



### Action & Family Council Meeting:

Date: January 18<sup>th</sup>, 2024

Time: 6 pm- 8 pm

Location: Virtual Zoom

### Attendees:

Present: Jessica Barclay, Maliha Afridi, Laura Kimmel, Raquel Young, Victoria Theodossopoulos, Jessica Palencia, Krista Escamillo, Juanita Quezada, and LaToya Johnson.

Not in attendance: Heather Ramirez, Takara Jalowiec, and Norma Romo.

### Agenda:

During the meeting:

- Group Agreements.
  - Shared community agreements with Family Council and asked if there was more to add.
- Language.
  - Shared language description to use during the meeting with the Family Council.
- 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 12<sup>th</sup>, 2024.  
12 pm- 2 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 18, 2024, Birth to Five Illinois held the January Family Council meeting. Region 56 reviewed the region's 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.