

Health and Wellness Meeting – January 11, 2023

Attending: Tom Burnell, David Aierstok, Megan Barbera, Meg Rodier, Larry Anthony, Theresa Costakis

1. **Potential Program/Parent Academies**

- Two different presentations

A. **James's Warriors** (local program) which is presented by a mom who lost her son to suicide five years ago. A clinician comes as well and speaks along with breakout sessions to follow.

B. Minding Your Mind

- This is a national presentation, with local chapters, from a young adult who is living with a mental health issue. A clinician is also part of this program and the class presentations are for middle school and high school students.

- Focus is on "Stories over Stigma"

- There is an additional cost for a parent presentation

C. 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. Potential Timeline

- put all three in a package and send it out to district members as if we are doing one a month for the next three months

- questions about can we zoom them but not record, or livestream the presentations like board meetings

3. Need a budget for Health and Wellness Committee moving forward.

Next meeting scheduled is for 2/8/2023, Meetings are subject to change so please call ahead if you are planning to attend