

**East Greenwich Public Schools
Mental Health Subcommittee Meeting Minutes
East Greenwich High School
Tuesday, October 27, 2015**

In attendance: Peggy Bonk, Brianna Burche, Lindsay Daskalopoulos, Sharon Foley, Mikayla Hutchinson, Shawna Iannotti, Nina Mackta, Carolyn Mark, Jazmine Wilding, Brad Wilson, Jordyn Fabiano, Soleil Pierre

MINUTES

I. Welcome and Introductions

The Committee welcomed several new students, and welcomed back those that attended the last meeting. We have strong student representation this year!

II. Other updates (moved up on agenda)

- Nina Mackta (NM) gave an update on Mental Health First Responder Training. Trained 25 last year, provided by Gateway Health Care. Will train another 25 this year. Interested staff should contact her to sign up.
- NM mentioned that she is looking for creative input from students for Mental Health Awareness Month in May.
- NM also mentioned that she is looking for volunteers for the Character Education Program at Meadowbrook Farms Elementary School.

III. Update on EG Strategic Plan

- Carolyn Mark (CM) announced that the Strategic Plan was formally adopted at the last School Committee meeting, and reviewed a section of the plan that is relevant to the committee. Jazmine Wilding asked about physical activity, and the Committee brainstormed a few ideas to incorporate movement into the school day at all levels, including the need for more time to do .
- Shawna Iannotti (SI) mentioned that she has looked at the BASC-3 as a possible universal screener.

IV. Set Goals and Action Plan for 2015/16 School Year

- Before talking about goals for the year, Mikayla Hutchinson announced that there will be a Youth to Youth "EG Cares" walk on November 7th, starting at Swift Gym (1-3pm). It will be a ½ mile with several events planned for afterwards. More information will be available on the CWC website. CM will attempt to get it on the district list serve as well.

- CM reviewed an article, "Rx for Mental Health," about a Connecticut school that had a nice framework that incorporates all children:

<http://www.ascd.org/publications/educational-leadership/oct15/vol73/num02/Rx-for-Mental-Health.aspx>

- Discussion followed regarding how to meet student needs. Jordyn Fabiano shared her desire to see upperclassmen supporting lower classmen, perhaps through assemblies. "Things I wish I had known when I was a freshman." This is consistent with the idea students had last year about setting up peer mentorships. SI shared that many students don't have the time or can't risk missing classes to get help. Perhaps we should look to create a before or after school program to help kids manage stress and anxiety.

GOALS:

1) **Student Engagement:** Engage and support high school (and, ideally, middle school) students directly in student-led initiatives that promote mental well-being. Activities may include developing a peer mentorship program, hosting school community gatherings (assemblies? small groups?) where upperclassmen can share their experiences with younger students, creating activities/campaigns for Mental Health Awareness Month in May, focusing on efforts to reduce stigma.

2) **Increased Visibility and Student-Friendly Access to Mental Health Staff, Services, and Supports**

3) **Improved Data Collection to Better Serve Students, Individually and Collectively**(including better data collection methods to track service utilization as well as identifying and recommending a universal screening tool for the school district.)

The group also discussed talking to NM (who had to leave early) about utilizing her interns to help identify grant opportunities.

VI. Next Steps

The Committee will discuss possible next steps at our next meeting on Wednesday, December 2, 2015 at from 10:15-11:15 in EGHS Guidance conference room.