



Action Council Meeting.

Date: February 8, 2024.

Attendees.

Council members present: Kara Boozer, Sarah Brashear, Jessica Palazzolo, BreeAnna Pelcynski, Laura Roberts, Jill Wardlow.

Agenda.

1. Group agreements.
 - a. Community Agreements were reviewed as a Council. Members agreed to abide by the current Community Agreements within our meeting space and know they will be shared every meeting to open them back up for discussion.
2. Data Literacy.
 - a. Understanding Data: We described the difference between quantitative and qualitative data.
 - b. Limitations of Data: There are limitations in data collection which is why we will be using a mixed method approach.
 - c. Language: During our discussions we will be using appropriate, person-first, affirming, plain language.
 - d. Purpose: The goal is to examine data related to mental and behavioral health to understand the needs of our Region and develop recommendations.
3. Introduction to mental and behavioral health landscape.
 - a. Region 13 Demographics: Council members were shown the basic demographics of our Region.
 - b. Region 13 Current Landscape: We will be gathering a comprehensive list of community mental health centers and non-profits supporting families and children to identify what resources our Region has.
 - c. Caregiver Feedback: Reviewed results from our Birth to Five Illinois survey that was conducted last month.
 - d. Referral Process: From this survey, we learned that parents and caregivers did not get a referral and found it on their own.

Before next meeting...

1. If you know anyone who would be interested in participating in a focus group or interview please let Jessica know.
2. Send Jessica a list of community mental health centers and non-profits supporting families and children in our Region that you know of.



3. Our guest speaker at our next meeting will be Kristin Gharst from Community & Residential Services Authority.
4. The next meeting will be on February 22, 2024, 1:00 pm.