

Health Active Communities
Mental Health
Essentia Health – McMillan B Room
May 30th, 2017
4:00 p.m. – 5:00 p.m.

In Attendance: Janene Glyn, Mary Carpenter, Kim Stokes and Janis Allen

Janene started off discussing with the group the meeting she had with the Virginia school district. She met with Paul Larson and the High School principal to discuss the REACH program that they are implementing in the fall. The program will be for at risk kids that want to do better and that are motivated. The class will be one hour long per school day.

Janene asked about the Mind Body Program. They thought it would be a good fit that would compliment the REACH program. However they would like to focus more on the REACH program at this time and then possibly implementing this later.

NLC has the REACH program and they do something similar to the Mind Body Program but not as in depth.

We then had a call with Deb Cavitt. She is with the Minnesota Association for Children's Mental Health (MACMH). She called to discuss Youth Move. Youth Move is a national movement and when implemented it is youth driven. The program is meant to help reduce stigma and support friends that may have mental health issues. It may also help you learn how to notice certain indicators that your friend may need help. On the Youth Move website there is also an area that kids can submit artwork or different items that can help them learn how to express their feelings. There are also definitions on the website and different programs that can help. There is a training opportunity for schools to develop their own framework. There are costs that associated with the training, specifically for mileage and the presenter costs. Full day training for 1 presenter would be approximately \$500 plus mileage.

We also discussed Mental Health First Aid. There are certification programs for adults that work directly with youth. There is different program that focuses on kids. The program for adults is a full day, typically from 8 a.m. – 5 p.m. The program for kids is a half day program. The training can be tailored more towards the specific school, depending on what the school has going on currently or in the past. They also have a more generic program that can focus on mental health as whole. The size of the program can be anywhere from 5-50 people. The main focus is to be sure that they have enough space and are not crowded. The Tower and Winona schools both have utilized this program, they both had 35 students in their training. At the Winona school the kids volunteered to take part in the program. However, all the kids in Tower were expected to take part.

And finally we discussed the Fidgety Fairy Tales. They are currently creating a new booklet about these shows. It started out in schools and small groups, they would have kids from the

school or group learn different tales and present them. Then they would have the “professional” actors do a couple variations as well. Deb Cavitt is going to send an estimate for the fairy tales and the booklet when it is updated.

Kim Stokes will be reaching out to EIP (Joe Silko) to see if there is a possibility of funding if we implement these programs within all schools.

Next Meeting:

June 27th, 2017

Essentia Health – McMillan B Room

4:00 p.m. – 5:00 p.m.