steve Endress, John Schultz, Stephanie Cocagne. Present: 4. Present electronically – 0. Present electronically: 0. Absent – LaDon Trost, Dianne Allendorf, Kevin Stewart, Sandra Schleicher, Tracy Bauer. Absent: 5. A quorum was not established. The Committee decided to hold the meeting to document their attempt to conduct business, although no official actions could be taken.

III. Approval of Minutes

The draft minutes of the July 17, 2025, Ad-Hoc Mental Health Committee meeting were included on the agenda and in the meeting packet. They will be added to next month's agenda for approval.

IV. Citizens' Comments

None.

V. Unfinished Business

Gallagher updated the Committee on items from the agenda. These action items started in October 2024.

Currently, there are three surveys circulating around the county. Gallagher shared the surveys on Facebook a couple of weeks ago. There has been great feedback from local law enforcement and schools. She has also asked the local schools' superintendents to distribute the surveys where possible. Gallagher has the desire to get additional comments, and for more responses and input, she intends to have two in-person focus groups to potentially coincide with Suicide Awareness Month, which is in September. Specifically for community members, she hopes to put a few ads in the local newspapers to try and get citizens out to attend the meetings; however, the marketing hasn't hit as many individuals as she originally had hoped for. She presented the idea of maybe having a third focus group; potentially agencies that receive 708 Mental Health Board funding, local EMS, providers, school administrators, and more. Gallagher wants to set a meeting time for that third group, that will ensure ample attendance. The thought of whether the Committee could provide refreshments in these focus-group settings was discussed. There will be more brainstorming on this at next month's meeting.

Cocagne mentioned that key stakeholders would require more than a month's notice to get a focus

group onto their busy schedules. Offering the Zoom option is very important as well, to not cut into some people's travel time. Gallagher asked the present members to think of the people who should be invited to the focus groups. She inquired about the schedule of the Administration office and conflicting meetings, especially with the busy budget season having already commenced. The first date mentioned was the morning of Thursday, October 23; that would possibly work if there was a lunch provided for the stakeholder attendees. Regarding the community-based meetings, there was an opinion about holding those in the evenings. Cocagne suggested maybe one evening and one daytime meeting for the public. Gallagher said that there was the option of using Galena Middle School if desired. She also suggested potentially holding off until the first week of November until the completion of the Courthouse Renovation Project. It was tentatively decided that it may be best to wait until November during the daytime. For larger community groups, it might be better to push it back; that will give the members more time to market the meetings. There will be more discussion at the September meeting.

Next, Gallagher stated that Cocagne has been doing a fantastic job with Item V.A.3., analyzing existing mental health services and providers.

Regarding any funding, Gallagher mentioned that as of a year ago, there was a larger amount of funding available. She has contacted LaHood's office and has not heard back on any opportunities.

Regarding examining any mental health crisis resources, Gallagher has unfortunately found nothing.

She wanted to state that an incredibly common response in the survey was tied to assessing the stigma and community perceptions of mental health services.

On analyzing data on mental health outcomes, Gallagher welcomed anyone that wanted to help with that, to please reach out to her.

By identifying community partnerships for mental health improvement, Gallagher is hoping that these public focus groups will be a great networking tool to assist with that.

Cocagne gave an update on the NAMI in-person training. Danielle of NAMI in Rockford had hoped to do in-person training for friends and family of individuals with mental illness. Those friends and family members become facilitators for other friends and family of people with mental illness. Because of the long travel distance for NAMI to come from Rockford, they may be able to plan online training and people could start facilitating their own focus groups. They would remotely try to help us in any way they could. Gallagher asked if NAMI was paid for their services, if they would consider coming to Galena. Cocagne believes it may be more of a people's problem, and she is afraid it wouldn't be enough to get people out there for a minimum of two hours at a time. She does, however, think that it may be an option to do the friends-and-family training in Dubuque; but, learning about other states' resources would be a hurdle. Gallagher would prefer they stick with the Rockford office.

VI. New Business

VII. Reports

Gallagher spoke about Mental Health America. Cocagne is a member, and they have an entire page on their website to be utilized as a rural mental health resource center. There are webinars, links to support, and more. She is going to send everyone a link to the site. She reiterated the conversation from earlier; that if they could get some support groups in this area, that would be a great start.

Cocagne wanted everyone to know that there was Mental Health First-Aid Training for the agricultural communities coming up.

VIII. Citizens' Comments

None.

IX. Committee Member Concerns

None.

X. Adjourn

Motion to adjourn was made at 02:35 PM by John Schultz and seconded by Stephanie Cocagne. Motion carried by voice vote.

Next committee meeting is Thursday, September 18, 2025 at 2:00 p.m.