



MEETING NOTES

Region 1 Family Council Meeting

Location: Zoom

Date & Time: January 24, 2024 7:00pm-8:00pm

Council Members Present: Sara Ogden, Jamie Yording, Zhanela Church, Sinah Gosnell, and Brittany Klutz

7:00pm: Welcome/Introductions/Community Agreements (5 minutes)

Notes: Brittany welcomed everyone, reviewed the agenda and plan for the evening, and reviewed community agreements as a group.

7:05pm: Icebreaker Discussion (15 minutes)

Notes: Brittany requested the group share their personal/family/children/work celebrations, big or small. The group discussed their celebrations as a group. Several mentioned their children and overcoming illness, one mentioned joining a new group, and one mentioned Conscious Discipline.

7:20pm: Intro to Mental Health (35 minutes)

Notes:

Mental Health Check-Ins in Meetings

Brittany led a discussion on mental health, emphasizing the importance of acknowledging and respecting feelings and language when discussing mental and behavioral health. She introduced a new practice of starting every meeting with a mental health check-in to help participants recognize their mental state.. She also encouraged the sharing of emojis at the start of meetings for a quick mental and behavioral health check-in. Brittany also encouraged the group to complete a 5 minute survey to determine baseline of understanding around Mental and Behavioral Health services. Furthermore, she transitioned the conversation back to a conversation sharing experiences related to mental and behavioral health, emphasizing the importance of family voices in such discussions.

Mental Health Services for Children: Challenges and Solutions

Brittany Peterson discussed the challenges children face in accessing mental and behavioral health services, highlighting the gap between available services and actual access. She emphasized the need to collect family stories to better understand these issues and mentioned a mental health needs assessment survey had been sent out. Brittany also outlined the meeting



agenda for the next few months, with a focus on early childhood and care mental health in February, the mental health consultant model in March, and a review of data in April.

7:55pm: Overview of work/Next Steps/Announcements

Notes: Brittany shared

- Adams: working on AOK data team to facilitate the needs assessment they are conducting. Also speaking with them about their expansion in rural communities.
- Brown: next meeting is in Feb. where next steps in decision making process for future projects will take place.
- Cass: Beardstown group is moving forward and looking at 501c3 applications, possible facilities, business leaders, and personnel.
- Pike: looking at ways to support the development of a Pike County Collab or subcommittee of the current LIC
- Scott: at 1/16 meeting, there was low attendance and the individuals present expressed concern that an early childhood collaboration might be a duplication of current groups operating in Winchester.

Brittany K and Sara O discussed the importance of the Scott County group continuing to meet and spoke about how their presence and input could provide missing pieces of information that may be needed. Brittany K and Jamie Y discussed upcoming community events, including a musical event, Jacksonville St. Patrick's Day Parade in Jacksonville, and a tea party event on April 7th that Brittany K is putting on. At the tea party, she mentioned a dance party, table decorations, and cookie baking. Additionally, she shared that the Children's Museum opened in Quincy. There will also be a "Night of Stars" event at the West Side church on April 26th. Zhanela also mentioned a resource night for families and a meeting to discuss issues in the QPS school district that she is attending next week.

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Next Meeting:

Date: February 11, 2024

Time: 3:00pm-4:30pm