



Action Council All Member Meeting Notes

Action Council Members

Jan. 16th, 2024

Attendees

Council members present: Karina, Camesha, Laura, Diamond, Leatha, Adelia.

Council members absent: (first and last name)

Agenda

1. Welcomes

Notes: Ashonti (RCM) welcomed all the AC members.

2. Reflection on Martin Luther King.

Notes: RCM presented an MLK trivia along with the “how to design your life’s blueprint” by Dr. Martin Luther King.

3. Group agreements.

Notes: Members had an opportunity to check the agreements. No changes or updates were needed.

4. Opening Region 1BC office hours.

- a. Wednesday, January 24th, 6:00pm- 7:00pm.

Notes: RCM encouraged AC members to attend the office hours for additional support.



5. Action Plan Review and Wrap up.

Notes: RCM went over the Action Plan for Recommendation 1. SMART Goal was updated per the recommendation of the State Team to be more achievable. AC members agreed with the change.

Action Plan for Recommendation 2 was presented. The State Team made suggestions to omit the quarterly events. The goal is to focus on the creation, implementation, and updating of an ECEC resource website. After putting it in place, we will look into creating the events to disseminate it. An Action Council member shared her disagreement/sadness/disappointment with omitting the outreach/event part of the goal. Region 1-B-C team will assess once the creation and implementation are in place to incorporate the outreach/event piece.

6. Break.

Notes: The break was omitted.

7. What is Children's Mental Health?

Notes: The definition from the CDC was presented. Also, there was a video presented from the CDC "InBrief: Early Childhood Mental Health."

8. What our role will be in this work.

- a. Mental and Behavior Health Family Voice Matters.



Notes: An AC member shared her experience from being in the classroom. It was discussed how poverty triggers all these negative factors in families.

Another AC member shared and coincided with the previous comment. We do not know what each family and child are going through. They probably did not get fed or got a good night's sleep. RCM shared about her struggles as a single mom. She shared how other family members or individuals taking care of them go through experiences that will impact the children. It is important to share this with the school because they might have resources to walk the children and families through difficult times/situations.

RCM also shared that we might go through difficult conversations. To let us know if they need time to process things or just a breather break.

RCM discussed what we will be looking for in the Mental and Behavioral Health

9. Illinois Infant and Early Childhood Mental Health Resources.
Notes: RCM presented a list of Resources available by the state.

10. What's Next?

Notes: RCM emphasized the shift from Action Planning to ECMH. AC members voted on adding a second meeting to



the month since the workgroups are over. They want to keep the 3rd Tuesday of the month. We will be adding the 1st Tuesday of the month. There will be a poll to agree upon a time that works best for most. The proposed start times are 12:00pm, 12:30pm, or 1:00pm

RCM discussed that the Action Plan was going to be finalized and submitted on 2/2/2024.

RCM started the conversation about having some meetings in person.