



Family Council Meeting

Date & Time: February 29, 2024, 6:00pm – 8:00pm

Notes

6:05pm: Welcome, Updates, and Review Community Agreements (10 minutes).

Notes:

- € Reviewed Community Agreements.
- € Acknowledged the sensitive nature of the Mental and Behavioral Health topic and the importance of self-care moving forward.

6:15pm: Mental Health Activity (10 minutes).

Notes:

- € Shared different ways we care for ourselves through self-care.

6:25pm: Birth to Five Illinois Survey and Discussion (50 minutes).

Notes:

- € An overview of the Birth to Five Illinois Mental and Behavioral Health Survey results was provided. **Information is embargoed until June 1st, not for public dissemination.**
- € Mentimeter board was utilized to answer the questions: "Why do you think participants referenced their doctor if they needed help but had to look on their own when actually trying to acquire services?", "What do you think would make it easier for families and caregivers to find Mental and/or Behavioral Health help for children in your community?", "What is needed to ensure equitable access to Early Childhood Mental and Behavioral Health Services for children and families?". "What do you think is a greater barrier? Lack of ACCESS to Mental and Behavioral Professional help for children or the MISTRUST of the parents to seek professional help for their child?".
- € Council members discussed as below:
 - Even when able to see a doctor, the young age of the child is a barrier to receiving care as most services are for children who are at a minimum of five years of age.
 - Recognized knowing where and when to seek Mental and Behavioral Health Care for their child is challenging, unlike when a child breaks a bone or is ill and knowing whether to go to the ER, Urgent Care, or the pediatrician's office.
 - Recognized that while access, and lack of providers, was a consistent barrier for all, mistrust is an added barrier for families of color.

7:15pm: Next Steps (5 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.
- € Family Council members are encouraged to refer families that would be interested in sharing their stories and experiences with the Mental and Behavioral Health landscape.
- € Regional Council Manager, Valerie Varju shared about her attendance at the Governor's press conference at Easterseals DuPage & Fox Valley in Villa Park on February 9, 2024, where he reiterated the importance of our Early Childhood Collaborations. Also provided were updates on the legislation status of the new Early Childhood Agency and the Governor's State of the State Address held earlier this week.
- € Local update provided on the Villa Park Early Childhood Collaboration having had their first orientation meeting with the Illinois Chapter of American Academy of Pediatrics.

Next meeting:

Thursday, March 14, 2024, 6:00pm – 8:00pm—Infant/Early Childhood Mental Health Consultation, Home Visiting, Prevention Initiative, and Early Intervention.