

Belmont Wellness Coalition (BWC)
DFC Grant SPO-80659-01
Meeting Minutes
Tuesday, November 5, 2019 at 7:00 – 8:30 PM
Fire Department HQ Conference Room, Belmont, MA

BWC Members Present:

Anne Wang (EDC, Grant Evaluator), Wendy Conroy (Chair, Sexuality Educator), Melissa O'Connor (BHS SRO), Caroline Dustin (Youth)

BWC Members Absent:

Lisa Gibalerio (Wayside), Nicole Rogers (Wayside), Stephanie Sunderland (Wayside), Annie Gladfelter (BASEC), Beth Rumley (Nursing Director), Corinne Jackman (Belmont High School Nurse), Pam Eager (Town Meeting Member), Sara Masucci (Teacher), Kristine Pugliese (CMS SRO), Elizabeth Dionne (Warrant Committee/TMM member), Julie Crockett (TMM), Jonna Logan (Nurse), Lily Sama (Youth), Jane Fox (Public Health Professional), Portia Thompson (Parent), Barbara Bulfoni (PTO President, Chenery Middle School), Janice Darius (Assistant Superintendent), Fire Chief David Frizzell, Wesley Chin (Director, Health Department), Diana Ekman (Assistant Director, Health Department), Kate Bowen (School Committee member), Rev. Joe Zarro (Clergy), Jeff Hansell (Media Specialist), Patti Forte (parent)

I. BWC Strategic Action Plan

1. Supporting parents via reinforcement of Belmont's SEL framework – how can we support and align with what is being taught across the school district?
2. Supporting parents in “best practices for parenting teens” – how to guide parents in effectively communicating with their kids around substance misuse and mental health?
3. SAPC – Substance Abuse Prevention Collaborative us currently working to understand student stress. Belmont has been a member of this group for four years. SAPC includes Belmont, Brookline, Waltham & Watertown. Through SAPC, we are hoping to conduct a focus group at Chenery Middle School in order a gain a deeper understanding into the sources of student stress (7th and 8th grades); data from this will be used to create a campaign aimed at students.
4. **Forming a Youth Leadership Group at CMS or BHS:**
 - a. Lisa and Wendy talked with BHS Principal Isaac Taylor about peer programs at Lexington High (among other nearby communities): Sources of Strength, SADD, programs where high school students talk with younger students about substance misuse, programs for peer social support, and Challenge Day (designed to help kids feel more empathy for each other), etc.
 - b. Lisa has stated in the past that a Peer Advisor will be a necessary component to getting a Peer Leadership program off the ground

- c. Wendy talked with Deb McDevitt at BHS to see if she wanted to select some students from Student Senate who have done activities with teachers like shadowing a student, to join a peer leadership group
- d. John Halligan speaker on cyber bullying
- e. Caroline has an idea of students vlogging their day to show what their day is like in terms of the challenges they face, the stress, academic, social, etc.
- f. Melissa mentioned the NAN project which started in Lexington (promotes awareness and understanding of depression and suicide)

II. YRBS Data Highlights

Anne showed the power point presentation; the power point summarizes the YRBS data highlights. This will be presented to the School Committee on Nov. 12 and to the wider Belmont community on Nov. 18.

III. Developing the BWC Action Plan Steps

- Create a BWC speaker series –
 - First event is a film and panel with a focus screen time and its impact on mental health in teens. The film is *Screenagers: Next Chapter - Uncovering Skills for Stress Resilience* on Tuesday, Dec. 3rd, 7pm at BHS. Sponsored by Chenery PTO, Belmont High PTSO, FBE & BWC.
- Schedule a Parent Workshop and/or Coffee – Lisa and Wendy discussed this concept with Principal Taylor to host a parent coffee in conjunction with the BHS
- Outreach to PTOs across the district and to coordinate the above
- Continue Principal meetings – Lisa and Wendy met with Principal Taylor and Middle School Principal McAllister and with two elementary school principals (Butler and Winn Brook)
- BWC Website development – Wayside needs to hire someone to move this forward
- Vaping Presentation at BHS on Thursday, November 21 at 6:00 via the Mass Department of Health – “*Get Outraged*”
- Lisa and Wendy will hold two student workshops at BHS’s Diversity Day in March 2020
- Lisa and Wendy are holding parent workshops on substance misuse, parent tips, mental health awareness and sexuality/consent at The Loved Child in January 2020
- Lisa and Wendy may provide a workshop to parents regarding the recreational marijuana shop opening on Pleasant Street. Parents are curious about what to expect in terms of products sold, security, etc.

IV. Youth Feedback/Involvement

- Caroline offered that kids who care about the issues will participate in a youth group and it looks good on resumes/college applications, so kids will likely participate
- Possibly a school leadership advisory or district leadership advisory to help enact the school or district strategic plan
- Enroll Principal Taylor to okay a homework pass

- PTSO has asked for BWC help in coming up with ideas to reduce student stress (Stress Buster Stations) throughout the year. These “stations” could offer the following:
 - therapy dogs
 - snacks
 - relaxation promotion
 - Bob Ross tutorials
 - live music in the cafeteria
 - aromatherapy station
 - sleep station
 - study break area
 - police could bring donuts - “Coffee with a Cop” (Quebrada might donate?)
 - Q&A with Firefighters (and food)
 - EMS, detectives, Juvenile Justice, detention
 - win homework passes
 - group games (corn hole tournament, capture the flag, kan jam tournament)

V. Upcoming Events

- **YRBS Presentation** (at CMS) on Monday, Nov. 18 at 7:00 PM
- **Vaping Presentation** (at Belmont High School) Thurs., Nov. 21, 2019 at 6:00 PM
- **Screenagers Next Chapter** - (at Belmont High School) on Tues., Dec. 3 at 7:00 PM

VI. Set Next Meeting

- Lisa will send a scheduling doodle for the next meeting.

Respectfully submitted by:

Lisa Gibalerio,

Prevention Specialist/Program Coordinator

Wayside Youth & Family Support Network