



## Mental and Behavioral Health Landscape

Action Council

Date: 02.05.2024

Attendees: Carrie Rafalski, Nicole Woodcox Bolden, Kristen Ford, Katie Kretzman, Agnieszka Moroni, Vikki Podlipni, Tina Vanderwarker, Lisa Merdinger, Maureen Hallagan, Kate Warach, Amy Cocorikis, Nancy Salvador, Susan Cerza

### Agenda

1. Welcome/Review group agreements
  - Ilinca laid the foundation for our upcoming work on Mental and Behavioral Health.
  - Re-affirmed council members that it's ok to be off camera
2. Mental and Behavioral Health Introduction
  - a. Definition
    - i. Ilinca shared the definition of Children's Mental Health from the Centers for Disease Control
3. Guest speaker: Nicole Woodcox Bolden, Thriving with Baby owner/Clinical Therapist
  - a. Nicole shared a little bit about herself and her professional experiences
  - b. Did a "self-care check-in"
  - c. Current landscape:
    - i. Prevalence of Mental Health Disorders (1 in 5 children in the U.S. experience a mental health disorder per year), increase in demand for services, impact of the pandemic, innovative approaches to care
    - ii. 1 therapist for 350 people in the US and 3-month waitlist
    - iii. Community Living Room project and interactive approaches to address mental and behavioral health
  - d. Trending support needs – increase demand for evidence-based therapies such as CBT (requires homework)
  - e. The Insurance Mountain – 1:10 youth with insurance are unable to access care due to lack of mental health coverage; inequities in access, pre-approval hurdles
  - f. Resources: apps, Free Mental Health first aid training,

- g. Thriving with Baby was Nicole's mantra after having her baby. Cultural piece is an important consideration to therapy
  - h. Mother-child attachment – research providers that focus on this work when looking for support with really young children.
  - i. Support for families, children, adults a lot can change
  - j. <https://www.npr.org/2021/08/08/1024674033/theres-a-name-for-the-ups-and-downs-of-new-motherhood-its-called-matrescence> The Emotional roller coaster of being a new mom.
4. Mental and Behavioral Health Introduction continued ...

Ilinca invited council members to share answers to questions on jamboard. One of our council members to share a quote from Dan Siegle. Council members shared their thoughts, questions and curiosities about Mental and Behavioral Health. Ilinca shared and discussed warning signs of Mental Illness in children and how family voice matters.
5. Data literacy
  - Ilinca reviewed what is quantitative and qualitative data and the language use chart.
  - Blueprint for Transformation: A vision for improved Behavioral Healthcare for Illinois children <https://www2.illinois.gov/sites/gov/Documents/childrens-health-web-021523.pdf>
  - Ilinca shared the big questions we are trying to answer between now and May.
  - Ilinca shared Region 1-B-D demographic data.
6. Introduction to Mental and Behavioral Health landscape
  - Ilinca reviewed the current landscape in Region 1-B-D
  - Ilinca shared the resources council members have access to – articles we are reading and the questions we are looking to answer from now until May.
7. Questions/Comments