

Mental Health Subcommittee

3/03/2015

Minutes

In attendance: Carolyn Mark, Brad Wilson, Nina Mackta, Shawna Iannotti, Peggy Bonk, Lindsay Daskalopoulos, Sharon Foley, Ann Horgan, Rachel Silverman, Yan Sun

School Start Time Presentation by members of the Start Time Study Committee

(Presenters referenced some slides from a PowerPoint presentation which is attached in full)

Highlights:

- 18% of students getting 8 hours of sleep**
- Current start times are not based on any study**
- Auto accidents, and inappropriate decision-making increase when children do not get enough sleep. (8 hours)**
- There are also links to sleep deprivation to child obesity.**
- Soft data suggests that districts that made the switch are very happy; the students are easier to be around.**
- Less after school hours for the children to enter into at-risk behavior**
- American Academy of Pediatrics came out with policy that no schools start before 8:30**
- Low economic households, where both parents work, will be affected because students will have more time in the morning to make it to school, thus increasing hours in school and possibly**

increasing test scores.

- The preferred remedy in school start times would increase budget, \$143,000, about \$75 a child. The Start Time Ad Hoc Committee will be presenting other options as well.

Start Time Discussion

Members of the committee were generally very supportive of the initiative based on their own experiences providing services to youth.

Mental Health First Aid Training up-date

-We will have another opportunity for training, it will include people from all over the community.

- Common language “ALGEE”

A- Assess for risk of suicide or harm

L- Listen nonjudgmentally

G- Give reassurance and information

E- Encourage appropriate professional help

E- Encourage self-help and other support strategies

Stakeholder Engagement, Online Resources, and Program Assessment

- The stakeholder engagement group (primarily Carolyn Mark, Peggy Bonk, Lindsay Daskalopolous, and Nina Mackta) has scheduled a separate time to get together: 2pm March 18th. Youth have been invited to participate in this meeting.

-Jen Condon and Carolyn Mark need to talk about MHSC web site,

and will connect ASAP.

-The group went over the Principal Interview Protocol, and was very supportive. Request was made to allow feedback until Friday, March 6.

Data Collection report from Sharon

-David Kane and Vic Babson said Google doc is OK to use to collect data

-We need to identify what educational purpose this data collection has and need to think about how to inform parents that we are collecting data

-We can use Aspen ID number to ID children

Mental Health Awareness Month discussion

-May 6th @ EGHS- Voices of Beauty (not sure if it will include Boys)

Re: eating disorders

-Stakeholder engagement group may come up with other district-wide and school-specific activities for the month.