



[Region 53 Family Mental and Behavioral Health Meeting 1](#)

Monday, February 12, 2024, 5:30pm – 7:30pm

Family Council members present: Ashley Berlett, Sicily Costelleso, Meredith Kerley, Katie Olinger, Julie Swoik, Ashley Walls.

Agenda

1. Group agreements.
Revisit our group agreements for how we will best interact and partner.
 - Treat each other with kindness and respect.
 - Listen with compassion and curiosity.
 - Hold all stories shared confidential.
 - Be mindful that everyone's time is of value.
 - Be aware some conversations regarding mental health may be triggering for members so please resist sharing specific details about traumatic events that may be triggering to other group members.
2. Overview of work.
 - From now through May, we will be looking at mental and behavioral health services.
 - The goal of each Region is to examine data related to mental and behavioral health to understand the needs of our Region and develop recommendations.
 - The role of Council members is to help us interpret the data in the local community context so the state can make better funding and policy decisions.
3. Mental Health & Wellness check-ins.
 - Emoji Check-in.
 - Explain Mental Health Activities that we will be doing before starting Family Council meetings.
4. Mental & Behavioral Health Introduction.
 - PowerPoint and Ted Talk YouTube video.
 - Discussion of Ted Talk YouTube video.

Before next meeting...

We will hear from Chris Heider during our next meeting, he will be discussing Coordinated Intake and what that process looks like for families and providers. Come with any questions you may have. **Question to think about: What mental and behavioral health services, supports, and resources do we have in our Region?** Please invite us to community or school events, PTO/A meetings, church gatherings, etc. We



are actively looking for ways to get involved in our communities to share the work of Birth to Five Illinois, gather more family stories, and recruit potential new Family Council members.

Next Meeting: Monday, February 26, 2024, 5:30pm- 7:30pm on Zoom.