



## Family Council All Member Meeting # 7

Council members present: Azucena Galvez, Juana Avila, Monique Griffith, Heather Stokes.

Date: February 6, 2024, 5:00pm-7:00pm

### Agenda

1. Welcoming.
2. Interpretation services.
3. Person First Language.
  - a. Note: The FACE Specialist reviewed Person First Language. The FACE Specialist explained Person First Language to shift the focus from the condition to the person and provided examples for the Council members.
4. Group Agreements.
  - a. The FACE Specialist encouraged the Council members to reflect on current Agreements and asked if there were any other Agreements to add based on Person First Language.
5. Overview: February to June.
  - a. Note: The FACE Specialist stated the goal of the new task, which is to examine data related to Mental and Behavioral Health to understand the needs of our Region and develop recommendations.
  - b. Note: The FACE Specialist stated the role of the Council members, which is to:
    - i. Help interpret the data in Region 1-B-B with context to aid the State in funding and policy decisions surrounding Mental and Behavioral Health for children, families, and professionals.
    - ii. Types of service:
      1. Mental & Behavioral Health Providers.
      2. Non-Profit Resources, Non-Direct Service Referral Supports.
      3. Non-Profit Resources.
  - c. Note: The FACE Specialist asked the Council, "What mental and behavioral health services and supports exist in our Region?"
    - i. The FACE Specialist asked if other resources exist, such as churches?
      1. Members answered yes and explained the types of individuals that work at churches, such as the priest who may provide counseling.
      2. Home visiting.
  - d. Note: The FACE Specialist reviewed the questions that will be reviewed during the Mental Health and Behavioral Regional Needs Assessment.
    - i. Where are the entry points for families?
    - ii. Where are the entry gaps?
    - iii. Which priority populations are not being served or not being served well?
    - iv. What changes should be recommended?
  - e. Note: The FACE Specialist informed the group that guest speakers will attend Council meetings to provide more information on Early Childhood Mental and



Behavioral Health based on their expertise or field of work.

- f. Note: The FACE Specialist asked if there were any questions.
  - i. No questions asked.
6. Mental Health/Wellness Check-ins.
  - a. Note: The FACE Specialist explained that the Mental Health/Wellness Check-ins are about creating a safe and supportive space and not requiring deep personal disclosure and they will be in the form of activities/ice breakers. These activities will always be offered but Council member participation is voluntary.
    - i. Asked if there are any questions
      1. No questions asked.
7. Introduction to Mental and Behavioral Health.
  - a. Note: The FACE Specialist asked, "What is Mental and Behavioral Health when we speak about early childhood?"
  - b. Note: The FACE Specialist provided definitions of childhood mental health from the Centers for Disease Control and The Governor's Office of Early Childhood Development.
8. Warning signs of Mental Illness in Children.
  - a. Note: The FACE Specialist reviewed the warning signs of Mental Illness in children and informed the Council members to always speak to their doctor if they have any concerns.
  - b. Note: The FACE Specialist asked if anyone had any questions.
    - i. A Council member asked a question, and the FACE Specialist provided an answer with the disclaimer that she was not a Mental Health Specialist and to always check in with the doctor.
9. A Parent's Perspective on Children's Metal Illness (Video).
  - a. Note: The FACE Specialist provided a trigger warning to the Council members and informed them to take care of their needs or step away from the meeting while the video played.
  - b. Note: The group watched the video, "Time to talk - A parent's perspective on children's mental illness: Liza Long."
  - c. Note: The FACE Specialist provided quiet space to breathe and reflect on the information from the video.
  - d. Note: The FACE Specialist asked the members what they thought of the video.
    - i. Some answers included:
      1. How mental health is treated compared to physical health.
      2. More services should be accessible for mental and behavioral health.
        - a. Example giving: a walk-up place...like a food truck.
      3. A lot of isolation comes with Mental and Behavioral Health creating a larger problem.
      4. The hope is to be able to be open/authentic.
    - ii. Note: The FACE Specialist asked, "Why do you think this story matters? Do you think they have changed the world?"



1. The feedback provided:
    - a. The story helps another person. Times have not changed.  
To let people know that you are not alone.
    - b. Let others know that you can do it too.
    - c. To create unity.
  2. Note: The FACE Specialist provided Mental and Behavioral Health statistics from the video.
10. Review of goals.
- a. Note: The FACE Specialist discussed which goals Birth to Five Illinois hopes to accomplish in the following months:
    - i. Identifying the needs of Region 1-B-B.
    - ii. Providing recommendations from Region 1-B-B.
    - iii. Increase awareness of mental and behavioral health in young children.
    - iv. Connect with providers who can connect families to needed resources and support to promote children's Mental and Behavioral Health.
    - v. Advocating for policies that support children's social and emotional development in their early years.
  - b. The FACE Specialist shared the importance of family voice through community feedback and parent stories.
    - i. Mental and Behavioral Health: Family Voice Matters.
      1. Note: The FACE Specialist discussed why family voice matters with the group. It provides context and evidence to the data.
      2. Note: The FACE Specialist reviewed what will be explored during the Mental and Behavioral Health focus.
        - a. What is available and missing?
        - b. What is the referral process like for families?
        - c. What barriers exist when seeking mental and behavioral health services?
        - d. Who is missing out on needed services due to existing barriers?
11. Next Steps.
- a. The Next meeting is on February 20th, 2024 at 5:00pm-7:00pm.
  - b. Calendar invites have been sent out to Council members.

Before the next meeting...