



February Meeting

Date: February 1, 2024

Time: 5:30p to 7.45p

Attendees

Council members attended: Keeshia Carr, Denise Henry, Lori Longueville, Colleen McLaughlin, Tracie Griffith, Sheridan Johnson, Natalie Juhl, Tangela Oliver, Dona Middleton, Patty Davis, Barbara McElmurry, and M Stalls

Council members absent: Lindsay Baskin, Sheryl Houston, NaTasha Felton, Van Ikner, Cindy Rice, Sandy Snowden, Kathy Swafford, Kim McCombs, and Mikayla Wade

Agenda

1. Review group agreements

Zena welcomed everyone to the meeting and mentioned that some information may be sensitive and just reminded everyone to take care of themselves as needed. She then proceeded to let Linda review our Group Agreements and icebreaker.

For the icebreaker, Linda asked everyone to share a positive statement about us. Everyone shared their positive statements.

Zena mentioned that to get us started on Mental and Behavioral Health, we have a PowerPoint presentation and will go through a series of questions that will require input and participation from everyone.

Zena asked: "What is children's mental health? At your space, how is their mental health?"

Answers:

- Stable until something happens
- Ages zero to five no access to Mental Health services and no school support
- Young ones are still susceptible from COVID
- Fragile
- Not secure
- Variable

- Lost and confused
- Lacking assistance
- Angry
- Lacking resources and options

Council member shared from Jackson County:

“My grandson is on the autism spectrum, and it has taken since school started to get him an individual aide. Unfortunately, this person is not yet trained and has exhibited some concerning behaviors towards my grandson. The school system is not meeting his needs and not doing their due diligence. So, there is still a gap in care in the school systems.”

Zena shared a video about Mental Health Awareness: “Breaking the Stigma”

Link: <https://youtu.be/4dEcMsz6Bas>

Feedback after watching the video:

- There are still a lot of stigmas surrounding Mental Health so people still shy away from talking about it
- I think there is some embarrassment about mental health, so most do not want to discuss

2. Data literacy: Zena proceeded to discuss the section about “Understanding, Interpreting, and Using Data.”

Understanding Data:

Quantitative Data

- Assigning a number value to something that is measured.
- Answers questions like “How much?” and “How often.”
- Example: In 2020, there were 894,769 children in Illinois aged five and under.

Qualitative Data

- Information gathered from sources like interviews and focus groups.
- Measures subjective experiences, opinions, and attitudes, and answers questions like “Why?” and “How?”.
- Example: “I need more help understanding where to find child care.” - Caregiver

Limitations of Data:

Quantitative data can be faster and cheaper to collect and allow us to understand the opinions and experiences of many people but...

It is a point-in-time measure, and you do not get insights into why someone chose one answer over another, and the pre-set answers may not line up with the experiences someone has had.

Qualitative data can help you understand the context and the “why” behind quantitative data and give people a chance to give you information you had not originally thought to ask about, but...

It takes more time to collect and analyze and you usually must limit the number of people you include, and it can be difficult to generalize the responses they provide.

How We Use Data:

- To amplify family and caregiver voice
- To get a clear and accurate picture of the current situation
- To inform the goals we select
- To help caregivers, providers, and community leaders understand what is happening in our Region
- To monitor progress and other changes over time

A list of language suggestions was shared.

3. Introduction to Mental and Behavioral health landscape

- Question #1: What mental and behavioral health services and supports exist in our Region?
 - Arrowleaf
 - STAR NET
 - Shawnee Health. They have services at their building and in the schools
- Question #2: Where are the entry points for families?
 - Very few psychiatrists and particularly child psychiatrists...the ones around here have long waiting lists for diagnosis
 - Clinical Center at Southern Illinois University, SIU
 - Privately contracted Mental Health Consultants
 - Primary Care Providers

-Obsidian

- Question #3: Where are the gaps?

-“Miss the window”

-Insurance coverage

-Wait time/Council member shared a wait time of 9 to 12 months

-Council Member, Jackson County: “Dr. Paul Shawler is a psychiatrist where my grandson got his diagnosis. He had to wait a year to see the Dr.”

-For the Mental Health Consultants through Centerstone, a childcare provider can call, email, or fill out an online form. Their services are for providers, not families.

