

Health and Wellness Meeting - 12/8/21

Attendance: Tom Burnell, Emily Davison, David Aierstok, Meg Rodier, Brett King, Larry Anthony, Stacy Stolliker, Christine Kozma, and Teresa Costakis

Dr. Michael (Mykee) Fowlin

- The major concern and conversations were around what are we doing after the presentation to maximize this potential event
- Discussed John Halligan who we've had in the past
- Discussed the power of a first-person speaker – gives the audience a front row seat to the story and no other point of view is as close. The audience gets to see all the person's thoughts, feelings, and knowledge.
- Check with NAMI

What we need in a presenter?

- We need a presenter that provides us with hope and perseverance
- Some seniors feel we're missing the boat on mental health
 - For example, they want more focus on general/daily mental health – a spectrum focus and not just on the big ones
- Ask Red Hook about viewing their upcoming Mykee Fowlin program
- CLS grades 3-5 program would focus on inclusion and acceptance of differences
- Parent view is that kids are struggling right now
- Discussed adding resources and websites, related to health and wellness topics (food and nutrition, sleep, screen time, mental health, etc) to the district website for families and members of the community who may need help or assistance

Date of the Next Meeting – January 12, 2022