

WHEELING TOWNSHIP COMMUNITY MENTAL HEALTH BOARD

1616 North Arlington Heights Road
Arlington Heights, IL 60004
PAULA ULREICH MEETING ROOM

REGULAR MEETING

WEDNESDAY, OCTOBER 14, 2026

6:00 PM

Zoom link:

<https://us02web.zoom.us/j/83610274248?pwd=SbJJgKZ9WAHEUAGU8VqMrxPEOlPBhw.1>

Zoom ID: 836 1027 4248 Passcode: 409879

The public may view the meeting via Zoom; however, public comment will not be accepted through Zoom. Remote participants wishing to comment must submit written comments by email to Executive Director, Karin Frisk, at: kfrisk@wheelingtowship.com by **12:00 PM (noon)** on the day of the meeting. Submitted comments will be forwarded to all Board Members and read aloud during the Citizens to be Heard section. In-person attendees may comment during that portion of the meeting.

1. CALL TO ORDER
2. ROLL CALL
3. PLEDGE OF ALLEGIANCE
4. CITIZENS TO BE HEARD – Remarks Limited to Three Minutes
5. APPROVAL OF MINUTES
 - a. Regular Meeting of September 9, 2026
6. REPORTS
 - a. President's Report
 - b. Executive Director's Report
 - c. Site Visit Reports
7. BUSINESS – FOR DISCUSSION / FOR ACTION
 - a. List of Bills – Approval
 - b. 2027 Board Meeting Schedule – Discussion / Approval
 - c. FY2027-28 Preliminary Admin Budget – Discussion / Approval
 - d. FY2027-28 Tentative Funding Allocations – Discussion / Approval
 - e. FY2026 Levy Request – Discussion / Approval

8. BOARD MEMBER COMMENTS

9. CLOSED SESSION (Motion to Convene Closed Session) to Discuss: Semi-Annual Review of Closed Session minutes – 5 ILCS 120/2(c)(21)

10. OTHER BUSINESS (Including Action of Matters from Closed Session, if Any)

11. ADJOURNMENT

UPCOMING MEETINGS:

SPECIAL BOARD MEETING – OCTOBER 22, 2026, at 6:00 PM (TENTATIVE)

SPECIAL BOARD MEETING – NOVEMBER 5, 2026, at 7:00 PM (TENTATIVE)

REGULAR BOARD MEETING – THURSDAY, NOVEMBER 12, 2026, at 7:00 PM

WHEELING TOWNSHIP COMMUNITY MENTAL HEALTH BOARD

MINUTES OF SEPTEMBER 9, 2026

1. Call to Order

The Community Mental Health Board Meeting of Wheeling Township, for September 9, 2026, was held in the Paula Ulreich Meeting Room, in the Township of Wheeling, 1616 North Arlington Heights Road, Arlington Heights, Illinois.

President Grainawi called the meeting to order at 7:02 PM.

2. Roll Call

Board Members present: Bill Dixon, John Lubbe, Teri Pacion, Jen Underwood, and President Lorri Grainawi.

Board Members Absent: Jack Vrett.

Also Present: Executive Director, Karin Frisk.

Secretary Dixon confirmed that a physical quorum of the Board was present and moved to permit Member Clark to participate remotely due to a medical event, seconded by Member Underwood.

Roll Call Vote: Ayes: Dixon, Lubbe, Pacion, Underwood, and Grainawi
Nays: None
Motion carried.

3. Pledge of Allegiance

President Grainawi led those assembled in the Pledge of Allegiance.

4. Citizens to Be Heard

None.

5. Approval of Minutes

a. Regular Meeting of August 12, 2026

Member Underwood moved to approve the minutes, seconded by Member Pacion.

Voice Call Vote: All Ayes
Nays: None
Motion carried.

6. Reports

a. President's Report

President Grainawi reported that she had attended a recent Cook County Behavioral Health presentation and provided information regarding upcoming behavioral health and family wellness events available to the public and Board Members. She also reminded the Board of the upcoming Township-hosted virtual presentation, *Help, Hope and Recovery: Supporting Mental Health in Wheeling Township*, which she and Executive Director Frisk will co-present.

