

CHAMPAIGN COUNTY MENTAL HEALTH BOARD
COMMITTEE OF THE WHOLE (COW) STUDY SESSION

Minutes – March 16, 2005

*Illinois Terminal Building
45 East University Avenue
Second Floor Conference Room
Champaign, IL*

6:00 p.m.

MEMBERS PRESENT: Mary Ann Midden, Chair; Janet Anderson, Aillinn Dannave, Ernest Gullerud, Kathryn Hatfield, Gina Jackson, Mike McClellan, Deborah Townsend

MEMBERS EXCUSED: Thom Moore

STAFF PRESENT: Peter Tracy, Executive Director, Mark Driscoll, Stephanie Howard-Gallo

STAFF EXCUSED: William Conlin, Nancy Crawford

OTHERS PRESENT: Mary Kay Pleck, League of Women Voters (LWV); Fannie Griffin, National Alliance for the Mentally Ill (NAMI); Jeanette McCollum, University of Illinois; Julie Kartel, Mental Health Center of Champaign County (MHC); Holly Jordan, Joyce Dill, Champaign County Board for Care and Treatment of Persons with a Developmental Disability (CCDDB); Susan Cole, School of Social Work, University of Illinois; DeeAnn Ryan, Vermilion County Mental Health Board; Burnell Dixon, C-U Area Project (CUAP); Dr. Harold Davis, TALKS Mentoring

CALL TO ORDER:

Ms. Mary Ann Midden, CCMHB Vice-President, called the meeting to order at 6:05 p.m.

ROLL CALL:

Roll call was taken and a quorum was present.

APPROVAL OF MINUTES:

Minutes were included in the Board packet for review.

MOTION: Ms. Hatfield moved to approve the minutes from the February 16, 2005 Committee of the Whole (COW) meeting. Ms. Jackson seconded the motion. A voice vote was taken and the motion passed unanimously.

COMMITTEE OF THE WHOLE STUDY SESSION:

Social Emotional Learning:

Dr. Ed Dunkelblau, the director of the Institute for Emotionally Intelligent Learning was introduced. The Institute is a not-for-profit organization designed to provide programming, training and resource development for children, adults, schools and businesses. Its focus is to develop and improve social and emotional skills, which in turn increases the likelihood of success and satisfaction in school, at work and in family.

Dr. Dunkelblau discussed the benefits of emotional intelligent learning which includes:

- Helps participants handle stress and emotional reactions
- Teaches effective ways to build positive relationships and improve teamwork
- Enables the learner to support and encourage social/emotional skills in others
- Encourages motivation and supports positive goal directed achievement
- Teaches effective problem solving and decision making strategies
- Increases safety in school and work environments
- Improves parent/child relationships
- Promotes healthy growth in marital relationships

BOARD ANNOUNCEMENTS:

There will not be an April Committee of the Whole meeting.

ADJOURNMENT:

Ms. Midden adjourned the meeting at 8:00 p.m.

Respectfully

Submitted by: _____ Approved by: _____
Stephanie Howard-Gallo Mary Ann Midden
CCMHB Senior Secretary CCMHB Vice-President

Date: _____ Date: _____

****Minutes are in draft form and are subject to CCMHB approval.***