

ELPS MHAC Notes

12/11/2023

Meeting start 6:34pm

Attendees: Fin; Heather M, Gina, Kurt, Klaudia, Leah, Diane, Kristin, Nyx, Gabbi, Leo, Mark, Hedi

Absent: ML Konnet, Jen Peatross

- Motion to approve: Kristin Sesti
Second -Heather Mueller
- Motion to approve last weeks Agenda -Heather M, Seconded by Kristin Sesti
- Public Comment Invite- None

Community Resources

- Review of the ELPS Community Resource Guide with QR Code (hyperlink within)
 - Question on distribution?
 - Answer: went out last friday from central office to community; went directly to Admin, Eblast and QR code posted in the High school
 - Question: Is there a resource list for agencies for particularly marginalized communities, such as LGBTQIA folks?
 - Answer: Not at this time, Basic needs was the primary focus and looks to grow to cover a variety of needs
 - Kurt asked before we got into [subcommittees](#): Question: What's the rationale behind Exams After Winter Break? Answer by Quiana Davis::Instructional Days- equal to meet semester needs
 - High school admin has allowed teachers to do so at their discretions
 - Contractual Agreement
- **Student Support around Winter Break: Break Out into Committees**
 - **Secondary Subcommittee**
 - Discussed having a survey to ask what students would be interested in doing during excel of exam week such as painting, art work or something else
 - Discussed finalizing "cocoa and cram" tutoring support after school Tuesday 1/9/23 at the high school with cocoa and cookies
 - Heidi ensured consideration would be made to recognize middle school-Fin indicated that she would talk to ML and Amy about possible collaboration with the zines or another activity (the zine inquiry has been sent to teachers several times with limited response."
 - **Elementary Subcommittee**
 - ZINES Update
 - Adults to explain rationale(art teachers) (TOT to train others)-Emails to start going out this week
 - Teens to work it out- walk through the activities to prepare others to share with the students
 - It is okay to go into January 2024

- Music Related Activity: drumming circles
 - **Secondary subcommittee:**
 - hear from a teacher who has/is struggling with a mental health matter.
 - How to help a person I know is suffering with depression without enabling them.
 - By the numbers: startling statistics regarding mental health and what might the numbers look like 5 years from now. How will the increase in mental health issues among individuals impact my life, my work, my family, my friends, my upcoming college experience.
 - Helpful mental health inventories that can assist you in learning more about your own mental health status.
 - A breakdown of the similarities and differences and treatments of several mental illnesses: Anxiety, depression, bipolar, post-traumatic stress disorder, schizophrenia, eating disorders, disruptive behavior disorders, dissociative disorders, and neurodevelopmental disorders
 - Talk and listen: students struggling with a mental illness or those that wish to hear from others to better understand mental illness will gather, the leader will provide some ground rules for appropriate and productive discussion, and allow students to communicate with one another about all things "mental health".
 - Knitting room
 - Yoga room
 - Tasks according to subcommittee members:
 - Diane Cox: to contact Jenny Metzmaker about Positive Somebody and then check with Mr. Lampi'
 - Gabby: Will check with church group about possible donations or involvement and then check with Mr. Lampi. Will also connect with SBIS about creating self love posters and see about their involvement in the mental health carnival
 - Mark Foster: Will check in with athletes about mentorship opportunities with younger students
 - Leo Kendall: Will connect with identity based student groups (ie: Alliance, SGE) about representation and involvement in the carnival and then talk to Mr. Lampi
- A brief conversation was had about the capacity to offer so many things, how do we advertise? Do we get donations? How do we engage students from other buildings? Do we offer extra credit? Can we get investment from other staff?
 - Proposal of new Time of 6pm instead of 6:30-approved
 - Dates Proposed 2024: Monday Jan 22, Feb 12th

Future Business: Next Meeting to discuss carnival and review how Tuesday excel, MMS activity and zines went!

Meeting adjournment: 8:06pm