



Health and Wellbeing BOE Advisory Committee

Meeting Minutes: Wednesday, January 11, 2023, 4:30 PM

Meeting Called to Order at 4:30 pm

Welcome

Dr. Mark Schmidt welcomed everyone, then introduced Dr. Kelly Wessel, Director of Professional Learning.

Overview of Mental Health First Aid Training

Dr. Kelly Wessel shared the following information: Over the past couple of years, Blue Valley Schools has begun to provide training opportunities to certify various staff members in youth and adult mental health first aid. Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives an individual the skills to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis (National Council for Mental Wellbeing). Last year, through a partnership with Blue Cross and Blue Shield, fourteen of our building administrators were trained in youth mental health first aid and seventeen in adult mental health first aid. Our largest initiative thus far occurred in September. Through a partnership with Johnson County Mental Health, Netsmart, and Everyday Matters, 169 of our head coaches and sponsors became certified in youth mental health first aid. Our goal is to continue to build our capacity to provide this essential training to our staff.

Discussion: Committee members discussed whether the program would be appropriate for parents. JCMH does provide opportunities for MHFA training that are listed on their [website](#). At this time the school district is focusing efforts on staff training.

Pro-Active Student Mental Health Strategies and Activities

Dr. Mindy Wells invited three counselors from all school levels to share mental health information that is occurring in the schools. Kala Pelate, BRE, Stephanie Meek, PRM, and Kristi Dixon, BVSU. They each shared about what is occurring in the schools concerning mental health. Here is the information that was shared:

All levels complete the following

- Classroom Lessons
- Small Group Work
- Individual Support
- Consultation with Staff and Parents to support student
- Community Referrals
- Collaboration with school staff teams for school and student support

- All Staff Training - Supported by Counselors

Elementary Specific Programs:

- School Wide Initiatives that support (Kindness, Anti-Bullying, Healthy Choices for Drug and Alcohol Prevention)
- Project Happiness for grades 3-5'
- Consultation for class placement/enrollment

MS Specific Programs:

- Appraisal & Advisement for enrollment & scheduling
- Signs of Suicide classroom lessons
- Sources of Strength
- Give me twenty
- Everfi
- Career Exploration and interest inventories

HS Specific Programs

- Appraisal & advisement for enrollment and scheduling
- Career Exploration and interest inventories
- Individual Plans of Study
- ACT/SAT/AP Test Prep Coordinators
- Post-Secondary Advising
- Everfi

Blue Valley Suicide Intervention Procedures (update)

This topic to be shared at the next meeting due to a shortage of time at this meeting.

Discussion: Committee members stated the importance of the staff member knowing and being connected to the student. They shared several examples how the lessons can be perceived as authentic/impactful or as “checking a box.” We were asked to make sure all staff know the lesson so they can also support the SEL concepts.

Open Forum

Anne Timmons shared that JCCC will host a special screening of “Angst” on March 28th at 6pm in the Cap Fed room. **Angst** Edition is a film program designed to raise awareness around anxiety.

Meeting concluded at 6:03 pm

Next Meeting: **Wednesday, March 8th , 4:30pm**
Board of Education Conference Room at District Office