



Family Council Meeting

Date: Tuesday, February 6, 2024

Time: 6p–7.30p

Attendees:

Keosha Engram
Kimberly Myers
Denasha Oliver
Victoria Taylor
Barbara McElmurry
Jacey Caudle
Sydney Pollard

Alessandra Nicholson
Amanda Sullivan
Breanna Puckett-Woods
DeAnna Davis

Agenda

1. Intro/Welcome/Review of group agreements (heart emoji activity, announcements if available, recognizing Jan. & Feb. birthdays).

Linda welcomed everyone to our meeting and thanked them for their time. Also, Linda let everyone know that we are starting our Mental and Behavioral Health work and some of the information shared and discussed may be triggering or challenging. We ask that you take care of yourself as you need to accordingly. and Akemi started sharing our PowerPoint presentation for today. Linda asked everyone to type in the chat the color of the heart of their choice. Everyone shared.



Linda then proceeded to explain today's icebreaker which entailed everyone sharing a "positive statement about yourself...I am..." Everyone shared. Linda acknowledged how good it is to hear us be positive about ourselves.

Next, Linda reviewed our Family Council Group Agreements with everyone and asked if anyone had comments/questions. None were mentioned.

Take care of yourselves and our shared space

2. Be a learning community
3. Active and positive listening
4. Actively participate
5. Be patient with one another
6. This is a non-judgmental space

Linda shared announcements with everyone. Reminded everyone of our Facebook Group and to be sure to join as we post helpful information often. Shared with everyone about a newly created parenting support group on Facebook. A few members asked to be added to our Facebook group and Akemi sent those invites. Also, Linda asked if anyone had recent birthdays and acknowledged those who recently celebrated.

Played a video about Mental Health Awareness: "Breaking the Stigma"

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

Comments about the video:

- It was informative with great facts that many may not be aware of
- Mental health does matter!
- It's ok to not be ok!
- It shows how various mental health disorders can affect adolescence

-Talking about looking “normal” it shows how well people can hide it or mask it

2. Overview of work

Linda started PowerPoint presentations and asked everyone to share their thoughts about the following questions:

“What is children’s mental health? At your space, how is their mental health?”

-Lack of providers

What mental and behavioral health services and supports exist in our Region?

- I’m not sure what all even exists around us to be honest. I haven’t searched for anything specific.

- There is basic therapy at SIUC Medicine, Shawnee, and for the kids the stress and trauma center

- The Survivor Empowerment Center offers rape counseling

-Arrowleaf

-Centerstone

Where are the entry points for families?

- For therapy at SIUC medicine you need a referral from your Primary Care Provider

-You don't need a referral for the Survivors Empowerment Center for adult or child services, just have to call them and request

- Oh there is a mental health advocate from the police department people can call on you

Where are the gaps?

- There's nothing for adults, no specialty care for women of color

- We lack facilities that can provide mental health providers in our county. As well as lacking counselors in our public schools

- Agencies being short staff, transportation, etc.

- For Black women, there are limited Black therapists. Zoom meetings are ineffective.

- Lack of transportation, cost, processing, etc.

-Acknowledging that’s wrong with the system

-The waiting list is very long

- Facilities limiting hours to the hours in which parents work

-Where do we go and how far is the facility?

-Family Council member shared: wait time of three months to get an appointment

-Another Family Council member shared: wait time of up to six months

Which priority populations are not being served or are not being served well?

-Therapy specifically for Black women

-Ineffective telehealth providers

- Highly traumatized people are missing specialized care

- Yes, I agree, Carbondale leans way too heavily on SIUC new grad docs too

What areas of the Region are not being served or are not being served well?

-Alexander and Pulaski Counties

What changes should be recommended?

-Available phone line to be able to talk to someone anytime for parents and kids

-Counselors at all schools

-It would be nice to have exchange programs with the metro areas around.

-I'd love to see more trauma therapists.

-Crisis counselors to ride with cops so situations are managed properly

-ACES test administered to K-12 to provide early intervention on trauma

- Support for schools, such as more school social workers, would be needed to respond to the results from ACES

-Access to telehealth was mentioned. However, one Family Council member mentioned that you can't choose the provider so it's hard to be able to match with one that works for you.

-Another Family Council member shared that through telehealth "she was unable to make a connection as in an in-person setting you can read body language, etc. but has also struggled with being able to make a connection with in-person providers because of cultural differences and their inability to be able to relate.

-Family Council member shared having to wait close to a year for her son to get assessed. "Waiting for someone to be on your side is so very stressful."

-Family Council member shared that some providers are quick to medicate

-A Family Council member shared that some kids get labeled

- Family Council member shared that teachers are not being attentive to students
- Making people aware. Starting a conversation is how we get the ball rolling.
- “I know for me if I'm trying to get service, I've already waited a long time, and to wait any longer, I would more than likely not receive mental health services.”
- “I've experienced that where they delay you until the kids are older and it means you bypassed intervention time.”
- “I think some people are becoming callused towards the pain/needs of children”

3. Mental and behavioral health landscape

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

Comments:

-If we have 330 Mental and Behavioral Health providers supposedly in our area, why is there such a long wait?

-5 hospitals in our area is correct

-Provider locations are not accurate per Family Council members and needs to be reviewed

Zena shared that this data was gathered from the Mental and Behavioral Health surveys that we sent out. 1,100 surveys were completed throughout the State.

-All numbers look off

Members thanked us for the work being done in the Region. Linda led everyone in a breathing exercise to process what was discussed today. Linda thanked everyone for their attendance. Our next meeting will be Tuesday, March 12, 2024.