

# **Mental Health Subcommittee Meeting Minutes**

**June 2, 2016**

**EGHS Guidance Conference Room**

**In attendance: Peggy Bonk, Shawna Iannotti, Nina Mackta, Stacy Paradise, Cassie Ouwinga, Megan Dignan, Carolyn Mark**

## **I. Welcome/Intros/Announcements**

**II. Data collection update: Data is being collected in the form in which it is currently gathered, and will be reviewed and analyzed for the 15/16 school year. Will revisit results and process/purpose in the next school year.**

**III. Debrief Mental Health Awareness Month: What worked? What didn't work? What might we consider for next year?**

**Daily tweets were a success! Thank you all for your contributions.**

**An average of 15 students at the high school participated in yoga during the two advisories in which it was offered during the last couple of weeks in May.**

**Yoga passes were delivered to principal for distribution to teachers.**

**Since May is so hectic, better for the committee to think about what can be done throughout the school year rather than packing everything into one month.**

**Parent awareness nights were a success. Had a total of 50 parents,**

**and having principals present was really powerful and great.**

#### **IV. Brainstorm MH subcommittee goals for next year**

**Moving ahead, look to include MH topics and resources into open houses and new student orientations**

**Build closer working relationships with PTGs**

**Continue to brainstorm how advisories might be leveraged to support student mental health**

**Continue to explore the utility of universal screens. Learn about value of Panorama and help vet other tools that might be of interest to the district. Look to other districts (Burrville? Coventry? Barrington?) to see what they do.**

**Investigate Thompson Middle School Human Service Mini Mall**

**Find better ways of communicating with students.**

**Look at physical plant design and what improvements can be made to create stress free zones.**

**Continue to look at stigma and access as two of the most important issues that need addressing.**

**Explore professional development opportunities and grants.**

**Avoid scheduling meetings in June or September.**

#### **V. Next meeting**