



## Family Council February Meeting 2 Notes

Date: Monday, February 19<sup>th</sup>, 2024

### Agenda

1. Objectives.
2. Group agreements.
3. Mental health check-in.
  - a. Pin the dot on your feelings activity.
4. Access and referrals.
  - a. Survey data.
    - i. Discussed the regional and state, Mental and Behavioral Health survey data.
      1. There were 1,167 respondents, in total, that completed the survey.
      2. 575 of those respondents identified as a parent or caregiver to a child aged eight or younger.
  - b. Caregiver experience.
    - i. Have there been mental and/or behavioral health services, supports, or resources that you or a family member has needed but could not access?
      1. Holistic therapist/psychologist.
      2. ABA therapy.
    - ii. If you have received a referral to a program who referred you and how long was the wait?
      1. Pediatrician
      2. "We waited 6 months for therapy to start once my son received a referral to EI."
    - iii. Overall, how helpful were these mental and/or behavioral health services?
      1. The majority answered with "kind of helpful."
        - a. One member mentioned that once you are connected to the services, they are helpful, it is getting in touch with the services that is the difficult part.
  - c. Resources.
    - i. If your child(ren) ages birth to eight was having a mental health crisis and needed immediate help, would you know who or where to turn for help?

1. The survey data showed 50% answered yes and 50% answered no.
    2. The Family Council responded with 1 yes and 3 no.
  - ii. Who or what resources do you rely on when looking for mental and/or behavioral help for your child(ren)?
    1. Most Family Council Members responded with pediatrician or primary doctor.
    2. Other answers included friends, Google, social media, local mom groups, and social workers.
5. Next steps.
  - i. The next Family Council meeting is Tuesday, March 5<sup>th</sup> at 5:00pm.
  - ii. New podcast – From Words to Wellbeing.
6. Wellness activity.
  - a. “I am” affirmation activity.