



Family Council January Meeting 2

Date: Monday, January 29, 2024

Agenda

1. Objectives.
2. Review group agreements & new mental health check-ins.
 - a. Emphasized taking care of yourself and stepping away or turning your camera off if needed.
 - b. Anonymous stop light activity where council members were able to gauge their mental health.
1. Self-care Activity.
 - a. Breathing exercise.
2. Overview of Mental Health.
 - a. Word Cloud that asked what words come to mind when you think of mental health.
 - b. Definition of mental health & behavioral health.
 - c. Language to use.
 - d. Indicators of mental health/behavioral issues in children.
3. Next steps.
 - a. The State team will be sending out a survey to both councils on February 1st.
 - b. List of mental health resources and overview of the timeline to be emailed out.
 - c. The next Family Council meeting is scheduled for February 6th at 5:00pm.