

Mental Health Advisory Committee
Meeting Notes - March 9, 2023
6:00 p.m. via Zoom

1. Call to Order at 6:03pm

Meeting Participants-

Dori Leyko	Gina Zerka	Quiana Davis
Djinn Thompson	Lindsay Young	Erin Parcell
Klaudia Burton	Elizabeth Allen	Natalie Moser
Kurt Scholler	Heidi Denning	

2. Approval of Meeting Agenda

Djinn - 1st Approval

Kurt - 2nd Approval

Group Approved

3. Approval of Minutes

Erin - 1st Approval

Kurt - 2nd Approval

Group Approved

4. Update of Current Mental Health Supports in District

Response to MSU Shooting

- Overall response was positive
- Talking points helped
- Met with mental health staff in district to review response

Second Step and TRAILS continue

Truancy Intervention Program and Ingham ISD support (31n)

Newsletter Continues

Professional Development Continues

Incoming High School Groups - Grits, Glam and Gutz, as well as, CMH Group

5. 31aa Funding

We did receive this funding

The funding is good through the 23-24 school year

We have not been able to look at specific uses of this funding yet - still to come

Group was asked to send Lindsay Young any of their ideas for this funding

6. Mental health month support for students during finals and a mental health series (including a fair) next year.

Small things over the month of May

Holt was able to provide feedback on their event and said it went well but that they would make some changes for the future.

Looking for a group of individuals to help put a mental health series together for the 23-24 school year.

Stress Management tips/tricks

Help students focus on the “bigger picture”

Techniques to anti-procrastination

Green Mental Health Bracelets

Highlight importance of Sleep

Highlight importance of social supports

Normalizing Stress

Provide Study Skill Tips

Organization Tips

Take a moment each day as a whole school to recognize mental health

Green hearts in the hallways to write messages on

Wear Green

Wear inspirational or encouraging clothing

Provide Mindfulness Skills

Positive Sticky Notes in Hallway

7. Anti-Bullying Curriculum/Additional SEL Extension Options

“Bullying” to often used that people tune out

Feelings of being left out/culture building

Catching the bullying before hand

Build coping skills early in students

Teacher training to identify these areas of concern

Assessment for SEL Development

How to connect with others - Building a community

What is the research being done around post COVID-19 behaviors and socialization?

Shared Resources:

MoveMindfully

Upstream Education

LifeSkills

Good Behavior Game

PATHS and Safe Dates

8. Adjournment at 7:19pm