

Healthy Active Communities
-Mental Health
Essentia Health – Virginia
McMillan B Room
May 16th, 2017
3:00 p.m. – 4:00 p.m.

In Attendance: Jana Blomberg, Lorrie Janatopoulos, Janene Glyn, Janis Allen, Mary Carpenter, Britt See-Benes, Tina Krauz and Sara Ferkul

Janene reached out to John Soghigian. He has started a first aid for mental health for youth program in Tower. They discussed what has been done in Tower and suggestions that may work in this area.

There was a general discussion on the programs that have already been implemented currently or in the past. Finding the gaps in these programs, if there are any.

Concentrating on the stigma associated with mental health. As well as wellness not the illness. Encouraging parents and caregivers to be involved.

Janene will be meeting with representatives of Virginia high school to discuss programs that are available and programs that could be implemented.

Mary will be reaching out to Deb Cavitt about Youth Move. Will see if she's interested in speaking to our group or to speak with us over a call.

When a plan is set in place, reaching out to the RAMS Board about programs that could be implemented within their school districts.

Programs that were discussed throughout the meeting:

ACEs:

<https://www.cdc.gov/violenceprevention/acestudy/>

SEARCH Institute:

<http://www.search-institute.org/>

<https://www.learningtogive.org/resources/search-institute>

Resilience Program: (Unsure if this is the same program that was discussed, however, the website provided seems similar)

<https://ppc.sas.upenn.edu/services/penn-resilience-training>

PBIS Program:

<https://www.pbis.org/>

REACH:

<http://www.thereachteam.org/program-overview.html>

James Gordon, mind-body medicine:

https://www.youtube.com/watch?v=V_JG4XBeiKw

Youth MOVE:

<http://www.youthmovenational.org/youth-peer-to-peer.html>

ADAPT:

<http://www.mesabieast.k12.mn.us/index.php/elementary/counseling-adapt>

Deb Cavitt:

<https://www.mofas.org/directory/minnesota-association-for-childrens-mental-health-macmh/>

Minnesota Association for Children's Mental Health

Next Meeting:

May 30th, 2017

4:00 p.m. – 5:00 p.m.

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