



February Meeting 2

Date: February 22, 2024.

Attendees

Serina Logeman, Amanda Shoemaker, Faithe Allen, Amy Cocuyo, Theresa Bush, Katie Inman, Misty Browning, Stephanie Caudle, Rose Arvieux and Emily Crowell.

Agenda

1. Review group agreements.
2. Emoji check-in – Temperature check with colored heart emojis.
3. Mental health activity- Journal activity of favorite memory with your children/family and why.
4. Understanding Data- Qualitative and Quantitative.
5. How does Birth to Five Illinois use data?
6. Region 21 demographic overview was given.
7. Region 21 Mental/Behavioral Health providers/overview and locations.
8. Mental and Behavioral Health Survey results
9. Mental and Behavioral Health Strengths and Needs in Region 21.

Strengths:

- Early Intervention has timely services and follows through.
- Bright Point Program Adoption and Preservation has been very responsive and timely.
- Stress and Trauma Treatment Center for Applied Developmental Analysis (ADA) Therapy.
- Infant/Early Childhood Mental and Behavioral Health Consultants (I/ECMBHC) offer consultants in many different settings.
- I/ECMBHC train program staff on various topics which helps lower the stress associated with increased student behaviors.
- ABA (Applied Behavior Analysis) through Centerstone has been wonderful (ages 2-5).

- Home therapy services. Benefits include in comfort of own environment, less stimulation for children, a tailored treatment plan that fits in children's surroundings and interactions, and no crowd or waiting room.

Barriers:

- Waitlists are long and cause behavior to escalate.
- Providers do not take certain types of insurance.
- Those referring families to services have outdated information.
- Infant/Early Childhood Mental Health Consultant requires parent consent for evaluation. If the parent does not agree, there is nothing that the center can do.

Needs:

- More services/specialty areas for kids who have eating disorders.
- Front-line workers also need training/resources to deal with extreme behaviors and mental health.
- More care for children with special needs.
- Crisis Prevention Initiative (CPI) Training to help prevent problem behaviors.
- More home therapy services available to children.

10. Guest Speaker: Rose Arvieux, MHP, BA, Arrowleaf Mental Health Counselor.

- Gave an overview of Arrowleaf's mental and behavioral health services.
- Answered questions on other therapies offered throughout the Region.

11. Council Poll: Who would you trust to talk to about your child's mental health? Who is your support? (No order)

- Pediatrician.
- Arrowleaf.
- School.
- CCRR Mental Health Consultant.

12. Overview of Infant/Early Childhood Mental Health Consultation was given.

- Council shared experiences.

13. Council Poll: Top needs for our Region:

- More ABA services.
- More in-home therapy options for children.

14. Based on your own experiences with ECEC providers, what mental health supports do families/caregivers feel might be important for providers to have?

- Teachers/schools need to have updated information and know where to refer.
- Staff training for extreme behaviors, and mental health.
- Child Care support where programs can have staffing for smaller settings.

15. What questions do you have for Infant/Early Childhood Mental Health Consultants?

- Where can teachers/caregivers go to learn more about how to deal with behaviors, and where to get resources?
- Are there trainings that child care directors can have staff and parents take?

16. Next steps

- Cynthia Trembley, Special Needs Specialist for Southern Seven Head Start will be our guest speaker on March 7, 2024.
- Next topic: Home Visiting/Prevention Initiative/Child and Family Connections (CFC).
- Next Meeting: March 7, 2024, 5:30-7:30pm.