



Mental and Behavioral Health Landscape

Family Council

Date: 02.28.2024

Council members present: Yazmin Tejeda, Yazmin Baker, Arisbet Figueroa, Safiyyah Hassan, Laura Colic, Jessamyn Kryska, Najma Nishat, Allyson Stefani.

Agenda

1. Welcome/Review group agreements.
Irene welcomed Family Council members into the space and gave a few minutes to review the group agreements.
2. Mental health/wellness check-in.
Irene led the Family Council members in a Mental Health/wellness check-in by using the heart emoji activity and then did a breathing exercise to prepare everyone for the discussion.
3. Mental and behavioral health landscape.
 - a. Share survey results: experiences caregivers shared in the survey
 - i. Irene shared the majority of the data we have is County wide, as we don't have region specific data. Family Council members shared their reflections on survey responses and their own experiences navigating the Mental and Behavioral services.
 - b. Discussion around Mental and Behavioral Health Landscape.
(“you” refers to lived experience for you or anyone you know)
Family Council members responded to the following questions on the Mentimeter app:
 - o Have there been mental and/or behavioral health services, supports, or resources that you has needed but could not access?

- If you have received a referral to a program, who referred you and how long was the wait?
 - Overall, how helpful were these mental and/or behavioral health services?
 - If your child(ren) ages birth to eight were having a mental health crisis and needed immediate help, would you know who or where to turn for help?
 - Who or what resources do you rely on when you are looking for mental and/or behavioral help for your child(ren)?
4. Mental and Behavioral Health organizations.
- a. Josselyn <https://www.josselyn.org>
 - b. NAMI Basics Program (for families of kids under 18).

Ilinca and Irene gave a brief explanation of each of these resources and will send a follow up email with flyers about each one.

Irene concluded the meeting with a self-care check-out activity.

5. Questions/Comments.