**MENTAL HEALTH MEETING 11.12.15**

Mary Minott, Karen Campbell, Christina Palmer, Donna Pertel, Betsey Dalbeck, Blanca Bogdanovich

Reviewed stats from YRBS

Christina – Update on work of the Guidance and counseling K-8 - started Mind Up curriculum addressing stress and anxiety. Built planning into department meetings to reach all counselors. Started in September asking what we want students to know for each grade level. Came up with competencies wanted students to know and had great dialogue for each grade level. Next step is to look at AASC standards and tying competencies into those standards as well as into our district strategic plan. Big undertaking. District is good about buying curriculum and doing it in a vacuum, which we want to change. We’re looking at how things like empathy, decisions making, are addressed. Idea is to then reinforce throughout the years. All work based on idea of “emotional intelligence.” Huge platoon of interns from various colleges, so have a lot of new energy, expertise.

Also examining the interventions that we do for students: Tier 1 – all students; Tier 2 – more small group specialization (friendship groups, etc.); Tier 3 – student struggling and needs one on one support. Meeting monthly to explore the role of Guidance counselors with curriculum. Next session Carrie Gross and Jen Maylone will lead, talk about how curriculum is working, evidence-based material and how curriculum meets the standards. Then explore how to get it into classrooms and address relationships with classroom teachers. May bring in someone to do formal training. Teddi Jacobs will work with MS counselors to look at how to tie in with the HS curriculum. Want to be consistent throughout system.

At HS level, Darby Neff-Verre is new coordinator of guidance. In year one not focusing on curriculum yet, still learning relationships of guidance, social workers with various departments, how all work together, priorities of HS, etc. Developing the website to be more transparent.

Mary – Wellness Summit Dec. 11, 12:30-2:30 (see below). Hope this will be helpful to focus mental health needs - love to have something productive from getting 80 people together for two hours. Format will share both HS and MS YRBS data and target select issues: stress, depression, substance abuse, bullying for LGBTQ, sexual contact against one’s will, etc. Identify what is currently being done then brainstorm in groups what are the underlying contributing factors, and possible further strategies. It will be important also to identify possible prevention partners:

health curriculum (only have HS in 9th grade), advisory for 10-12, B-PEN, Peer Leaders, law enforcement, public health; What could be the role of guidance counselors?

Consider a “state of the issue” written piece to be sent out ahead of time, so we don’t waste minutes rehashing basic info and can move swiftly into more actionable discussion.

Mental Health Awareness Week at HS in March, so trying to incorporate more wellness activities at school.

Wellness concept should be about helping kids unfold vs. the external pressure to mold them. We should focus on external stress – no. 1 source is school. What are the other stressors that we could impact? What are tools to address stress? Important to share all this throughout system, develop common language. How is that represented in the actual Wellness Policy being developed? Can that “whole child” aspect be articulated in the policy as recommendations, standards, goals?

Next mental health sub-committee will be in January, and the agenda will be to work on crafting the mental health section of the Wellness Policy.

**SAVE THE DATE!**

**DEC. 11 WELLNESS SUMMIT - *WHAT ARE BROOKLINE KIDS UP TO THESE DAYS?***

Did you know that among Brookline adolescents alcohol and marijuana use is down, but reports of overwhelming stress and anxiety are up – 82% among 9th-12th graders, 79% among 7th-8th graders. On Dec. 11, 12:30 - 2:30 pm in Brookline High School’s MLK Room, key results of the Brookline Public School’s latest ***Student Health Survey*** will be revealed as part of a community-wide Wellness Summit. You’ll find out just what Brookline adolescents are up to these days and have an opportunity to brainstorm school and community strategies for addressing some of the most pressing concerns. **Save the date**! And go to <http://dec11wellnesssummit.eventbrite.com> for more information.