



Action Council Meeting

Date & Time: February 7, 2024, 2:00pm to 4:00pm.

Notes

2:05 pm: Welcome and Updates (10 minutes).

Notes:

- € Reviewed the next steps in the Action Plan process and the cadence for returning to full Action Council meetings.
- € Introduced the use of Mentimeter during Council meetings and offered the ability for members to share their input in a variety of ways.

2:15 pm: Cultural Competency (20 minutes).

Notes:

- € Revisited Birth to Five Illinois' commitment to equity through a review of the Mission, Vision, and Goals.
- € Defined "Cultural Competency" and discussed steps to accomplish increases in knowledge and skill development related to its attributes.
- € Reviewed the Community Agreements and how they align with the concepts of Cultural Competency.
- € Discussed using person-first language.

2:35 pm: Transition to Mental and Behavioral Health Services Overview (15 minutes).

Notes:

- € Reviewed the Birth to Five Illinois plan and discussed the scope of the Mental and Behavioral Health Services Needs Assessment.
- € Discussed the definition of Infant/Early Childhood Mental Health.
- € Reviewed the warning signs of Mental Illness in children and discussed the differences in adult and child mental health.

2:50 pm: Mental and Behavioral Health Services Landscape Discussion (60 minutes).

Notes:

- € Introduced data on the need for and locations of Mental and Behavioral Health Services in DuPage County. However, it was noted that most of the data is only available for adolescents and adults.
- € Council members discussed:
 - o The use of screening tools, Infant/Early Childhood Mental Health Consultants, and the Pyramid Model.



- The difference between supporting the overall mental health and development of children versus a child who has received an official diagnosis of a mental illness, especially in relation to medical needs.
- A mindset that supports the notion that what is most urgent for us may not be what is most urgent for families and the importance of having professionals that represent the populations they serve.
- How one partner, when offering Infant/Early Childhood Mental Health screenings as part of new enrollment, rarely referred to their Infant/Early Childhood Mental Health professional as "Doctor" to help families be more receptive to mental health services.
- Trauma screenings should start with the family, not the child and prior to the child being born. Caregivers can be in denial about their own trauma, diagnosis, or situation as well as that of their child.
- Trauma is inevitable and can begin in the womb.
- What barriers exist and why?

3:50 pm Next Steps (10 minutes).

Notes:

- € Council members were encouraged to utilize the Google Forms to provide additional input, especially if they are unable to attend the next meeting.
- € Region 19 will host a limited number of Focus Groups, the first being one specific to Early Childhood professionals.
- € Action Council members are encouraged to refer families that would be interested in sharing their stories and experiences with the Mental and Behavioral Health landscape.
- € The Council agreed to utilize a reflective hat and refrain from using various labels that encourage stereotypes and assumptions while also acknowledging the inherent disparities that exist within our systems.

Next meeting: Friday, February 23, 2024, 11:00 am to 1:00 pm.