President Grainawi reported on Township operations and initiatives, including increased social media outreach, continued growth in subscriptions of the monthly e-newsletter, and progress on the website redesign project, which remains under development. She further reported that property tax bills had been distributed and that related revenues are expected in coming months.

b. Executive Director's Report

Executive Director Frisk provided an update on the website redevelopment project, including proposed content enhancements and opportunities to improve public access to Board information and mental health resources. Board Members were invited to submit photographs and suggestions for website content. Executive Director Frisk also reported on agency site visits, grant application review activities, upcoming educational presentations, and attendance at community partner events. Additional updates were provided regarding grant reporting, invoice processing, and ongoing administrative activities.

c. Site Visit Reports

Board Members reported on recent site visits to several service providers, including Avenues to Independence, Ascension, Northwest Center Against Sexual Assault, OMNI, Cancer Wellness Center, and Little City. Members discussed agency programs, community partnerships, service delivery, and facility operations. Observations included ongoing vocational and therapeutic programming, collaborative relationships with community organizations, support services for individuals and families, and efforts to expand programming and improve participant opportunities. Members noted the value of site visits in providing additional understanding of agency services, populations served, and the impact of Board-funded programs.

7. Business – for Discussion / For Action

a. List of Bills – Approval

Member Lubbe reported that he had audited the claims and expenditures for Batch #8/25/26, #8/31/26, and #9/9/26 against the Community Mental Health Board Fund and recommended approval of payment in the amount of \$60,147.13.

Member Dixon moved to approve the payment of claims, seconded by Member Pacion.

Roll Call Vote: Ayes: Clark, Dixon, Lubbe, Pacion, Underwood, and Grainawi
Nays: None
Motion carried.

b. Admin Budget – Discussion

Executive Director Frisk presented a draft preliminary administrative budget for the upcoming fiscal year, noting that all figures were estimates and subject to change. The Board reviewed projected administrative expenses, reserve and contingency funding, cash flow needs, and funding for a potential community needs assessment. Members discussed budget assumptions, long-term financial planning, and agency funding priorities. No action was taken.

c. Levy Request – Discussion

The Board discussed preliminary levy planning, including community service needs, taxpayer impact, reserve funding, and agency funding requests. Members exchanged perspectives regarding future levy recommendations and funding priorities. No action was taken.

8. Board Member Comments

Board Members discussed upcoming meeting dates, training opportunities, and community events.

9. Closed Session for Semi-Annual Review of Closed Session Minutes, Pursuant to 5 ILCS 120/2(c)(21)

Member Underwood moved to convene Closed Session for the purpose of semi-annual review of Closed Session minutes at 8:37 PM, seconded by Member Pacion.

Roll Call Vote: Ayes: Clark, Dixon, Lubbe, Pacion, Underwood, and Grainawi
Nays: None
Motion carried.

Member Underwood moved to return to Open Session at 8:40 PM, seconded by Member Pacion.

Roll Call Vote: Ayes: Clark, Dixon, Lubbe, Pacion, Underwood, and Grainawi
Nays: None
Motion carried.

10. Other Business (Including Action on Matters from Closed Session)

No final action was taken in Closed Session.

11. Adjournment

Member Underwood moved to adjourn the meeting at 8:41 PM, seconded by Member Pacion.

Voice Call Vote: All Ayes
Nays: None
Motion carried.

The next Regular Meeting of the Community Mental Health Board is scheduled for Wednesday, October 14, 2026 at 6:00 PM.



Wheeling Township Community Mental Health Board

2027 Meetings

All Wheeling Township Community Mental Health Board meetings are held at 7:00 PM, unless otherwise noted.

Meetings are open to the public and held at the Wheeling Township building located at 1616 N. Arlington Heights Road, Arlington Heights, IL 60004.

January 13, 2027

No Regular Meeting in February

February 27, 2027*

March 10, 2027

April 14, 2027

May 12, 2027

June 9, 2027

July 14, 2027

August 11, 2027

September 8, 2027

October 13, 2027

November 10, 2027

December 1, 2027

*Board Development Meeting at 9:00 AM.