- Centerstone used to have a SASS worker - screening assessment and support services to help children in crisis get emergency mental health services. Not sure if they still provide this service.

-Council member shared article:

[Illinois Mandates Yearly Mental Health Screenings for Students | Dupage Policy Journal](#)

Starting Fall 2024, Illinois will implement the Wellness Checks in Schools Program Act, a new initiative that will require all 2 million school students in the state to undergo annual mental health screenings. The program, overseen by the Illinois State Board of Education, aims to identify and assist students with mental health issues before they escalate. This decision comes in response to the recent increase in behavioral incidents and school violence, highlighting the urgency of addressing mental health concerns among students.

- There is also a great course called Youth Mental Health First Aid. It is aimed at adolescents but contains great information about mental health and youth.

-Perry County has no resources for young children, they are sent to St. Louis or Belleville from Pediatrician.

-Perry County Counseling Center is for adults and a newly opened through Rea clinic

-Nine to twelve months wait list

- Question #4: Which priority populations are not being served or are not being served well?
 - Medical card
 - Immigrant families
- Question #5: What areas of the Region are not being served or are not being served well?
 - Pulaski & Alexander Counties
 - Whole Region not served well
- Question #6: What changes should be recommended?
 - Promote the use of telehealth which is provided outside of our area
 - Very few providers who serve zero to five year olds

4. Mental and behavioral health landscape

Zena shared slides with data showing numbers from our Region:

- Population of children birth through age five: 6,716
- 34% of children birth through age five live at or below 100% FPL

Race/Ethnicity	Number
American Indian/Alaskan Native	17
Asian	25
Black/African American	560
Hispanic/Latine	286
Native Hawaiian/Other Pacific Islander	0
White	4,150

Current Landscape of Region 30:

- 5 Hospitals
- 7 Pediatricians/General Physicians
- 100 Physicians
- 8 Rural Community Health Centers
- 9 Community Mental Health Centers
- 330 Mental & Behavioral Health Providers
- 60 Board Certified Behavioral Analysts
- 1 Non-Profits Supporting Families & Children

Feedback from Council members:

- Data does not look accurate
- How recent is this data?
- 330 Mental and Behavioral Health Providers?
- Data shows way higher numbers than we can see and know of in our Region
- The number of Pediatricians is low
- SIH has 10 pediatricians listed on their website

Non-profits:

- The Little Resource Center
- HSIDN website link <https://www.hsidn.org/>
- Centerstone has a Building Better Communities Grant. And the Poshard Foundation also supports anti-child abuse efforts. I would have said Resilient Southern Illinois before they ceased the Early Childhood division. RSI still serves many K-12 schools.
- A better understanding of the definition would help.
- <https://www.pathcrisis.org/resources/database>
- Council member, Union County: "I hope families get better access to the services they want and need, such as families who have young children with disabilities can find child care."
- Council member, Jackson County: "People will know where to find resources. When they look for resources, they will be there."
- Provide a platform for our communities to have access to services and care with ease
- Suggestion from a Council member to speak at our meeting: Dr. Paul Shawler

-Give accurate information to the region with direct resources rather than pass along misinformation. This has caused frustration for families.

-Bring awareness and find solutions

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-Resource person for data: Fanta.Saidou@sih.net

-Council member, Jackson County: “Families, caregivers, child care providers, would be able more easily to access useful and usable information that better serve children families and improve service delivery to children and families.”

After this presentation, Zena mentioned that we would go back and re-evaluate the data and numbers. I will further get clarification about the non-profits category listed within the data.

Zena mentioned that our Action Plans are completed and will share the final report when it is available. Asked everyone: What do you expect/hope our Action Plans will do for our community?

In addition, Zena mentioned that we are looking for guest speakers in the Mental and Behavioral Health space for our next meeting on March 2, 2024. The guest speaker will share the scope of the work, etc. If you know someone, please let us know. Zena asked if anyone else had any other questions. No questions asked. We appreciate the feedback from everyone. We will be meeting in person in April or May. We can further discuss this in our next meeting. Will also send data before our next meeting so it can be reviewed before we meet as requested by a Council member. A Council member mentioned that May is Mental Health Awareness Month.