



Family Council Meeting

Date: Wednesday, February 14, 2024.

Attendees

Council members present: Kesha Harris, Megan Loberg-Simmering, Amethyst Hamm, Lissett Felix, Bushra Ali, Sara Trine, Monique Nally, Mindy Parks, Hillary Kelly, and Tanika Jones.

Agenda

1. Welcome, introductions, and icebreaker.
2. Guest speaker: Kendra Day from Memorial Behavioral Health.
 - a. Notes: Gave an overview of the Mental and Behavioral Health resources Memorial Behavioral Health offers for the Region's birth to five-year-olds and their families, discussed how the 988 hotline works, and what Kendra's profession with the Mobile Crisis Unit does for the community.
3. Action Plan Committee follow-up.
 - a. Notes: Council members will start working in their committees and report back on their work at the next council meetings.
4. Reviewed group agreements and asked council members if they would like to add new agreements for the Mental and Behavioral Health work.
 - a. Notes: No new agreements were added at this time.
5. Data literacy.
 - a. Notes: Introduced the Mental and Behavioral Glossary of Terms and gave the definitions of Behavioral Health and Mental Health. Reviewed the definitions of quantitative (numbers) data vs qualitative (stories) data and the limitations for each.
6. Introduced the Mental and Behavioral Health landscape.
 - a. Notes: The Council was provided the demographics for Region 51 (Menard and Sangamon Counties) and the data for the population of children birth to five, the number of children living at or below 100% and 200% of the poverty level, data on the Race/Ethnicity for the birth to five-year-olds in Region 51, and the current Mental and Behavioral Health landscape. The Council was then asked feedback questions to get their thoughts and ideas surrounding this data. We asked the Council what populations they feel are missing out on services due to location and other barriers. Ashley provided some feedback quotes from the Mental and

Behavioral Health Survey from community members who completed it for Menard and Sangamon Counties.

7. Opportunity for overall questions.
 - a. Notes: N/A
8. Closing remarks, next steps, updates on Mental Health work in the State, data sources, and how to connect.

Before the next meeting...

- Fill out the Data Collection Tool and return it to the Birth to Five Illinois: Region 51 office (mail or complete the Google form) before February 29, 2024.
- March Guest Speaker: Monique Nally with Riverton Birth to Three.
- **Next Family Council meeting: Wednesday, March 13, 2024, Time: 5:30pm – 7:30pm.**
- **Location: 1209 S. 4th Street Springfield, IL 62703.**