

**Health Active Communities**  
**Mental Health**  
**Essentia Health – McMillan B Room**  
**August 24, 2017**  
**3:30 p.m. – 4:30 p.m.**

**In Attendance:** Janene Glyn, Janis Allen, Jana Blomberg, Lorrie Ismo

Lorrie Ismo from the Virginia High School REACH program spoke for the first 20 minutes about the program and her recent training in Mind-Body Medicine. There is still a desire to roll out the program to the other high schools on the Range. Mesabi East and Chisholm seem the furthest along in getting the program started, so most likely they will be the next on board. Janene will again be meeting with the district superintendents in September to see where each school is at.

There was a discussion on the Fidgety Fairy Tales and the presenter handbook. The group would like to see the program presented across the Range, targeting elementary age students and their families. The hope is that if we can reduce the stigma of mental illness early and in the whole family, then we can change the stigma long term. We will target the presentations for fall 2018 if available and preferably in the evening. Possibly an evening open house.