



Introduction to Mental and Behavioral Health.

Family Council.

Date: 02.07.2024.

Attendees.

Council members present: Yazmin Tejeda, Yazmin Baker, Arisbet Figueroa, Safiyyah Hassan, Laura Colic, Julie Center, Jessamyn Kryska, Charlotte Erikson, Najma Nishat, Sharmishtha Goel.

Agenda.

1. Welcome/Review group agreements.

Irene welcomed Family Council members into the space and reviewed the group agreements. Then led a Mental Health/Wellness check-in. Irene invited council members to participate in any part of the check-in and activity they felt comfortable with.

2. Introduction to Mental and Behavioral Health.

Irene introduced Mental and Behavioral Health, sharing the definition and leading a discussion on what is Children's Mental Health and the warning signs of Mental Illness in children.

3. Guest speaker Recording/Powerpoint: Nicole Woodcox Bolden, Thriving with Baby owner/Clinical Therapist.

Nicole was unable to attend but gave permission to play the recording of her presentation she gave to the Action Council. In the recording, Nicole shared a little bit about herself and her professional experiences, led a "self-care check-in" and discussed the current landscape of Mental and Behavioral Health. These are some of the highlights from her presentation:

- a. Current landscape:

- i. Prevalence of Mental Health Disorders (1 in 5 children in the U.S. experience a mental health disorder per year), increase in demand for services, impact of the pandemic, innovative approaches to care.
 - ii. 1 therapist for 350 people in the US and 3-month waitlist.
 - iii. Community Living Room project and interactive approaches to address mental and behavioral health.
 - b. We don't have to have the answers but it only takes one person to be present for a youth.
 - c. Trending support needs – increase demand for evidence-based therapies such as CBT (requires homework).
 - d. The Insurance Mountain – 1:10 youth with insurance are unable to access care due to lack of mental health coverage; inequities in access, pre-approval hurdles.
 - e. Resources: apps, Free Mental Health first aid training.
 - f. Thriving with Baby was Nicole's mantra after having her baby. Cultural piece is an important consideration to therapy.
 - g. Mother-child attachment – research providers that focus on this work when looking for support with really young children.
 - h. Support for families, children, adults a lot can change.
 - i. The Emotional roller coaster of being a new mom
<https://www.npr.org/2021/08/08/1024674033/theres-a-name-for-the-ups-and-downs-of-new-motherhood-its-called-matrescence>
4. Mental and Behavioral Health Introduction continued ...

Irene led a jamboard activity. Council members were invited to share their thoughts on the following questions:

- What is available and what is missing?
- What is the referral process like for families?

5. Questions/Comments.