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Group Website: [Family Engagement Community of Practice](#)

2020-21 Family Engagement Community of Practice

AGENDA

February 26, 2021, from 1:00 to 2:30

Meeting Mental Health Needs of Families

- 1:00-1:05** **Welcome Participants and Brief Introductions - Silvia**
Our facilitators: Katy, Sharman, and Silvia
Sharing: Name, title, a mental health challenge you have faced this year.
- 1:15-1:25** **Introduction to the UM-Extension video – Mary Jo**
[Mental Health: Yours, Mine and Ours](#)
- 1:25-2:25** **Small groups. Three rounds of 15 minutes. Questions to consider.**
- Round #1:**
- Introduce yourself with one word that describes you in this pandemic season of our lives.
 - After watching the video, how has your perception changed about mental health?
 - Generally, how has COVID impacted the mental well-being of your community?
- Round #2**
- What have you noticed about the families that you work with considering the spectrum of mental health and COVID?
 - How comfortable are you in engaging in a conversation with families about mental health?
 - What are the barriers/challenges to reducing the stigma associated with mental illness?
- Round #3**
- Do you, as a professional, feel some pressure to show up in optimal health when working with families? What is the role of your own vulnerability in supporting families?
 - When families have more control over their lives, mental health improves. Considering COVID as a public health issue, how are you navigating conversations, including about the vaccine?
 - The pandemic has put a spotlight on the inequities that have always been with us. What strategies have been successful in working with families with overwhelming needs this year?
- 2:25** **Closing Poem – Katy**
One new word in the chat box
[Survey for February 26 Session](#) (to share knowledge and receive clock hour certificate).
- 2:30** **Final session is April 23, 2021. Remember to complete survey!**