



Action Council Meeting:

Date: Monday, January 22nd, 2024.

Time: 12:00 pm – 2:00 pm

Location: Virtual - Zoom

Attendees:

Present: Debrah Clark, Sherry Coe, Elizabeth Kaufman, Tionia Williams, Amy Martin, Hassan von Schlegell, and Ellise Boyd-Johnson.

Not in attendance: Amy Loy, Kathy Fudge-White, Paula Kennedy, Sandifer Thomas.

Agenda:

During the meeting:

- Recap of the previous months.
 - Recap of year one and transition into year two.
 - Overview of data literacy.
 - Mental and behavioral health landscape.
- Group Agreements.
 - Shared community agreements with Action Council and asked if there was more to add.
- Understanding Data.
 - Quantitative Data:
 - Assigning a number value to something that is measured.
 - Answers questions like “how much” and “how often.”
 - Example: In 2020, there were 894,769 children in Illinois aged five and under.
 - Qualitative Data:
 - Information gathered from sources like interviews and focus groups.
 - Measures subjective experiences, opinions, and attitudes, and answers questions such as “why” or “how”.
 - Example: “I need more help understanding where to find child care.”
 - Limitations of Data:
 - Region 56 shared quantitative data and qualitative data:
 - **Quantitative data** can be faster and cheaper to collect and allow us to understand the opinions and experiences of many people however, it is a point-in-time measure, and you do not get insights into why someone chose one answer over another, and the pre-set answers may not line up with the experiences someone has had.



- **Qualitative data** can help you understand the context and the “why” behind quantitative data and give people a chance to give you information you had not originally thought to ask about, however, it takes more time to collect and analyze and you usually must limit the number of people you include, and it can be difficult to generalize the responses they provide.
- How we use data:
 - To amplify family and caregiver voices.
 - To get a clear and accurate picture of the current situation.
 - To inform the goals we select.
 - To help caregivers, providers, and community leaders understand what is happening in our Region.
 - To monitor progress and other changes over time.
- Understanding language:
 - Region 56 discussed the importance of using appropriate, person-first, affirming, plain language. Region 56 provided a language chart.
- Mental and Behavioral Health:
 - Asked the council what Mental and Behavioral Health was to them.
 - Explained to the council that there are three main groups supporting children, families, and professions. Mental/Behavioral Health providers, non-direct service referral supports, and nonprofits that provide resources.
 - Asked questions to council members:
 - What Mental and Behavioral Health services and supports exist in our Region?
 - Where are the entry points for families?
 - Where are the gaps?
 - Which priority populations are not being served or are not being served well?
 - What areas of the Region are not being served or are not being served well?
 - What changes should be recommended?
- Region 56 Demographics and landscape:
 - The Region’s demographics were shared once more with the council.
 - Population of children birth through age five is 43,349.
 - There are 4,790 or 11% of children birth through age five that live at or below 100% federal poverty line.
 - Landscape of the Region was shared with the council.
 - 4 hospitals.
 - 391 physicians.
 - 3 community mental health centers.



- 645 mental and behavioral health providers
- 367 board-certified behavioral analysts.
- 8/5 Home Visitors (JumpStart Program/EHS).
- 20 Licensed ABA, LCSW, and behavioral therapists active in EI.
- Mental Health/Wellness Check-Ins:
 - Region 56 asked the council members to tell us about a time when you or someone you know attempted to seek Mental/Behavioral Health services.
 - Labeled when needing medication.
 - Health insurance and looking for a therapist/support services that takes certain insurances.
 - Cultural factors/beliefs.
 - Financial status.
 - Waitlists.
 - Region 56 asked the council the question: What has prevented you or someone you know from seeking support?
 - Region 56 opened the floor to have conversations about Mental Health/Wellness Check-Ins.
- Referral Process:
 - Region 56 asked the council for the top three places families reported getting referrals from Mental and/or Behavioral Health services. Region 56 emailed the questions to the council and asked for them to be answered for the next meeting.

Wrap up:

The next council meeting:

Monday, February 26th, 2024.

12:00 pm – 2:00 pm.

Virtual - Zoom

Region 56 shared the overall goal of gathering family input about how to find services and their accessibility. With these reported experiences and regional data, Region 56 will determine regional strengths, needs, and recommendations as they relate to Early Childhood Mental and Behavioral Health Services in Region 56.

Summary of Notes

On January 22, 2024, Birth to Five Illinois held the January Action Council meeting. Region 56 reviewed the region's data, group agreements, language, Mental/Behavioral Health, demographics/landscapes, Mental Health/Wellness Check-Ins, and the referral process. Region 56 wrapped up with the next meeting details, follow-up emails for the next meeting.