

Mental Health Advisory Committee Meeting Agenda

[MHAC 11.20.23](#)

Meeting ID: 761 8166 1607

Passcode: pAaw83

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1. **Call to Order (Fin)**
 - Present: Heather Findley, Klaudia Burton, Gabby H, Leea Hawkins, Nyx Zoll, Leo Kendall, Kristin Sesti, Kurt Sholler, Diane Cox Powe, ML Konett, Heather Mueller, Jen Peatross
 - Absent: Mark Foster, Quiana Davis, Djinn Thompson, Gina Zerka, Erin Purcell, Heidi Mendez
 - Note taker: Klaudia Burton
2. **Approval of the meeting agenda (Fin)**
 - A motion to approve the agenda was made by Klaudia Burton and seconded by Kristin Sesti
3. **Approval of the meeting minutes (Fin)**
 - A motion to approve the minutes was made by Klaudia and seconded by Leo Kendall
4. **Welcome-Introduction**
 - ML Kennett-Middle School teacher and parent of three current or former ELPS students
5. **Public Comment (If Applicable) None**
6. **Agenda Topics**
 - **Mental Health and Wellness in ELPS (Fin)**
 - Supporting Board Goals
 - Nurturing the Whole Child
 - There was a discussion on the emphasis of the 2023 and 2024 school year focus of expanding tier one supports at both elementary and secondary levels
 - Leo asked for clarification on what TRAILS is and Kristi Sesti responded with a general overview of Tier I and Tier II levels. Heather Mueller requested clarification about if/how students may self refer to TRAILS. Kristin Sesti responded that yes they can self refer, but maybe we can expand promotion and advertisement. ML Konett asked if TRAILS is offered at MMS. and Heather Findley and Kristin Sesti confirmed that it is.
 - Committee Membership
 - Breakout(s): Membership of the Committees was reviewed with all the participants-Secondary, Elementary, Staff and Community
 - YMHFA Training in January-for the community: Did not discuss
 - Elementary and Secondary-Heather Findley asked for committee members to think about what kind of posters/displays could be done to support students
 - **Holiday/break time-how can/should we support? This question is the primary focus of the breakouts today**
 - Share Out from Subcommittees:
 - Staff-Find out what kids are saying. Kids could let us know what types of frustrations
 - they have at school. Sometimes the things that kids have frustrations about are the same things staff have frustrations about.
 - Find out what staff are saying. Staff could let us know what types of frustrations they have at school. Ask staff what types of support they could use beyond having doughnuts or a coffee on teacher appreciation day.

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- A counselor was able to share the following general information about what they hear when they meet with kids:
 - Teachers might be using vocabulary beyond the understanding of what kids know.
 - Some things are posted online and other things are not posted online for kids
 - Some kids are attentive but still don't understand.
 - Some kids are inattentive in class
 - *If a counselor sees 10 kids; one will be for entirely academic concerns and 9 will be seen for complete avoidance or SEL issues, or the student comes down by choice. The kids who are completely avoiding class may be brought down by Dorcas, Advocates or Security. Maybe the kids are found skipping. It would be helpful for staff to know that others are working as a team to help students. Is there a way to let staff know that kids are being seen or have multiple supports in place so the teacher isn't thinking they are the only ones dealing with the student or their problems. Could PowerSchool send out a report to staff altering them that contact was made between the counseling office and the student – (could kids give permission to let teachers/staff know what is going on)*
- Community -
 - Consider [these](#) presentations from CMH. ML recommended that they be advertised to the community and we consider putting a couple on at various schools throughout the year.
 - Discussed putting out a newsletter blast before winter break that includes information about things/opportunities over break
 - Discussed at length creating a Mental Health Night, which then became an idea for a Mental health carnival. Mental Health Night
 - There was overwhelming support by participants indicating an interest in having this kind of event. Discussion was had about it being activity or informational based and ultimately the group decided to try to encompass both components. Klaudia talked about how this could be open to ALL EL residents and could encourage engagement and investment in the learning community.
 - When?-Generally it is thought that before Spring Break would be good, but given year remembrance of MSU, should we try to do sooner?
 - Have representatives from local agencies come and offer information and resources
 - Have a couple possible presentations about specific topics such as depression/anxiety, as well as addiction
 - Have a yoga room
 - Have a writing room-Nyx would like to support
 - Knitting room-ML Konett
 - Have a room with comfort items, such as stuffed animals

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- Have a couple rooms for different games
 - Have a mental health professional available to chat
 - Offer students extra credit
 - We could have a sheet where people could get “stamped” to prove participation, then have a raffle with prizes
 - Should we invite local politicians? News?
 - Invite staff throughout the district
 - Elementary-
 - “Zine” - book prompts with mental health techniques/sentence starters
 - Leo will work with Key Club to make some different options.
 - Leo will work with Key Club to create a screencast of how to make them and Fin will then share them with elementary and MMS principals to share with their art teachers
 - Consider hosting an “art” event at one of the elementary schools over winter break
 - Fin will help supervise
 - If any other MHAC members would like to supervise, please email Fin
 - Secondary
 - Exam Week Mental Health Reach-out (second week of January)
 - Cocoa, “retreat”
 - Kristin Sesti to discuss financial support with ELHS Parent Council
 - ML Konett to discuss financial support with ELHS Parent Council
 - Excel “brain breaks” before exam week
 - Fin to discuss adding a Trojan Time at MMS
 - Kristin Sesti to discuss with ELHS admin adding an Excel at ELHS
 - The brain breaks could have a space (like the library) that includes:
 - Facility dogs for emotional regulation
 - Low, ambient music
 - Space to color/draw
 - A staff member to connect with if anxious
 - Staff to support at ELHS: Kristin Sesti
 - Staff to support at MMS: Fin to reach out to counseling staff
 - Affirmation Cards/ QR Codes with information for test anxiety
 - Gabbi and Leea to create different cards, share them with ELHS administration to get approval
- 8. New Business/ Future Meeting Topics**
- 9. Announcements**
Next Full Committee Meeting: **December 11, 2023 630-8pm**
- 10. Adjournment 8pm**