



## MEETING NOTES

### Region 1 Family Council Meeting

Location: Hybrid

Date & Time: January 7, 2024 3:00pm-4:30pm

Council Members Present: Sara Ogden, Jayme Davis, Sinah Gosnell, Brittany Berry, Chandler Keltz, and Sandra Bongambo

#### **3:00pm: Welcome/Introductions/Community Agreements (5 minutes)**

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

#### **3:05pm: 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, the weather and illness, and one mentioned military deployment of their husband and celebrated single parents.

#### **3:20pm: Action Plan Review (35 minutes)**

Notes:

##### **Action Plan for Collaboration, Resource Guide, and Increased Providers**

Brittany presented the action plan focused on implementing the three key recommendations from the EC Regional Needs Assessment. The first recommendation has the goal of forming three new collaborations or subcommittees. The team reviewed the potential challenges such as engaging busy individuals and the importance of identifying key community influencers. They also addressed potential challenges related to funding, competition, and unfamiliarity with collaboration. Proposed solutions included providing comprehensive information about funding and grants, partnering with existing groups, and educating the community about the goals and operations of these groups.

For the second goal of creating a resource guide, the team planned to use existing guides and implement a stretch timeline. The team also discussed the challenges and solutions related to building an app and a website due to lack of capacity and resources, proposing a temporary solution of creating a spreadsheet with active links.

The team then moved onto the third goal of increasing 0 to 3 services, with a smart goal of using collaborative efforts. The team discussed the plan to collaborate with community



resource agencies to host events for individuals interested in starting a home-based childcare business. The challenges identified were primarily related to attendance, and the team proposed solutions such as targeted marketing, hybrid event settings, and hosting events at various times to accommodate different schedules. Chandler was asked for additional insights, but they did not have any to offer.

### **Action Plan Approval**

The team discussed the importance of thorough planning and contingency thinking to ensure the success of the projects. They also mentioned the different levels of state approval the plan needs to go through, with the final State director giving the last stamp of approval before submission to IDHS. The team expressed confidence in their plan, which was well-received by all involved in today's meeting, and they were ready to submit it for further review.

### **3:55pm: Mental Health Shift (15 minutes)**

Notes:

#### **Mental Health Resources in the Region**

Brittany introduced the shift to mental health and the components that will be reviewed as we navigate the EC Mental and Behavioral Health systems and services in the Region. The discussants identified existing resources in Memorial Behavioral Health and Quincy Medical Group, among others. The team also discussed the need for contributions to the shared spreadsheet of such resources and planned to contribute in identifying more. They also mentioned the importance of needs assessments, noting that few encompass mental health. The meeting also touched on the role of infant early childhood mental health consultants, who provide consultation on mental health for staff and families in childcare centers, home visiting programs, and some PFA's and Head Starts. The team planned to have a guest speaker, an infant early childhood mental health consultant, in future meetings.

#### **Mental Health Services in Schools: Analysis and Improvement**

The meeting discussed the need to analyze the availability and effectiveness of mental health services in various school districts. The team highlighted the lack of social workers in some schools, with some districts having to rely on external support. The importance of early intervention was emphasized, with the team noting that most brain development occurs before a child turns five, and mental health can impact this development. The team plans to gather data on existing collaborations and initiatives, such as county-wide surveys, to identify any mental health-related data. The team also aims to talk to entities CCR&R's for additional information.



#### **4:10pm: Overview of work/Next Steps/Announcements (20 minutes)**

##### **Notes:**

The team discussed the implementation of the Iris program in Pike County and expressed interest in expanding it regionally. They also mentioned upcoming meetings and transitions in various counties, including the retirement of the PACT Head Start director in Pike County and a superintendent transition in Pittsfield. The team was informed that a state team survey will be sent out to gather feedback on the council experience in early February. Finally, the team was encouraged to reflect on their work on the Family Council considering what work has stood out and what knowledge they have gained.

#### **Council Meetings and Local Events**

Brittany announced the schedule of upcoming meetings through May and shared it with the group. Chandler shared about a monthly toddler open gym in Camp Point, while Brittany B mentioned Little Red Wagon's open gym and pool sessions. Brittany B inquired about tax implications, to which Brittany clarified that there's no need to report anything as the earnings were less than \$600.

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##### **Next Meeting:**

Date: January 24, 2024

Time: 7:00pm-8:00pm