



Family Council Meeting.

Date: February 27, 2024.

Attendees.

Council members present: Kathy Brown, Jeffery Callahan, Ranzie Callahan, Jessica Hogg, Lexi Kanteres, Hannah Raney, 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. Mental health/wellness check-in.
 - a. Completed the emoji wellness check-in.
 - b. Council members introduced themselves while doing a journal activity.
3. Regional Demographics.
 - a. Members were shown the basic demographics and provider locations of our Region.
 - b. Reviewed results from our Birth to Five Illinois survey that was conducted last month.
4. Guest speaker: Kristin Gharst, The Community and Residential Services Authority (CRSA).
 - a. The Community and Residential Services Authority (CRSA) is a board created by the state legislature in 1985. CRSA is responsible for addressing barriers facing parents, professionals, and providers when trying to get necessary services for children and youth with significant emotional and behavior disabilities and their families.
 - b. Q & A.
5. Mental and Behavioral Health landscape.
 - a. Discussed questions around caregiver/family experiences that should be highlighted or shared.
 - b. Discussions that were captured:
 - i. While navigating the referral process for counseling services caregivers/families are being told there are no available providers at the time, resulting in long wait times. Such delays could be detrimental to the child's therapy progress.



- ii. Even having individual insurance, caregivers/families struggle to find providers who see children, and even when they find an option, it is not with a licensed counselor.
- iii. There are challenges in finding services for children who are non-verbal or have limited language skills, particularly in the context of behaviors related to autism. Many Mental Health centers often lack resources for such cases.
- iv. Barriers such as scheduling appointments, difficulty taking time off work, and challenges with communication between caregivers and therapists result in some needs not being adequately addressed.

Before next meeting...

1. If there is anything else you would like to add please get in touch with Brittany.
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 Laura Roberts from Centerstone.
4. The next meeting will be on March 12, 2024, 7:00 pm.