



Family Council Meeting

February 7, 2024

Attendees

Amy A., Josephine D., Allison H., Dulce T., Jasmine D., Sofia P., Abigail D., Natali R., Veronica T., Jessica D., Ashley P.,

Agenda

1. Welcome
 - a. Alicia opened the meeting by welcoming members and stating that we are about to begin our work with mental health.
2. Group Agreements
 - a. Alicia reviewed the group agreements with the members and mentioned that since they will be discussing mental health, some of the agreements may need to be modified. She asked if anyone had any agreements they wanted to add or change.
 - b. Family Council members shared their ideas on additions to the group agreements.
3. Language
 - a. Alicia shared some language guidelines to be mindful when discussing people and their children, using positive descriptors.
 - i. After discussing the use of appropriate language, the members agreed to add a new group agreement.
4. Data questions
 - a. David presented members with six main questions we will be discussing during our Mental Health conversations.
5. Mental Health/Wellness Check-Ins
 - a. Alicia informed members that before each meeting, we will conduct optional check-ins with members to ensure their well-being as we move forward with this phase of our work.
 - i. Alicia presented the mental health check-in and asked members to check-in on the chat.
 - b. Alicia introduced an activity called Affirmation, where individuals speak positive I statements to improve their mental health.
6. During the meeting, Alicia presented a list of warning signs that can indicate mental illness in children. She elaborated on the impact these signs can have on children and emphasized the importance of early diagnosis for better mental health outcomes.



7. Next Steps

- a. David shared updates and next steps with the members of the Family Council.