

Mental Health

November 21, 2017

Essentia Health – McMillan B Room

3:30 p.m. – 4:30 p.m.

In Attendance: Janene Glyn, Lorrie Janatopoulos and Sara Ferkul

Janene met with the Chisholm school district again last month and they still are very interested in implementing the REACH program into their district.

There is an opportunity of holding a Mind Body Medicine training on the Iron Range in August 2018. The Center is willing to conduct a training that will focus on teachers. The class would host about 30 people total. It would be a 5 day class, breakout space would also be needed. The center would be able to get the cost down to \$3,000 per person. We are hoping to fund 10 teachers. We may need half the funds up front in order to book the class with the Center for Mind Body Medicine. Learning skills to know when to step back, learning ways to cope and then learning ways to teach those skills.

REACH has been shown to lower delinquency rates and to increase graduation rates. In Hutchinson, 56 students participated in the program, 32 graduated. They stayed in mainstream school and didn't have to move to an alternative learning center. Lorrie mentioned that there may be grants available through DEED that can be used for programs that encourage students to stay in school. Separating the students that are in the REACH program by issues and not by age have seemed to work better. Preventative strategies have also been discussed. Janene has also reached out to Dawn Olson from Mesabi College to see if students would be willing to volunteer their time in the classroom at the Virginia High School. There is also discussion if the kids that are in the REACH program should take the ACE's (Adverse Childhood Experiences) test. Some of the students may be able to cope with the questions, however, for some students, it may be a trigger to answer questions about childhood experiences. A few of the students have taken the ACE's test. The results were not surprising.