



MEETING NOTES

Region 49 Action Council Meeting

Date & Time: Wednesday, February 7, 2024 – 1:00-2:30pm

Welcome & Review of Community Agreements

Action Council members review community agreements.

Mental & Behavioral Health Video

Emily Cummings presented Liza Long's TedX Talk, "Time to Talk: A Parent's Perspective on Children's Mental Illness."

Mental & Behavioral Health: First Thoughts

Action Council members discussed initial thoughts of mental and behavioral health post-video.

- It's easy to view as only happening to someone else's family; not ours.
- Affects parents and families differently based on their circumstances.
- Heartbreaking.
- Child care programs NEED Early Childhood Mental Health Therapists.

Mental & Behavioral Health: Reflection

Action Council members discussed initial thoughts of mental and behavioral health post-video.

- Would love to see compassion and attuned caregiving as a competency for quality care in place of a college course.
- Cost and insurance determine outcomes for people.
- We NEED comprehensive mental and behavioral health support.
- Parents and families are viewed as a reason why children experience mental and/or behavioral health issues.
- Instructional coaches are managing social and emotional issues in addition to teaching.

Mental & Behavioral Health in Our Community

- Our community strives to be responsive, but stigma remains.
- There aren't enough resources available.
- Resources that exist are helpful, but not timely.



Questions & Guest Speaker Recommendations

- What is the goal/outcome of the Regional mental and behavioral health needs assessment?
- List of agencies who serve different ages of children.
- Potential Guest Speakers:
 - Parents/teachers with lived experiences
 - Caregiver Connections IECMHC
 - Robert Young Center
 - ROE Mental Health Therapist
 - Pediatrician/Community Healthcare
 - School Health Link

"It's easier to raise strong children than to repair broken adults."

Next Meeting

Date/Time: February 21, 2024 – 1:00 to 2:30pm

BridgePointe - 1 Montgomery Drive – Moline, IL 61265

Zoom link for virtual attendees:

<https://us02web.zoom.us/j/85346728760?pwd=YINpWVRVaTQyazczRmJkN2krTEhNQTO9>



February Meeting 2

Date: February 21, 2024

Attendees

Cindy Mahr, Marcia Seabolt, James Richardson, Janet Hill

Agenda

1. Review group agreements
2. "How are the children?" Video
 - a. Video was motivating/inspirational.
 - b. The children *will be* okay.
 - c. Children are not emotionally well.
 - d. Parents aren't well – society is too hurried.
 - e. Enduring anti-family policies
 - f. "If our society had pro-family policies, children would be happy and thriving."
 - g. Technology and social media impeding on wellness – imposter syndrome.
3. Understanding Data
 - a. Review of qualitative and quantitative data, use of data, data responsibility.
4. Region 49 Data Exploration
 - a. Barriers to Mental & Behavioral Health Services
 - i. Stigma
 - ii. Denial
 - iii. Provider availability
 - iv. Transportation
 - v. Proximity
 - vi. Insurance
 - vii. Cost
 - b. Missing Services
 - i. Parent groups
 - ii. Play groups
 - iii. School counselors
 - c. Takeaways

- i. Providers are plentiful in urban areas of the Region
 - ii. Transportation is a barrier.
 - iii. Social Determinants of Health are reflective of Mental & Behavioral Health statistics.
 - iv. Insurance determines process of receiving care.
- d. Questions
 - i. Can professional credentials be based on competency?
 - ii. How can Pyramid Model and/or Conscious Discipline training be incorporated to address Mental & Behavioral Health concerns in children 0-5 years?