



February Meeting 1

Date: February 7, 2024.

Attended:

Amanda Pett, Aurora Scarpaci, Cali Rudd, Thalia Ruiz-Garcia.

Agenda

1. Review group agreements.
 - a. Kris 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 two of the suggestions.
2. Overview of work.
 - a. Kris went over the definition of children's mental health according to the Center for Disease Control.
 - b. Kris showed a video entitled "A Parent's Perspective on Children's Mental Illness" and the council debriefed about the video afterward.
3. Mental health/wellness check-ins.
 - a. Kris went over how we will do a mental health heart emoji check-in at the beginning of each meeting.
 - b. Kris reviewed the additional activities we are doing after the heart emoji check-in. These activities include positive affirmations, journaling, and body movement exercises.
4. Mental and behavioral health introduction.
 - a. The council reviewed 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?