

Health and Wellness Meeting – March 8, 2023

Attending: David Aierstok, Meg Rodier, Brett King, Theresa Costakis, Stacy Stoliker

1. Chris Herren Presentation – 5/31/23

- High School is AM presentation
- Middle School is PM presentation

Herren Talks

- Chris Herren is a former Division I and NBA Player who has dealt with substance abuse issues
- Changing the conversation on Substance Abuse with a “Focus on the First Day Not the Last Day”

2. Minding Your Mind – 5/17/23

- This is a national presentation, with local chapters, from a young adult who is living with a mental health issue.

- * Both presentations will be put out on school messenger
- * David will meet with both building principals to discuss and map out the day
- * Students need to be informed of crisis numbers and drug treatment resources
- * Students will have time to reflect and discuss the presentation afterwards in smaller classroom type settings
- * Counselors will not be leading the discussions in the classrooms so they are available to assist anyone who may be in crisis

Next meeting scheduled is for 4/12/2023, Meetings are subject to change so please call ahead if you are planning to attend.