



## February Meeting 1

Date: February 8, 2024.

### Attendees

Present: Theresa Bush, Amanda Shoemaker, Faithe Allen, Serina Logeman, Stephanie Caudle, and Katie Inman.

### Agenda

1. Review group agreements.
2. Emoji check-in.
3. Icebreaker- Mental health activity.
4. Action Council update given by Tonya Frehner, Region 21 Birth to Five Illinois Council Manager.
5. Introduction to Mental and Behavioral Health.
  - a. A Parent's Perspective on Mental Illness Video was played. Discussion followed.
  - b. Family Council members were asked to share stories aloud or via email with their firsthand experiences in mental health, if comfortable.
  - c. Family Council members discussed guest speakers.
  - d. What is available and missing?
  - e. What is the referral process like for families?
  - f. What barriers exist when seeking mental and behavioral health services?
  - g. Who is missing needed services due to existing barriers?
6. Next steps.
  - a. All Council Members should have received a mid-year council check-in survey from Cicely Fleming via Mailchimp on February 2, 2024. We ask that you complete the survey. It closes on February 14, 2024.
  - b. "Community Building" Meeting February 23, 2024, from 4:00-6:00pm Metropolis Library.
  - c. Next Family Council Meeting Date February 22, 2024, from 5:30-7:30pm.
  - d. Review the Mental Health Awareness Training (MHAT) program flyer from Arrowleaf (training opportunity for council members).