

Family Council All Member Meeting

Date: February 12, 2024

Attendees

Council members present: Malia Jones, Elena Pizano, Jaclyn Rodgers, Chloe Brady, Diana Abraham, Melissa Williams, Olivia Adams, Samantha Balentyne, Kenyetta Jefferson

Council members absent: Ashlei, Kurliesha, Courtney

Agenda

1. Heart Check (5 mins)
 - a. Icebreaker Shared How are you feeling.
2. Mental and Behavioral Health Objectives
 - a. Broad overview of mental health behavior
 - b. Journaling activity, reflection, stress reducer, regulate emotions
3. Journaling Activity (10 mins)
 - a. Families shared experiences of joy and compassion
4. Content Disclaimer (10 mins)
 - a. Create group agreements.
 - b. Content disclaimer difficult, challenging and very emotional, self-care is critically important as we unpack mental health topics
5. Overview of warning signs in children (5 mins)
 - a. Several warning signs listed and shared with the group such as withdrawal, self-harm, difficulty sleeping, avoiding/missing school, etc.
6. Review & discuss reflection questions. (15 mins)
 - a.)
or behavioral health?
 - b. Huge gap in receiving care/supports for children living with disabilities especially between ages 4-9 years old
 - c. How do we
for children under 8 years old? -
years old
 - d. A member suggested: Start with connecting with healthcare providers to perform well-being health checks during pregnancy (with all involved caregivers) and after childbirth lots of parents unsure of how to deal and cope with Post Partum issues.
 - e. More resource guides need to be available to parents for post-partum issues. No resources given just medicine, couldn't breastfeed- police called for wellness check- need more outsourcing supports- parents learning how to regulate their emotions help them teach and soothe their children.
 - f. Supports needed for traumatic birthing experiences
 - g. It is suggested that training be made available to parents and service providers that specialize in ages under 8 years old most people trained for adults and older kids, but not young children.
 - h. NICU experiences very common - No NICU at Kishwaukee (since 2 years ago,
) Need a NICU in DeKalb County, explore why we

- also lacking in emergency service care must pay for runner nurses to take child to NICU on helicopter to different hospital.
- i. Kishwaukee lacking Midwives and had to hire contracted laborers- ob's from Delnor hospital contract up soon- what to expect next?
- j. Need affordable doula programs.
- 7. Online parent support group referral
 - a. Provided link to parent support group <https://namiillinois.org/calendar/>

< For those that attended the Basics DeKalb County Training in January, be sure to fill out the survey I sent last week so that you can receive your stipend.

< @ please fill out the Family Council Survey sent from our Director Cicely, by February 14th, 2024. Her email includes updates about the work ahead. If you do not have the link to the survey, I have listed it below.

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