



Family Council All Member Meeting

Family Council Members: Kennedy Sparks, Shannon Meyer, Patti Blahetka, Rolando Paramo, Omar Meza, Michelle Strom, Ebonie Simmons, Maribel Arellano, Olivia Nieves, Theresa Nard.

Date: February 6, 2024

Attendees

Council members present: Olivia Nieves, Patti Blahetka, Kennedy Sparks, Omar Meza, and Michelle Strom.

Council members absent: Ebonie Simmons, Theresa Nard, Shannon Meyer, Maribel Arellano, and Rolando Paramo.

Agenda

1. **Introduction.** Welcome.
 - Family Council members were welcomed to the first meeting of February with upbeat music. A brief introduction was given as a reminder of our focus shifting to Mental and Behavioral Health needs within our Region.
2. **Group agreements.**
 - Council members reviewed the Community Agreements to ensure they align with the group's vision as we transition to our Region's Mental and Behavioral Health needs. The floor was opened to all Council Members to add any agreements to the current list.
3. **Overview of Year 2 Council meeting cadence.**
 - Family Council members were given an overview of the topics/focus of each meeting from February to June, along with the anticipated dates of each meeting to add to their calendars.
4. **Mental Health/Wellness Check-in.**
 - Council members were introduced to Mental Health/Wellness Check-ins. We discussed the purpose and importance of adding these check-ins to our meetings.
 - First, the Daily Heart Emoji check-in was explained to Council members, and they were invited to participate if they felt comfortable doing so.
 - Next, Council members were introduced to an activity focusing on creating positive affirmations. A couple of minutes were given to form their positive affirmation, then Council members were invited to share their positive affirmation with the group.
5. **Introduction to Mental and Behavioral Health.**
 - The foundation was laid for this next phase of work by sharing the big questions we will be answering through gathering input from Council members.



- Council members gained an understanding of children’s mental health through an explanation of the definition and some potential warning signs of mental illness in children.
- Council members were reminded of the importance of family voice in our work by discussing how impactful sharing their experiences will be to create future change.

6. Next Steps.

- During the next meeting, we will examine regional demographics, share referral process experiences, and gather Council member thoughts on what is needed for Mental and Behavioral Health services in our Region.

7. Next Meeting.

Tuesday, February 20th at 7:00 pm on Zoom.