

Mental Health Advisory Committee Meeting Agenda

11.11.2024

ELHS HUB

1. Call to Order (Fin) (5min) The meeting was called to order at 5:32pm

- Present: Abbie Tykocki, Kristen Pfaendtner, Natalie Moser Lila Tuell, Gabrielle Pruitt, Erin Parcell, Anissa Munoz, Anne'ka Marzette-Armstrong, Lisa Coyle, Diane Cox, Paul Walworth, Somer Ramadan, Jennifer Peatross Kristin Sesti, Krystal Davis-Dunn, Mark Foster Amy Martin, Heather Findley

- Absent: Quiana Davis, Klaudia Burton, Joseph Eiland

- Note taker: Kristen Pfaendtner

2. Approval of the meeting agenda (Fin)

- A motion to approve the agenda was made by Natalie, seconded by Abby

3. Approval of the meeting minutes (Fin)

- A motion to approve the minutes was made by no previous meeting

5. Public Comment (If Applicable) There were about 50 applications and 20 people were selected.

6. Agenda Topics

- Sign in for Attendance

- Welcome/Introductions-Share your role/rationale for participating in MHAC

- Last year Accomplishments

- Mental Health and Wellness Summit, Year 1 200+ people in attendance, 15 providers

- Zines at Elementary Schools 3 elementary schools: Donley, Whitehills, MMS (not an elementary school)

- Cocoa and Cram at the High School 77 students attended, had tutors and relaxing things to do. Painting rocks was a big hit.

- Goals for this school year

- Mental Health and Wellness Summit, Year 2 End of April or beginning of May to coincide with mental health month Next meeting we will decide a date.

- Do we want to offer a Speaker Series? Lunch and learn? After school? Possibly offer an asynchronous option.

- What else? This year we want to repeat 1. Mental Health and Wellness Summit Year 2, 2. Zines at the Elementary Schools, 3. Cocoa and Cram

- Committee formation Google form will be sent out to rate your preference of committee.

- Fundraising/Publicity

- Mental Health and Wellness Summit

- Elementary

- Secondary

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8. New Business/ Future Meeting Topics

- Have a “Hygge Night” at the middle school and high school. Possibly December 13th. Possibly open concessions at the high school and sell candy as a fundraiser at the middle school. Watch Inside Out and discuss emotions. Hygge is a Danish and Norwegian word that describes a feeling of contentment and coziness that comes from comfort and conviviality. It's pronounced "hoo-gah". The word is associated with relaxation, gratitude, and indulgence. It can also refer to the act of creating a warm atmosphere and enjoying life's good things with good people.
- Possibly have a Hygge Night at the high school and invite the elementary schools. 3 one night and 3 another night. (they do this in my cousin’s town in Tennessee and it is well attended) This would allow a bigger space and availability to open concessions for fundraising possibly.
- Student engagement and outreach: Positive Grams, Post it walls **Stu Co was asking me for ideas regarding student engagement so we may be able to partner with them?*
- Invite student organizations for the mental health summit: BSU, SGE, LSU for example.
- Mental Health Club: will meet 1/month for 1-2 hours. Maybe partner with MHAC for activities
- Parent engagement
- Set a 2yr, 3yr, and 5yr goal
- Transition to college: find a recent ELHS grad to come and talk to students about the transition to college
- Find resources for mental health for college
- There are bridge programs at some colleges that may be able to come and talk
- Have NHS or other students volunteer at Middle School and High School 101. Have 7th/8th grade students come and talk about the transition to middle school and have 10th/11th grade students come and talk about the transition to high school.
- Youth Mental Health First Aid for Community/Parents & Students in Mental Health Club.
- MHAC Stall Stories in bathroom stalls

9. Announcements

Next Full Committee Meeting: 12/9/24

Prior to the next meeting, please complete this google form

10. Adjournment

- The meeting was adjourned at 6:45pm