



Family Council Notes

February 21, 2024

Attendees

Dulce T., Josephine D., Veronica T., LuAnna H., Ariana B., Jasmine D., Courtney C., Ashley P., Lorena R., Sofia P., Amy A., Allison H., Lili

Agenda

1. Welcome
 - a. Alicia welcomed the members, and provided a brief overview of the meeting agenda.
2. Group Agreements
 - a. Alicia presented the updated group agreements, highlighting newly added language from the previous meeting. She invited feedback and confirmed everyone's agreement. To ensure clear communication, she mentioned the agreements will be reviewed at the start of each meeting.
3. Mental Health check-in
 - a. Alicia invited everyone to take a moment for personal reflection and share how they are feeling today.
4. Mental Health/wellness check-ins
 - a. Alicia led the group through a short, gentle movement activity, inviting everyone to participate as their bodies allow.
5. Demographics
 - a. Alicia presented a slide detailing Kane County demographics, including the data collection process.
 - i. The members discussed the data presented.
6. Current Landscape
 - a. Alicia presented an overview of Kane County's current healthcare landscape, including the number of hospitals, pediatricians, community mental health centers, Mental and Behavioral Health providers, board-certified behavioral analysts, and home visitors. She then invited members to ask any questions they might have about the data.
 - b. Alicia then asked members what is in their community when they think of Mental Health services.
 - i. The members discussed what is available in their community.
7. Referral Process



- a. Alicia presented survey results on mental health, highlighting the top three sources families reported for referrals to mental and/or behavioral health services.
 - b. Alicia asked members how the wait times impact the families in our region.
 - i. Members discussed the impact of wait times on families in our region.
8. Caregiver Feedback
- a. Alicia shared a slide with caregiver feedback on how far they travel to receive services. Alicia asked if there is anything that they feel we haven't discussed that needs to be highlighted or discussed.
 - b. David presented members with the top three barriers for families and caregivers to find mental and/or behavioral health services.
 - i. The members discussed those barriers.
9. Updates/Next Steps
- a. Alicia shared updates and next steps with members.