



## February Meeting 1

Date: February 6, 2024.

### Attended:

Elyse Sereyka, Susan Backman, Jamee Potash, Donna Emmons.

### Agenda

1. Review group agreements.
  - a. Nicole went over the current group agreements and gave some suggestions of more the council may want to add as we dive into the new topic of mental and behavioral health. Everyone agreed we should add the suggestions.
2. An overview of mental and behavioral health.
  - a. Nicole went over the definition of children's mental health according to the Center for Disease Control.
  - b. Nicole showed a video entitled "A Parent's Perspective on Children's Mental Illness" and the council debriefed about the video afterward.
3. Data literacy.
  - a. Nicole went over how to interpret data, data limitations, how we use data, and language considerations.
4. Introduction to mental and behavioral health landscape for our Region.
  - a. The council answered the following questions:
    - i. What does the mental and behavioral health landscape look like for families?
    - ii. What services, resources, and referrals are available to them?
    - iii. What is missing from the list?
    - iv. Where are the gaps in the mental and behavioral health landscape?
    - v. What is the referral process for mental and/or behavioral health services like for service providers, referral agencies, and others who work with caregivers and families?
    - vi. What is the referral process for mental and/or behavioral health services like for caregivers and families?