



MEETING NOTES

Region 1-B-C Family Council Meeting

Date & Time: January 19, 2023, 5:00-7:00 PM

Council Members present: Brenda Lopez, Aisha Esquivel, Simone Gatlin, Kemi Robbin, Marisa Covington, Tiara Magee, Ladonna Reynolds

Council Members absent:

5:00 PM: Welcome and Introduction (10 mins)

Notes

- Ashonti Jackson-RCM introduced the 1-B-C Team.

Decisions made: N/A

Next Steps: N/A

5:10 PM: Ice Breaker: What is your new year's resolution, or what do you want to accomplish this 2023? (30 mins)

Notes:

- Jaime Garibay-FACE Specialist talked about focusing on health and school this year.
- Focus on being at peace being a stay-at-home mom, what she doesn't have, or bringing in more money, just focusing on the kids and their needs.
- Keeping children on track, especially her kindergartner and disabilities.
- Being present every day, just breathing, having peace with being a stay-at-home mother.
- Helping her son with special needs to get prepared for a kindergartner.
- Giving more support and taking it one day at a time.
- This will be the year that she will be the most selfish and focus on self-care.
- She was on autopilot as a mother and wife. Just taking time for herself.
- There were days when she would just sit in the bathroom and cry because she wasn't there mentally.
- Slow down and focus on yourself even if it is one day a week.
- Working for placement helped her son a lot with speech, wanting to get into more training so she can help autistic children.
- Be a better parent.



- I am continuing to go deep into my healing process, addressing childhood (parenting) trauma with mental health clinicians so that I can accept myself as a parent. Also, I did get a membership to the gym, and will eventually go.
- Purchase a home and self-care.
- Best version of self and getting back to school.

Decisions made: N/A

Next Steps: N/A

5:40 PM: Review Community Agreements (5 mins)

Notes:

- Community Agreements were reviewed with the Family Council.

Decisions made: No changes were made.

Next Steps: Email PDF of Community Agreements to Family Council.

5:45 PM: Roles & Responsibilities of Family Council Members (20 mins)

Notes:

- Help other families.
- Support
- Bring Change
- Provide Feedback
- Knowledge
- Grow
- Share Resources
- Advisory
- Stand up.
- Experience
- Represent
- Demand Change
- Resource Sharing
- Encourage
- Voice for Children
- Encourage
- Represent the community.
- Advocacy

Decisions made: N/A

Next Steps: N/A



6:05 PM: Training Support for the Family Council (10 mins)

Notes:

- Jaime Garibay-FACE Specialist reviewed the different Foundational pieces of training that are available for Family Council Members.

Decisions made: Foundational Training will be emailed to Family Council Members

Next Steps: N/A

6:15 PM: What is Meaningful Family Engagement? (30 mins)

Notes:

- I think some of the reasons some parents can't participate is due to many single or unmarried parents having to work.
- We need parent involvement on all levels.
- Same for my community. The people that go to the ward meetings do not reflect the majority races or situations in the wards.
- Families don't participate so we don't know what their needs are.
- Helping families discover available resources.
- Families are best at describing their needs.
- Getting everyone involved.
- Families help connect others to form communities.
- Families don't show up to engagements provided so they can't be helped if they don't speak up.
- Family engagement encourages the highest level of inclusion, diversity, and equity within the community as a whole. It forces administrators to look at the holistic need.
- Families have a unique perspective regarding needs to be met in the home and community.
- When done right, family engagement ensures no member of the family is left behind.
- Helping parents feel comfortable enough to ask for help when needed. It really takes a village to raise a child (ren).
- Helping families deal with mental help as well as getting them the resources surrounding that.
- We have to have a level of trust-you don't want to ask for support if the trust isn't there.



Follow-up/Next Steps: Review Next Meeting Dates and Times.

Next Meeting: February 16, 2023, 5:00-7:00 PM Location Zoom