



Family Council February Meeting 1

Date: Tuesday, February 6, 2024

Notes

1. Objectives.
2. Group Agreements.
3. Mental Health Check-In & Self-Care Activity.
 - a. "One thing I do to take care of myself..."
4. Region 45 Demographics.
 - a. There are 4,242 children from birth to age five in our region.
 - b. 444 of those children live at or below 100% FPL.
5. Mental & Behavioral Health Landscape of Region 45.
 - a. Went through the number of medical resources in our region and which county they are located in:
 - i. 3 Hospitals.
 - ii. 5 Pediatricians (General).
 1. Does not include Nurse Practitioners such as Heart to Heart Pediatrics.
 - iii. 1 Pediatrician with the American Board of Medical Specialties.
 - iv. 28 Physicians.
 - v. 8 Rural Community Health Centers.
 - vi. 92 Mental & Behavioral Health Providers.
 1. Is this number accurate? Awaiting clarification from the State team.
 - vii. 13 Board Certified Behavioral Analysts.
 1. Is this number accurate? Awaiting clarification from the State team.
 - viii. 0 Non-Profits Supporting Children & Families.
 - b. What barriers exist when seeking mental and behavioral health services?
 - i. The wait for insurance approval.
 - ii. "Almost every barrier is present to patients trying to access mental health resources."
 - iii. Lack of providers.
 - iv. Following up on patients.
 - v. Long wait lists.

- c. What questions do you have for mental & behavioral health providers, agencies, and/or organizations?
 - i. What are they doing in the community to prevent mental health crises?
 - ii. How many actually treat children?
- 6. Next Steps.
 - a. Mental Health & Behavioral Health Stories.
 - b. State team mid-year survey is due February 14th.
 - c. The next Family Council meeting is scheduled for Tuesday, February 7, 2024.