



## Family Council Meeting

Date: February 8, 2024

### Attendees

Family Council Members present: Ali Denault, Alison Chandler, Ami Kring, Brenda Mohr, Kasira Potts, Natasha Ashford, and Sarah Gowler.

### Agenda

1. Welcome and Group Agreements.
  - a. Notes:
    - i. Recording approved.
2. Introductions, wellness check-in and IceBreaker Activity.
  - a. Notes:
    - a. Council members participated in an ice breaker activity.
    - b. Council members participated in a Mental Health check-in.
    - c. Discussion of mental health/wellness check-ins.
      - i. Kennilyn discussed the subject matter of mental health conversations moving forward. The group agreed that moving forward during meetings Council members may leave the meeting if at any time they feel the content was difficult. Liz provided safe spaces for in-person attendees and shared that virtual attendees could log off, if needed.
3. Overview of the work between February and June.
  - a. Notes:
    - i. Kennilyn discussed focus groups.
4. Introduction to Mental and Behavioral Health Landscape.
  - a. Notes:
    - i. Kennilyn shared the results of our Mental Health Survey.
    - ii. Kennilyn reviewed with Council members how the data is used.
    - iii. Kennilyn discussed the glossary of terms and the importance of using proper language.
    - iv. Reviewed and discussed questions tasked for the month of February. Liz recorded responses directly into the document.
    - v. Council members discussed issues/concerns with the current referral process.
5. Next Steps.
  - a. Notes:
    - i. Council members were asked to email our team if they had any ideas of possible guest speakers.
    - ii. Council members were asked to review the questions for next month.
6. Community Updates from Members.
7. Adjourn.

## Before the next meeting...

Next meeting date(s):

Family Council  
Thursday, March 14th  
6:00 pm - 7:45 pm

### EMOJI CHECK-IN

