

Mental Health Advisory Committee Meeting Agenda

Virtually via Zoom
09/17/2020 at 6:00 – 8:00 pm

- 1. Call to Order – Meeting called to order by Natalie Moser at 6:06pm**
- 2. Approval of the meeting agenda**
 - Moved – Heather**
 - Seconded - Libby**
- 3. Approval of the meeting minutes – no meeting minutes were present**
- 4. Public Comment – no public comment**
- 6. Updates**
 - Introductions
 - Natalie Moser (community psychologist/ Director MSU Counseling Clinic – co-chair – 3 years
 - Matt Morales – Asst principal ELHS – 3 years
 - Heather Findley – Gen Ed High School SW – 2 years
 - Amy Martin – Middle School Principal – 2.5 years
 - Amanda Bright McClanahan – Parent of kids in EL Mid and High School – Works in Michigan Economic Development - 3rd year
 - Libby Keenan – retired EL Elem school social worker – kids attended EL schools – from the start – been here since the beginning
 - Jen Briere – founding member – 4 years – parent of EL students, Mental Health Provider with CMH
 - Onyancha – 2 years – parent of students MS/HS – Teaching HS and Community College
 - Elizabeth Allen – MHT private practice – trauma/attachement/co,atic healing – parent in the district – 2nd year
 - Brian Smith – parent of EL kids – psychiatrist – been here from the start
 - Jen Novello – founding co-chair – parent of children in the district – private practice in the community
 - New members:
 - Jennifer Peatross (LLPC)– 1st yr at McDonald – 6th year of service over all
 - Gina Zerka – Kindergartner parent – Private practice/Systems work
 - Sheryl Scott (LLP) – 2nd yr as ELHS counselor – Kzoo for 12 years/private practice
 - Djinn Thompson – works McDonald Middle School - Advocate LGBTQ support, TRUE group through DHS, works with neurodivergent students at Middle School
 - Return to School Committees: MHAC Reps
 - High School – Amanda Bright McClanahan – there was a good focus on social-emotional needs due to Matt’s presence – Anxiety level continued to ratchet up with teachers as decisions were made – balance of being teachers/parents – screens/supports for kids – Teacher uses one word check in (kids are really using the space to be honest)
 - Middle school – Heather Findley – Teacher/Para attended professional dev that focused on culture versus content – create dialogue to build foundation before

- learning can talk place – creating a sense of safety so kids don't feel ignored and present (Amy shared appreciation for Heather's support)
 - Elementary – Erin Parcell
- ELPS – MSU Website Collaboration – Jen Briere reported that she was approached by professor Birdsall to partner with a non-profit to develop communication strategy – Ideas included: Boosting Website/ linking stall stories and parent info – logos/branding - Matt, Heather and Jen met a few weeks ago with Dr. Birdsall to establish how the class will focus the project
 - Jen N – This has been on the list for a while – good reminder that we don't have to do all the work and sometimes it is linking resources
 - Heather F – Destigmatizing that college students are working on this info – closer in age to the students
 - Matt Morales – High school members will be back next time and can offer input into that
- Co-Chairs Summer Work
 - Looked at State expectations and how we did
 - Mood Meter – Allows for a larger conversation as admin and teachers but also allows home conversation
 - Jen N – are we getting data and is it doing what we want?
 - **Matt – yes – it is allowing us to streamline to supports (teacher, admin, counselor or not at all) and allowing for that check in**
 - **Heather – encouraging the follow up to insure, we don't have a lot of students that are not doing it – numbers will fluctuate – want to look at longitudinal data**
 - **Erin – elementary students are doing well with it – daughter verbalized not just circled it – teacher commented back with support**
 - **Onyancha – how many kids are struggling?**
 - **Matt – not many – we sent a lot of information regarding how to cope**
 - **Amy – Jen/Julian – lots of thanks – they are gathering data from Mood meters and making info useful for teacher and admin, Teacher stress and high expectations and technical frustrations, students not showing videos**
 - **Jen – many students who want to talk to a counselor/teacher and then when reach out it is usually pretty simple (sometimes don't know who to go to because new to MS, bridging gap and watching shifting needs**
 - **Amy - Positives: better for some students, teachers say they can teach more effectively with less distractions, can offer more accommodations with the technology available**

7. Agenda Topics

- New Ideas
 - How do we monitor student mental health during virtual learning?
 - Mood Meters – balancing expectations for student work and how to check in with student work-load
 - Teacher Checklists
 - How do we support teachers?
 - Amy – our message, modeling, and reassurance that they are doing a good job – everything is going to be okay – be cognizant of what we are asking them to do

- Matt – helping them to be flexible in their overall mindset – self-forgiveness – invite the conversation
 - Mood meter for staff – Amy is using that check in with her staff
 - Balance information on social media that is negative
 - How do we help them balance isolation and have supports?
 - Surveys about how it is going and what supports they need?
 - Ensure support for counselors and social workers/ best practice information
 - How do we support parents?
 - Parent Advocate Idea
 - Dori surveys to check in with parents
 - Parent overwhelm bleeding over into kid overwhelm – reassuring, reinforcing for parents that the MH is important and skill building
 - Technology supports for parents
 - Schools will be putting out surveys about how the tech is going so far, there was a plan to onboard that didn't happen
 - Class facebook pages for support
 - Virtual classrooms for grade levels for specific trainings
- Break into active subcommittees to focus on needs, ideas, and goals for 2020-21.
 - Elementary – Erin, Libby, Elizabeth Allen
 - MMS – Staff, Jen B, Amanda
 - High School – Jen N, Brian, Onyancha, Heather, Matt
 - Website – Jen B
 - Parent/Community Outreach
 - New Members – Matt and Natalie to meet with new members

8. New Business/ Future Meeting Topics

9. Announcements

Next Full Committee Meeting: **October 22, 2020 6:00pm – 8:00pm via Zoom**

10. Adjournment

Broke Out – 7:52

Adjournment – 8:00 PM