



**Service Delivery Area 5  
Regional Advisory Council  
Meeting Summary February 16, 2023**

View the recording of this meeting here:

zoom link:

[https://us02web.zoom.us/rec/share/m7GYSMm99y5SFVjj8rlbCxj7INvE-5edvluD\\_0g2c3IWwvXTV2BFYAQqSJDZSKIn.-R4eKe9yg4mETgxg](https://us02web.zoom.us/rec/share/m7GYSMm99y5SFVjj8rlbCxj7INvE-5edvluD_0g2c3IWwvXTV2BFYAQqSJDZSKIn.-R4eKe9yg4mETgxg)

Passcode: 1k3c!^Su

**1. Call to Order and Meeting Overview:**

- a. SDA 5 RAC Chair, Laura Spillman, made welcoming remarks orienting participants to the purpose of the Regional Advisory Council (RAC) meeting, called the meeting to order, provided an overview of the agenda items and meeting goals, and discussed meeting systems and procedures.

**2. Introductions:**

- a. Members introduced themselves by sharing their names and professional role.
- b. Members present included: Laura Spillman, Ann Feldhaus, Debbie Grace, and Sue Raigans.

**3. OECOSL Provider Recognition Program:**

- a. To acknowledge the hard work and dedication of Indiana's early education teachers and out-of-school-time professionals, OECOSL released an opportunity for colleagues, families, and system staff to nominate those who showed exemplary skills and are making a difference in their community.
- b. In this initial round, over 150 nominations were received. As a result, we are pleased to recognize individuals throughout the state with the Outstanding Educator Award Certificate and funds to purchase additional materials for their classrooms.
  1. Congratulations to M. Elizabeth Crockett and Terri Hartweck for your dedication to the children, families, and ECE community.

**4. Reviewed Old Business:**

- a. At the beginning of each Regional Advisory Council (RAC) meeting, the Council reviews action items and recommendations from the previous meeting and discusses progress.
- b. You can view past meeting minutes, recommendations, and their related action plan for each Service Delivery Area (SDA) on the SPARK website:  
<http://indianaspark.com/regional-advisory-councils/>. In addition, you can find more information about these recommendations and updates on the [SDA 5 website](#) and in the meeting slide deck.

**4. New Business**



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- a. Building Wellness Initiative:
  - i. SPARK shared an overview of the Build, Learn, Grow Building Wellness Initiative. Building Wellness is an employee assistance program (EAP) provided by ComPsych Guidance Resources. It offers counseling, legal and financial consultation, work-life assistance, and crisis intervention services to all Indiana Early Education and Care professionals and their household family members.
  - ii. Learn more about Build, Learn, Grow Building Wellness at [brighterfuturesindiana.org/build-learn-grow/building-wellness](https://brighterfuturesindiana.org/build-learn-grow/building-wellness) or [wellness.buildlearngrow.org](https://wellness.buildlearngrow.org). Or call at 877.465.0899 (TTY: 800.697.0353)
  - iii. RAC members engaged in discussion questions
    - 1. Did you receive your Building Wellness marketing materials (poster, magnets, postcards)? Which were most helpful and why? How did you incorporate these materials into your program?
      - a. Materials were received
    - 2. What additional approaches should be considered for marketing Building Wellness to you and your staff?
      - a. There is great concern that the program will end in September 2023. Hard to engage with a mental health professional knowing the relationship will possibly end before you are ready for it to end.
      - b. Host evening professional development sessions to help staff build wellness. People need to start talking to people, not zoom.
    - 3. What services through Building Wellness would be most helpful for you and your staff?
      - a. Host a conference to promote wellness
- b. SPARK Professional Development Survey:
  - i. SPARK shared an overview of the recent professional development survey administered from August 23 thru September 9, 2022. The objective of the survey was to gather feedback to prioritize the content created to meet the most pressing needs, including educator preferences on modalities and availability of professional development and peer-to-peer networking opportunities. The primary audience for the survey was early education and care program leaders, program teachers and caregiving staff, and early care and education system partners.
  - ii. RAC Members engaged in the following discussion questions:
    - 1. What would encourage you and your program staff to attend in-person training events?
      - a. Suggestions to encourage in-person attendance:
        - i. Host sessions after programs close
        - ii. variety of topics that are needed now



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- iii. multiple locations
    - iv. Keep the time difference in mind when hosting in SDA 5
  - 2. What would help educators feel more comfortable with having mental health and wellness support onsite in your program or classroom?
    - a. Reiterate confidentiality. There is a level of trust needed.
  - 3. What mental health and wellness support or approaches have you used with yourself or with your staff that you found impactful?
    - a. Listening to them.
- c. Indiana Self-Assessment Tool (I-SAT) Relaunch
  - i. The I-SAT is a program-level assessment for Indiana's early childhood education and care programs. The I-SAT includes a quality continuum that includes specific behaviors, benchmarks, and, ultimately, a scope and sequence a program can utilize to improve quality. Based on early care and education program feedback, SPARK has worked to revise and relaunch the assessment to better support program leaders in pursuing continuous quality improvement.
  - ii. SPARK is rebranding the I-SAT to be more approachable and inviting.
    - 1. Should a name be considered that would not/could not be made as an acronym?
      - a. It doesn't need to be an acronym.
    - 2. Should "assessment" be included in the name of the tool? Discuss pros and cons.
      - a. Assessment means a test that has or could have a negative connotation that is not welcoming.
      - b. Use the word tool in the name - it seems more helpful and collaborative.
      - c. Could licensing ask if the program has taken the I-SAT at a licensing visit? This could promote tool engagement.
- d. Early Care and Education Insights
  - i. Early care and education system partners share updates and what is happening.
    - 1. SPARK
      - a. SPARK shared their 2022 Annual Report Highlights.
      - b. What's new from SPARK in 2023
        - i. Monthly Civitas Business Live Resources
        - ii. Calm App <https://indianaspark.com/calm-app/>
        - iii. Provider support groups  
<https://indianaspark.com/provider-support-group-form/>
        - iv. In-person Lakeshore Trainings
          - 1. 2/21 Fort Wayne
          - 2. 2/28 Evansville

