



## February Meeting 2

Date: February 22, 2024.

### Attendees

Present: Stephanie Burkhardt, Amy Fullerton, Rhonda Hillyer, Michael Levis, Kyle McEwen, Lisa Medina-Foshay, Scott Rasso, Peter Schwartzman, Roy VanMeter, Jim Walters, and Sabrina Wilson.

### Agenda/Meeting minutes

1. Review group agreements.
2. Mental Health Check-in.
3. Caregiver Feedback.
  - a. A family in our Region is traveling to Maryland to have their child screened for autism. Our Region does not provide screening until a child is 18 months of age.
  - b. The ROE would like to hire an individual to help screen children.
4. Current Network.
  - a. After Head Start's restructuring- their contact information is no longer available. Members offered contact information for Cassi Jacobs and Dwight Ford.
    - i. Head Start has no home visitors currently in Henderson, Knox, or Warren Counties. Head Start has home visitors in Mercer County. The ROE provides 18 home visitors throughout Region 33.
5. Mental and behavioral health landscape
  - a. Where in the Region are the mental and behavioral health services and supports located?
    - i. Board-certified Psychiatric Nurse Practitioner Yvonne Fillmore. (Oquawka location).
    - ii. What is the difference between General Physicians and Physicians as listed in State data? The State is seeking this answer.
    - iii. General physicians, and Hospitals. Why are they listed like they are on this slide?
  - b. Who is missing out on the opportunity to connect with mental and behavioral health services and support due to their location? Why?

- i. All families due to a lack of mental health providers.
  - ii. Urban families have access to public transportation.
  - iii. Rural families have limited/restricted access.
  - iv. All families are subjected to availability and wait lists.
  - v. Families do not have a clear understanding of what Mental Health Services are available. Specific specialties need to be promoted/advertised to assist families in finding them.
  - vi. Families have the option of virtual visits, but internet service could be limited.
  - vii. Families find difficulties when faced with:
    - 1. Finding a new provider when their provider leaves the Region.
    - 2. Finding a new provider if their provider is not meeting their needs.
    - 3. Insurance Network changes.
  - viii. Even when a family can see a counselor, if they need a prescription, they must to go through the referral process again.
  - ix. Families discontinue seeking help due to:
    - 1. Bad experiences.
    - 2. Lack of funds.
    - 3. A belief they can cope without help.
    - 4. Stigma surrounding Mental Illness.
    - 5. Lack of childcare for appointments.
- c. Who is missing out on the opportunity to connect with mental and behavioral health services and support due to other barriers, such as language, culture, religion, transportation, number of providers, etc.? Please list the barriers and provide an explanation of each.
- i. Priority populations are faced with the same obstacles as everyone else in the Region, but the language/cultural barrier magnifies their challenge.
- d. What data did Council or community members provide on mental and/or behavioral health services and resources for priority populations?
- i. The ROE may have screening data available for priority populations.
  - ii. The CCR&R gets data from health consultants, not in-house.
  - iii. Physicians may not be making referrals until age 5. Ex. Speech therapy, Behavioral support.
  - iv. Parents do not always reach out to their schools for assistance. They seek outside help first.
  - v. Experts believe additional screen time has impacted the way children's brain develops. Children's focus in the classroom and their ability to organize thoughts are negatively impacted. Limited movement has impacted their brain and behavioral health. Parent screentime could have similar impacts as child neglect.

1. School districts are using screen-based learning more now. ECEC has a limit on screen time in schools not to exceed 30 minutes per day in the classroom. Some ECEC teachers utilize it more than allowed. Brain development is impacted most before 5 years of age.
  2. Social-emotional sharing for kids can almost be non-existent due to screen usage.
  3. More children are having to get prescription eyewear due to screen usage from such a young age.
- e. How does the number and/or location of providers impact caregivers, children, and families? (Transportation limitations due to regional location- See above)
  - f. What questions do Council members have for mental and/or behavioral health providers, agencies, organizations, and/or non-profit organizations?
    - i. What financial resources are already available for our Region?
  - g. What data can Council members or community partners provide about access to mental and/or behavioral health services, resources, and referrals? (See 5b)
  - h. Universal Resource Name suggestions.
    - i. The Village
    - ii. B4K
    - iii. Under 6
    - iv. First Focus
    - v. Be4School
    - vi. BeforeK
    - vii. 4kids
    - viii. 4RKids
    - ix. GotKids?
    - x. Early Years Parent Portal
    - xi. Early Years Hub
      1. Name recommendations are due February 29<sup>th</sup>.
      2. You will be sent a list of names to rank.
    - xii. Example Logo was shown: First Focus – An Early Childhood Resource Portal.
    - xiii. Suggestion was made to use a 4-fingered hand if any of the names with “4” was selected by the Councils.
  - i. Next Steps
    - Google Drive – [https://drive.google.com/drive/folders/1OiecoPzvt3kUdgUPtimBGUb1MI7cR-M?usp=drive\\_link](https://drive.google.com/drive/folders/1OiecoPzvt3kUdgUPtimBGUb1MI7cR-M?usp=drive_link)
    - The Google folder contains Minutes and Data from past meetings.
    - See you on March 14<sup>th</sup>!