



## Health and Wellbeing BOE Advisory Committee

Meeting Minutes: Wednesday, November 8, 2023

Meeting Called to Order at 4:34 pm

### Welcome

Mark Schmidt welcomed everyone and then there were brief personal introductions from each committee member, presenters, and guests. We had six students attend this meeting and they contributed meaningful discussions to the topics below.

### Youth Mental Health First Aid

Just as CPR helps you assist an individual having a heart attack, Youth Mental Health First Aid teaches you how to assist and support others who may be experiencing a mental health or substance use challenge.

Brian Mowry; Social Science teacher and basketball coach, and Kimberly Thompson; social science teacher, both at BVH, talked about their experiences with Youth Mental Health First Aid training. Both teachers felt the training helped them to initiate conversations with students that may be having issues that would benefit from a discussion with a trusted adult. They both discussed how important it is for students to have a trusted adult that personally knows them, that they feel safe with, in school.

There should be 300 staff trained at the end of this year in Youth Mental Health First Aid and 900 fully trained after the three-year implementation period. The Blue Valley Ed Foundation is helping to underwrite the training, as it is very costly, but everyone feels it is very worthwhile.

### Screens and social media- Screen Sanity

Tracy Foster, Co-founder and Executive Director of Screen Sanity, shared information on this non-profit program. The nonprofit helps families and communities pursue digital health in order to reduce loneliness, depression, anxiety and suicide in a socially isolated society. The need for our programs and resources has only grown in a post-pandemic world, with screens and devices seeping into every corner of our children's lives. Our broader resources and tools are designed to support families on every leg of their digital parenting journey — helping them to quickly navigate to the issue that is most pressing for their own family. Our goal is to build trust with families so when they hit a new technology milestone, they know exactly where to turn. The program is can be underwritten also by the Blue Valley Education Foundation if any PTO or BV Club would like to bring the Screen Sanity program in for a parent group.

### Open Forum

There were no open forum discussions.

### Reminder of next meeting date/time

Meeting concluded at 6:00 pm

Next Meeting: **Wednesday, January , 4:30pm**  
**Board Room at District office**