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3. 3/2 Indianapolis
4. 3/9 Muncie
- v. Live Virtual -Mental Health and Wellness training via Indiana Learning Paths
  1. Diminishing Mental Health Stigma
    - a. 2/23 1:30 - 3:00 pm EST
  2. Burnout and Self Care
    - a. 3/27 1:30 - 3:00 pm EST
  3. Strengthen your Emotional Wellbeing
    - a. 4/14 10:00 am - 12:00 pm EST
2. Office of Early Childhood and Out-of-School Learning
  - a. **The Week of the Young Child® (WOYC)** is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC). WOYC helps focus public attention on the needs of young children and their families, and recognizes the early childhood programs and services that meet those needs. As a token of our appreciation, the Office of Early Childhood and Out-of-School Learning (OECOSL) would like to publicly recognize some of these programs. During The Week of the Young Child® (April 1-7), five outstanding child care providers will win a visit from an OECOSL leader and a "Week of the Young Child® Themed Kit," brought to you by Lakeshore and valued at \$1,000! **We invite you to nominate a program** to be chosen for this amazing opportunity and to be recognized for the incredible work they do for children and families in Indiana. Nominations can be made now through February 28, 2023.



- b. Subscribe to Monday Must Know from the Office of Early Childhood and Out-of-School Learning at <https://public.govdelivery.com/accounts/INOECOSL/subscriber/new>
3. Child Care Resource and Referral
4. Indiana Association for the Education of Young Children
  - a. 2023 Indiana Early Childhood Conference Friday & Saturday, May 5 – 6, 2023 | Indiana Convention Center, Indianapolis
    - i. Conference scholarships: <https://inaeyc.org/2023-conference-scholarship/>



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- b. TEACH Early Learning Indiana Scholarship - Working Scholar option if a program is not willing to sponsor. The scholarship will be amended for these individuals to use. TEACH covers from CDA to Master's degree.
- c. Non Formal CDA has two statewide virtual courses for individuals to earn their CDA.
- d. The workforce team is providing a technical assistance series called *Taking on Turnover*, where they are virtually meeting with small learning communities of program directors.
- e. Connect with your On My Way Pre-K manager to enroll in the program.
- f. Continue to support anyone interested in pursuing accreditation. Check with the Workforce Coordinator in your area for more information.

5. Early Learning Indiana

6. Infancy Onward

- a. Indiana Early Intervention Conference  
<https://earlyintervention.iu.edu/registration/index.html>
- b. Scholarships are available for infant and early childhood mental health endorsements  
<https://www.infancyonward.org/i-ecmh-endorsement/#fees>

7. Early Care and Education Coalitions

8. Early Care and Education partners

ii. Early Care and Education Insights discussion:

- 1. no further discussion on information shared

**7. Public Comment**

- a. Invite public comments and questions that an agenda item has not covered. Attendees are encouraged to enter comments/questions into the Zoom chat if they are more comfortable.
  - i. Background checks are a challenge.

**8. Agreements and Action Items**

- a. Based on what was presented, RAC discussion, and public comment, the RAC brought forth the following recommendations/agreements for SPARK Learning Lab and/or partners to consider:
  - i. RAC members requested a short video and language program directors can use to promote Build, Learn, Grow Building Wellness resources. In addition, provide



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professional development opportunities in the evening for program staff to learn how to build wellness for themselves.

- ii. RAC members suggested the following to encourage in-person attendance at trainings:
  - 1. start after programs close
  - 2. new topics
  - 3. multiple locations within SDA and keep time zone in mind when scheduling
- iii. RAC stated that trust is needed for on-site mental health and wellness support. Have those "coaches" meet with programs first to establish trust before the coaching begins.
- iv. RAC members requested to keep the background check conversation on future meeting agendas.
- v. RAC members recommend promoting the use of the I-SAT by having licensing consultants ask at a visit if the director/owner has taken the I-SAT and show them how to access it if they have not.

**9. Agenda Items for Next Meeting**

- a. SDA 5 RAC Meeting will be on May 18, 2023, at 7:00 pm EST.
  - i. A hybrid meeting option will be available. The meeting location will be established and posted online.
- b. The RAC members had no additional comments or agenda items for the next meeting.
- c. Stay Connected with SPARK
  - i. Sign up for the SPARK newsletter: <http://indianaspark.com/>
  - ii. SPARK Group Features
  - iii. Follow SPARK on social media!
    - 1. [Facebook](#)
    - 2. [Twitter](#)
    - 3. [Instagram](#)
  - iv. Email [RAC@indianaspark.com](mailto:RAC@indianaspark.com) with questions

**10. Adjournment**