



February Action Council Notes:

Date: February 13, 2024 @ 12:00 pm and 6:00pm see attached links

Attendees

Cindy Rice, Lisa Goode, Amy Hess, Jennifer Lubrant, Amber Nash, Molly Peters

Agenda

1. Review group agreements.
 - Do your best.
 - Stay present.
 - Honor the Process
 - If you need to step away or leave, take care of yourself.
 - Respect yourself and others.
 - Lean into discomfort.
2. Mental Health/wellness check-in.
 - How is everyone and does anyone have anything they need to add?
 - Review inclusive Language to use instead of.
3. Introduction to the mental and behavioral health landscape we will be answering the following questions for our region. We will be sharing findings from their research on mental health resources in the region and emphasize the importance of maintaining group agreements, particularly regarding confidentiality in mental health discussions.
 - a. What does the mental and behavioral health landscape look like for families?
 - b. What services, resources, and referrals are available?
 - c. What is missing from the list?
 - d. Where are the gaps in the mental and behavioral health landscape?
 - e. What is the referral process for mental and behavioral health services like service providers, referral agencies, and others working with caregivers and families?
What is the referral process for caregivers and families for mental and behavioral health services?
4. Next Steps:

- a. Find families with experience in mental health and connect them with the research team for interviews or focus groups. Send out questions and agenda for the next meeting in two weeks.

Next Meeting: February 26, 2024 @ 12:00 pm and 6:00 pm.