



Family Council Meeting.

Date: Wednesday, February 21, 2024.

Attended:

Thalia Ruiz-Garcia, Cali Rudd, Aurora Scarpaci, Melissa Williams.

Agenda.

1. Kris reviewed the revised group agreements.
2. Mental health/wellness check-in. Kris led the heart emoji and shake-it-out activities for this.
3. Mental and behavioral health landscape.
 - a. Kris reviewed Region 44's data for providers, locations, and services throughout McHenry County. We also discussed the referral process and what our survey results were for our area.
 - b. We answered the following questions on Jamboard.
 1. Where in the Region are the mental and behavioral health services and supports located?
 2. Who is missing out on the opportunity to connect with mental and behavioral health services due to their location? Why?
 3. How does the number and/or location of providers impact caregivers, children, and families?
 4. What experiences have families/caregivers had with the referral process for mental and /or behavioral health services?
 5. How do wait times for mental and behavioral health services impact families in the region?
 6. What questions do Council members have for mental and/or behavioral health providers, agencies, organizations, and/or non-profit organizations?
4. Mental Health Check-out.
 - a. Name one thing you are grateful for that money can't buy.
5. Announcements.
 - a. Next Family Council Meeting is Wednesday, March 6, 2024.

