



Family Council Meeting.

Date: February 13, 2024.

Attendees.

Council members present: Jeffery Callahan, Ranzie Callahan, Jessica Hogg, Lexi Kanteres, Katie Schmollinger.

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. Language.
 - a. During our discussions we will be using appropriate, person-first, affirming, plain language.
3. Overview of work.
 - a. The goal is to examine data related to mental and behavioral health to understand the needs of our Region and develop recommendations.
 - b. “Being mentally healthy during childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems.” – Centers for Disease Control.
 - c. Reviewed warning signs of mental illness in children.
 - d. Council members watched the video “A Parent’s Perspective on Children’s Mental Illness”.
4. Mental health/wellness check-ins.
 - a. Introduced our mental health and wellness check-ins that will be done during each meeting.
 - b. Council members introduced themselves while doing a positive affirmation activity.

Before next meeting...

1. Complete the Council Mid-Year Check-In Survey.
2. The next meeting will be on February 27, 2024, 7:00 pm.