



February Meeting 1

Date: February 13, 2024

Attendees

Council members Present: Briana Wright, Danielle Taylor, Diamond Ross, Karina Slaughter, Leatha Asbury, Lisa Lightning, Felicia McBride, Gretchen Bailey, Janice Martin, Camesha Wilks, Kelly Burke,

Council members absent Rochelle Golliday, Janis Jones, Adelia Brienzo, and Laura Douglas.

Agenda

1. Welcome/Introductions.
 - a. Notes: We started our meeting by welcoming our Council members and doing a virtual mental health check-in. Action Council members shared how they are feeling as of today.
2. Icebreaker.
 - a. Notes: We had two icebreaker questions:
 - i. What's one small step you have taken recently to prioritize your mental well-being?
 - ii. Share one self-care practice or activity that helps you relax and recharge.
3. Group Agreements.
 - a. Notes: We took a moment to review our Group Agreements; at any time, our Council members can make changes.
4. Guest speaker: Briana Wright, MSW, LCSW, is an advocate and therapist.
 - a. What is mental and behavioral health?
 - i. Emotional, psychological, and social well-being. How we handle stress, relate to others, and make choices. Mental Health is a spectrum.
 1. Many factors contribute to mental health, including:
 - a. Biological factors, such as genes or brain chemistry.
 - b. Life experiences, such as trauma or abuse.
 - c. Lifestyle and life circumstances, such as diet and exercise, social support availability, and opportunities for relaxation.
 - b. Notes:

- i. Mental Health Conditions:
 1. Generalized anxiety disorder.
 2. Depression.
 3. Eating disorders.
 4. Post-traumatic stress disorder (PTSD).
 5. Obsessive-compulsive disorder.
- ii. Serious Mental Illness:
 1. Schizophrenia.
- iii. World.
 1. Depression and anxiety cost the global economy \$1 trillion each year in lost productivity.
- iv. Community.
 1. 20% of people experiencing homelessness also have a severe mental illness.
 2. 1 in 8 U.S. emergency department visits are related to mental and substance use disorders.
- v. Family.
 1. At least 8.4 million Americans care for a loved one with mental or emotional health issues.
- vi. Personal.
 1. Increased risk of chronic disease.
 2. 19 % of people with mental health issues also have substance misuse issues.
- vii. Youth face a complex patient journey with multiple roadblocks to care.
 1. Pre-treatment (awareness and belief treatment will help).
 2. Seeking treatment (capacity in the right place at the right time).
 3. Accessing treatment (navigation of care landscape).
 4. Receiving treatment (maintaining high-quality care).
 5. Maintenance/recovery (coordination).
- viii. Epidemiological studies reveal a 16-18% prevalence of mental disorders among children aged 1 to 5 years, with somewhat more than half being severely affected (1-3).
- ix. What to know?
 1. Emotional and motor regulation disorders are common in children up to age 2, as are feeding problems, which persist in 2% of children who meet the diagnostic criteria for a feeding disorder.
 2. Preschool children can develop:
 - a. Anxiety disorder.
 - b. Depressive disorder.
 - c. Hyperactivity and behavioral disorders.

3. 90% of a child's brain development happens before age 5.
 - a. Frontal lobe (handles all thoughts and voluntary behavior memory).
 - b. Parietal lobe (associated with bodily sensations like heat, cold, pressure, and pain controls taste and touch).
 - c. Temporal lobe.
 - d. Occipital lobe.
 - e. Cerebellum.
- x. What should we look for?
 1. Programs that provide:
 - a. Parent training.
 - b. Parent coaching.
 - c. Positive Parent.
 - d. Family support systems.
 2. Supportive Environments:
 - a. Birth to Three programs.
 - b. Family training.
 - c. Resource sharing.
 - d. Exposure to new adventures.
 - e. Hands-on learning.
 - f. Project-based family activities.
- xi. Making a referral to early intervention:
 1. Anyone can refer a child to early intervention. The program relies most on "primary referral."
- xii. Finding a provider:
 1. Prior to finding a therapist, identify the behaviors that are concerning.
 2. Reference the developmental milestones for your child's age
 3. Journal time, frequency, and duration of the concerns.
 - a. Identify where the concerns occur.
 - i. Home.
 - ii. Daycare/school/babysitter.
 - iii. Social settings.
 - iv. Houses of worship.
 - b. The whole child inventory.
 - i. Sleeping patterns.
 - ii. Eating habits.
 - iii. Sensory issues.
 - iv. Verbal skills.
 - v. Motor skills.

- c. Identify what behaviors require outside support.
- xiii. Accessing Services.
 - 1. Question: How do we access mental health services?
 - a. Private health care insurance.
 - b. Sliding scale providers.
 - c. Community Mental Health Centers.
 - 2. Question: What are the challenges to accessing services?
 - a. Service providers that accommodate children.
 - b. Scheduling services (location of office space, hours of operation).
 - c. Service language.
 - d. Time and length of services.
 - 3. Comments: Using School-Based services often doesn't involve families.

5. Next Steps.

- a. Notes:
 - i. Our next meeting will be on February 27, 2024, from 12:30-2:30pm.
 - ii. Mental/Behavioral Health Resources Share
 - iii. Upcoming Meetings