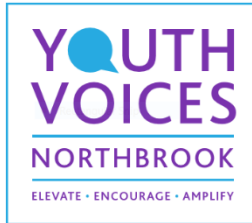


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**MINUTES OF A MEETING OF A REGULARLY-SCHEDULED
YOUTH COMMISSION MEETING, VILLAGE OF NORTHBROOK
COOK COUNTY, ILLINOIS**

February 24, 2021 – Remote Meeting



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Adult Commissioners Present (3)

Carla Slawson-Martens, Chairperson
Jennifer Saperstein
Amy Oberholtzer

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Student Commissioners Present (5)

Jenna Ciesla
Zaynah Hussaini
Nell Badgley
Adam Berkowitz
Theresa Lee

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Adult/Student Commissioners Absent (12)

Ari Meyers
Andrew Xing
Daniel Kim
Neil Moghe
Emmeline Hazaray
Kelli Christenson
Sally Kroha
Erin Cooper
Derrick Chen
Hannah Karlin
John Bosacoma
Kelly Kim

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Village Staff Present (1)

Madeline Farrell, Staff Liaison

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Call to Order

Chairwoman Slawson-Martens recruited a Student Chair, and at 7:07p.m., Commissioner Lee called the meeting to order.

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Approval of Meeting Minutes

Commissioner Lee moved to approve the meeting minutes of January 20, 2021. Commissioner Berkowitz 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.

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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.

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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.

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27 **Community News**

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

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

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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.

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