

**Belmont Wellness Coalition (BWC)**  
**Meeting Minutes (Virtual)**  
**Tuesday, September 28, 2021 at 2:00 – 3:00 PM**

**BWC Members Present:**

Lisa Gibalerio (Wayside), Sophia Suarez-Friedman (Wayside), Wendy Conroy (Chair, Sexuality Educator, parent), Anne Wang (EDC, Grant Evaluator), Janice Darius (Assistant Superintendent), Melissa O'Connor (BHS SRO), Michelle Drolsbaugh (Minding Your Mind), Mike Crowley (School Committee, parent, Belmont Media Center), Elizabeth Dionne (Warrant Committee member, parent), Leah Lesser (parent), Veera Mylapore (parent), Rachel Bruno (Psychologist, parent), Traci Doherty (parent, nurse), Amy Kirsch (Belmont Helps, parent)

**BWC Members Absent:**

Jennifer Gillette, (The Loved Child, parent), Elizabeth Brown (parent, Public Health Evaluator), Stephanie Sunderland (Wayside), Rev. Joe Zarro (Clergy, parent), Beth Rumley (Nursing Director), Annie Gladfelter (BASEC), Pam Eagar (Town Meeting Member), Julie Crockett (TMM, parent), Jane Fox (Public Health Professional, parent), Wesley Chin (Director, Health Department), Diana Ekman (Assistant Director, Health Department), Jeff Hansell (Media Specialist), Patti Forte (parent), Kate Bowen (School Committee member, parent), Corinne Jackman (BHS Nurse), Kim Raubenheimer (parent, nutritionist), Portia Thompson (Parent), Jonathan Mack (fitness instructor)

**1. Welcome [Introductions, Check-Ins- might move to end]**

Lisa welcomed everyone to the first BWC meeting of the new school year. She quickly moved to the first agenda item - as there was a large set of slides to review.

**2. 2021 YRBS DATA** (data highlights and discussion of the rollout plan for this fall)

Anne took the BWC through 2021 YRBS data highlights for both the middle and high school students.

- She reviewed vaping, alcohol and marijuana use, by grade, comparing the 2021 data to the 2019 data.
- She also reviewed student perception of risk and harm as well as student perception of parental disapproval, by grade. Student perception of peer disapproval was reviewed and compared to 2019 data.
- Mental health data was then reviewed by grade and also compared to 2021.
- Next she reviewed a ranking of stressors as well as healthy stress relieving activities.
- Bullying data was reviewed by grade.
- Covid pandemic effects were reviewed.
- Non-school related screen time and hours of sleep were both summarized.
- Anne explained several slides that compared data points, e.g., mental health and substances, sleep and considering suicide, experienced bullying and depression, etc.

- Anne received the Middlesex League data, but they aren't planning on releasing a report like they did in 2019

BWC members asked questions concerning the data.

BWC Questions and Comments on YRBS Data:

- Looking at Mental Health and race - Anne said the numbers were very small but she can look at a way of representing the data with race
- How YRBS administered - online. In 2019, the survey was online in the classroom, and in 2021 it was online and emailed to students to do on their own time
- National research suggests that students are honest in their responses. Surveys where the student clearly hasn't taken the survey seriously are eliminated
- Perceptions of marijuana seem to be changing, likely related to the legalization laws
- Screen time and gender and depression and gender will be added
- Most of the comparisons are not statistically significant
- Didn't compare data to SEL Survey because not many questions in common
- For the most part, Belmont's numbers are close to Middlesex league or lower
- Leah suggested that any presentation on YRBS talk about what the Belmont School Dept. can focus on based on the data, the "now what happens next ...."

### 3. **BWC Updates:**

#### a.) *Monthly Parenting Group*

Next Group Meets: Wednesday, October 27, 7:00 – 8:00 PM

To be held at the Belmont Fire Station on Trapelo Road, 2nd floor conference room,

Topic: Guidance for parents around ADHD

Please invite people – it's a great group!

#### b.) *Upcoming Library Program*

Wednesday, October 13 at 6:30 – 7:30 PM

Topic: Guidance on Navigating Difficult News Events with Kids

Please help us to spread the word on this event.

#### c.) *Student Ambassadors* (this agenda item was tabled)

- Summer Work - created a social norming Instagram campaign based on the SEL Survey from December 2020 - see it on our [Instagram](#)
- Fall 2021 - will start to meet this year to focus on mental health and substance misuse, and can look at YRBS data as well

Other Updates:

- Belmont Helps: Amy reported that BH is celebrating two years and will have a fundraiser, joined the Food Collaborative, and is collaborating with other groups to support Afghan refugees - look out for updates.

#### **4. BWC Fall Programming**

- Mental Health programming for BHS students
- The 2021 YRBS data highlights roll out will include:
  - School Committee Meeting on Tuesday, November 9th
  - Belmontonian and Citizen Herald articles
  - Belmont Media Center video
  - Chenery PTO event on Wednesday, January 12th
  - BHS PTSO Event hopefully to be scheduled

#### **5. Closing Thoughts, New Business, etc.**

- Links to weekly video segments can be found on BWC website: [belmontwellness.org](http://belmontwellness.org)
- Next BWC Meeting: Lisa will send a doodle.