



## February Meeting 2

Date: February 19, 2024

### Agenda

1. Welcome to Family Council
  - a. Introductions
  - b. AgreementsNOTES:
  1. *Be respectful of each other.*
  2. *Value our differences and celebrate our uniqueness.*
  3. *Be open-minded and no harsh judgments.*
  4. *Allow ourselves breaks when talking about sensitive topics.*
  5. *Make time and space to take care of ourselves when triggered.*
  6. *Silence is okay.*
  7. *Confidentiality is essential if we want this to be a safe space.*
2. Emoji heart check-in
3. Mental Health Activity
4. Introduction to mental and behavioral health landscape
  - a. Services, resources & referrals
  - b. Referral process
  - c. Locations
  - d. Barriers
5. Wrap up and actions to be taken