



Mental and Behavioral Health Landscape

Action Council

Date: 02.26.2024

Agenda

1. Welcome/Review group agreements

Ilinca led an ice breaker, what book, song, or movie has had a positive impact on your mental health? Council members shared some of their go to's

2. Mental and behavioral health landscape

a. Data

Ilinca gave a brief overview of the data shifts on the IECAM data on the Birth to Five Region 1-B-D Illinois website. Ilinca shared that the majority of the data we have is County wide, as we don't have region specific data and invited Council members to share any region specific data they may be aware of.

b. What does access look like and barriers to families brief discussion

Council members shared some of the barriers families experience such as Pediatricians/referral sources blocking families in accepting Live Video Visits (LVV) Where as providers are seeing benefits using LVV because it works better for a coaching model.

c. Discussed statewide survey data results with region specific data and caregiver quotes. Ilinca asked Council members where are referrals coming from?

i. Home visiting, Prevention Initiative programs, EI, public schools

d. Google Slides Activity

i. What does the mental and behavioral health landscape look like for families? What services, resources and referrals are available to them?

1. Experience of the process is not always easy. If new it feels overwhelming

2. Stigma of receiving Social Work in Early Intervention

ii. What is the referral process and experience like for families and caregivers?

1. Depends on who's supporting you – finding the person you can count on that know/find the answer because the systems are challenging, especially if English is not your first language

e. Map the Mental Health support services – add a dot to the areas in our region where such supports exist.

- i. Where in the Region are the mental and behavioral health services and supports located? Council members added a dot to the map and shared names of organizations.

f. Discussion around Mental and Behavioral Health Landscape

Action Council members responded to the following questions on the Mentimeter app:

- Who is missing out on the opportunity to connect with mental and behavioral health services and supports due to their location? Why?
- Who is missing out on the opportunity to connect with mental and behavioral health services and supports due to other barriers, such as language, culture, religion, transportation, number of providers, etc.? Please list the barriers and provide an explanation of each.
- How does the number and/or location of providers impact caregivers, children, and families?
- What questions do you have for mental and/or behavioral health providers, agencies, organizations and/or non-profit organizations?
- What data are you aware of/familiar with regarding access to mental and/or behavioral health services, resources, and referrals?
- What data do we have or can access on mental and/or behavioral health services and resources for priority populations?

3. Mental and Behavioral Health organizations

- a. Josselyn <https://www.josselyn.org>
- b. NAMI Basics Program (for families of kids under 18)

Ilinca and Irene gave a brief explanation of each of these resources and will send a follow up email with flyers about each one.

4. Questions/Comment