



[Region 53 Action Plan Workgroup Meeting](#)

Thursday, January 11, 2024 6:00 PM – 8:00 PM

Council members present: Donna Ashley, Katie Oliger, Irene Diep, Michelle States, Courtney Long, Meredith Kerley, Doug Bury, Allisa List, Amy Sloan-Gray, Julie Swoik, Christina Hutter, Nicole Meyers, Brenda Lee Smith, Lynn Burgett, Sicily Cotelleso.

Agenda

1. Group agreements.

Revisit our group agreements for how we will best interact and partner with each other.

- 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.

Reviewed information from previous meetings and reviewed SMART goals developed in the previous meetings.

2. Review Action Plans One and Two:

Discussion- who else needs to be "at the table" when we start working on these Action Plans.

3. Transition from Action Planning to Mental and Behavioral Health.

Discussion regarding transitioning action planning to mental and behavioral health and how the councils feel regarding the Action Plan/workgroup process and this switch.

4. Brainstorming activity regarding the switch to mental and behavioral health resources.

- What do we know about mental and behavioral health for children birth to eight in general?
- What does the general landscape look like in Region 53? Location of services?
Families/children not served, why?
 - a. Speakers? Courtney-IRIS partners?
- What do we know about Early Childhood Mental Health Consultation? (Speaker ideas)
- What do we know about home visiting?
 - a. Prevention Initiative/Early Head Start/Child and Family Connections (speaker ideas).
- What do we know about local collaborations and how they connect families/children to needed mental and behavioral health services? (speaker ideas).
- What organizations does our region have to serve priority populations?

5. Meetings from February through April.

- February-Intro to mental and behavioral health landscape.
- March-Illinois Early Childhood Mental Health Consultation/Home Visiting.



- April-Community Collaboration role in referring families to services/Organizations that support priority populations with mental/behavioral health services/referrals.
 - We will be returning to separate Action and Family Council meetings, twice a month, for two hours.
6. Meeting cadence through June.
- Will be sending out a survey regarding days of the week and times for meetings.
 - Felicia and Britney will continue to contact everyone individually to discuss all things moving forward.

Before next meeting...

Keep watching your email for the mental health survey link to send out (closes Monday at midnight), the results of that survey (end of January), local community health assessments, and a rough overview of meetings. We, Britney and Felicia, will be reaching out to set one-on-one meetings between now and the first February meeting. In those meetings, we will discuss your thoughts on the Action Planning process, overall thoughts about being on your Council, any changes to contact information or job title, and any thoughts and/or concerns you may have going forward into Mental and Behavioral Health.