

MENTAL HEALTH ADVISORY COMMITTEE  
AGENDA  
VIRTUALLY VIA ZOOM  
MHAC ZOOM INFORMATION  
**Meeting ID: 823 6620 8699**  
**OCTOBER 21, 2021**  
**6:00 PM**

1. Call to Order
  - a. Meeting called to order at 6:05pm
  
2. Approval of Meeting Agenda
  - a. Jenn Brier moved to approve, Gina Zerka seconded, all in favor
  
3. Welcome New Members and Introductions
  - a. Each member introduced self
  - b. Committee discussed who was absent and noted many school administrators and staff were not able to be present at this month's meeting.
  
4. Public Comment
  - a. No public comment
  
5. General Discussion
  - a. Committee discussed as a full group how mental health and mental health services seemed to be going at each building
    - i. Student noted that at high school some students felt that help was not as accessible and noted that recent changes in staff may be part of the issue.
    - ii. Question raised regarding whether TRAILS (Tier 2 programming) will run this year and Lindsay was able to report that both ELHS and MMS will run TRAILS groups.
    - iii. TRAILS Tier 1 programming is not available in ELPS yet and Lindsay reported that there is a selection process for this, waiting to see if ELPS is selected.
    - iv. Reviewed how tiered programming works for all members and reviewed TRAILS programming for new members.
    - v. Member brought up the idea of investigating the Peer-to-Peer curriculum as a Tier 1 intervention, if TRAILS is not available.
    - vi. Another member brought up Navigate 360 as a possible Tier 1 program.

- vii. Discussed how Second Step is delivered in a variable fashion across teachers, likely due to how difficult it can be for teachers to fit it in with other curriculum demands.
  - b. Discussed bathroom closures at MMS and ELHS due to Tik Tok challenge issue
    - i. Student reported that locking bathrooms is an equity issue (intersects with DEI) as students with special needs are required to only use certain bathrooms and that can be burdensome
    - ii. Co-chairs agreed to write letter on behalf of full committee, recommending the re-opening of the bathrooms.
  - c. Discussed the issue of teacher burn-out
    - i. Teachers are asking for more things to be taken off their plates as opposed to more self-care
    - ii. Recognized the systematic issue of teacher burn-out
    - iii. Recognized that teachers are managing behavioral manifestations of trauma in their classrooms
      - 1. Committee member reminded group that “all behavior is communication.”
    - iv. Can we contract with CMH to lift burden off teachers?
  - d. Discussed behavior problems within MMS
    - i. Parents reported numerous accounts of “hazing” of 6<sup>th</sup> graders
    - ii. Parents reported multiple flights, namely in PE and at lunchtime
  - e. Parents reported a large concern about students on their phone all day at the high school
    - i. It is difficult for students to disconnect and shift back to in-person
    - ii. Committee agreed that it might be useful to think about how to help students “detox” from the addiction of screen.

## 6. Announcements

- a. Lindsay announced that she plans to touch base with Kate Birdsall re: website
- b. Lindsay announced that SEL screeners are going out to students next week and results can be shared at next. MHAC meeting
- c. Next meeting to be held on **November 18, 2021**

## 7. Adjournment

- a. Adjourned at 7:32 pm