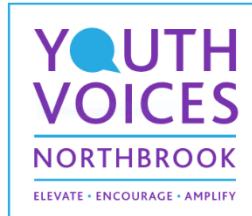


1
2 **MINUTES OF A MEETING OF A REGULARLY-SCHEDULED**
3 **YOUTH COMMISSION MEETING, VILLAGE OF NORTHBROOK**
4 **COOK COUNTY, ILLINOIS**
5 **February 24, 2021 – Remote Meeting**



6 **Adult Commissioners Present (3)**
7 Carla Slawson-Martens, Chairperson
8 Jennifer Saperstein
9 Amy Oberholtzer

10 **Student Commissioners Present (5)**
11 Jenna Ciesla
12 Zaynah Hussaini
13 Nell Badgley
14 Adam Berkowitz
15 Theresa Lee

16 **Adult/Student Commissioners Absent (12)**
17 Ari Meyers
18 Andrew Xing
19 Daniel Kim
20 Neil Moghe
21 Emmeline Hazaray
22 Kelli Christenson
23 Sally Kroha
24 Erin Cooper
25 Derrik Chen
26 Hannah Karlin
27 John Bosacoma
28 Kelly Kim

29 **Village Staff Present (1)**
30 Madeline Farrell, Staff Liaison

31
32 **Call to Order**
33 Chairwoman Slawson-Martens recruited a Student Chair, and at 7:07p.m., Commissioner Lee called the
34 meeting to order.

35
36 **Approval of Meeting Minutes**
37 Commissioner Lee moved to approve the meeting minutes of January 20, 2021. Commissioner Berkowitz
38 seconded. Upon voice vote, the motion moved unanimously.

1 **Hear from the Audience**

2 Lauren Cole attended the meeting to provide an overview of her experience with the Josselyn Center's
3 Mental Health First Aid Training. Chairwoman Slawson-Martens started by reviewing the Youth Commission's
4 mission and introduced the Commission to Lauren.

5
6 **Josselyn Center's Mental Health First Aid Training**

7 Lauren Cole, a sophomore majoring in psychology at University of Wisconsin-Madison, discussed her
8 experience with the Josselyn Center's Adult Mental Health First Aid Training. She felt the training was
9 incredibly helpful program and helped her gain confidence in handling these types of situations. Her biggest
10 takeaway was knowing more clearly what to do and what not to do. When asked, Lauren said she definitely
11 could have used these skills during her high school experience. She also commented on the training emphasis
12 on self-care. Lauren found out about the program via social media. Lauren suggested that at some point in
13 everyone's life, they will have an opportunity to help someone else and should be equipped with these
14 lifelong lessons and tools.

15
16 Staff liaison Farrell provided details about the Teen Mental Health First Aid Training. Commissioner
17 Oberholtzer announced that she found out this week that GBN has committed to training all students and
18 teachers in the fall in this Mental Health First Aid Training. The Commission discussed whether or not
19 duplicating the training was a good idea. Some student commissioners liked the idea of being trained prior to
20 the high school's training in the fall.

21
22 Because there was a significant number of commissioners missing from the meeting, it was decided that the
23 training details would be emailed to the entire Youth Commission to solicit more feedback. If the Commission
24 decides to move forward, staff liaison Farrell will work with the Josselyn Center to schedule the adult and
25 youth portions of the training.

26
27 **Community News**

28 The student commissioners discussed the current remote/in-person dynamics at school.

29
30 **Next Meeting: Wednesday, March 17, 2021**

31
32 **Adjournment**

33 Commissioner Lee moved, seconded by Commissioner Berkowitz to adjourn the meeting at 8:20 p.m. On a
34 voice vote, the motion carried unanimously.

35
36