

BWC Meeting:
April 7, 2022

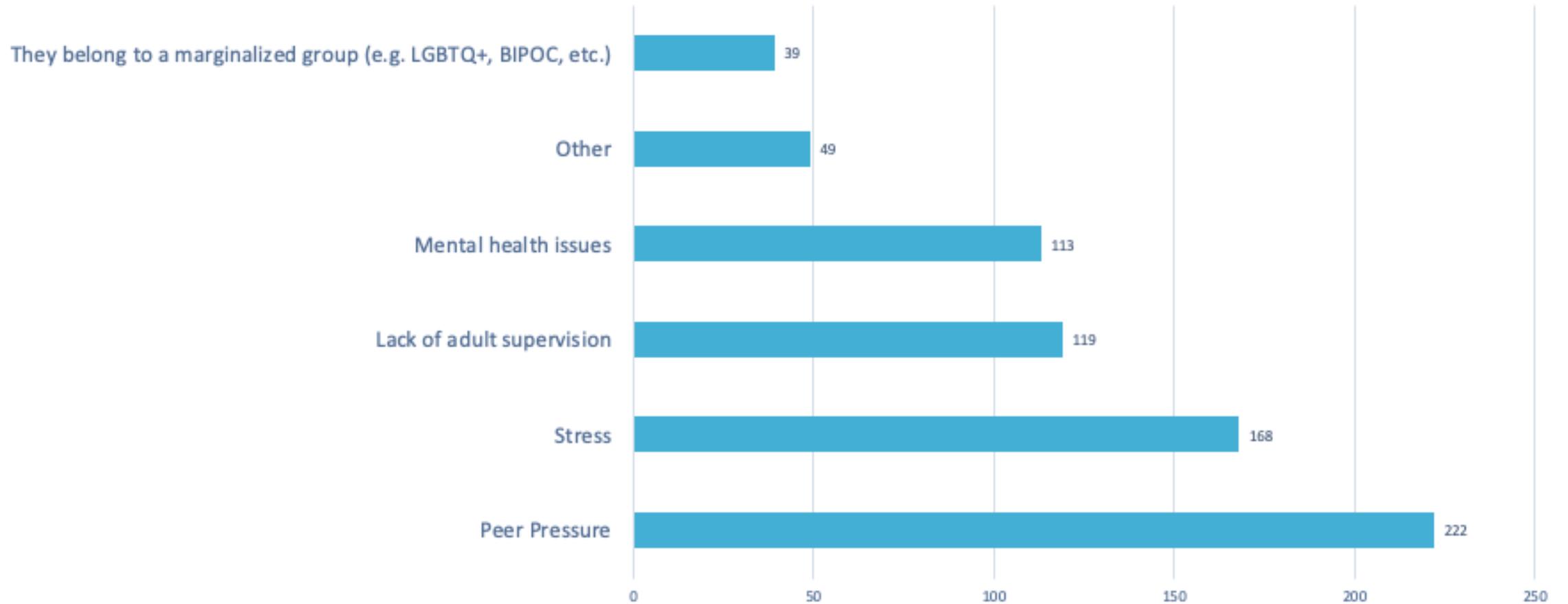
*Belmont Wellness
Coalition*

PARENT SURVEY

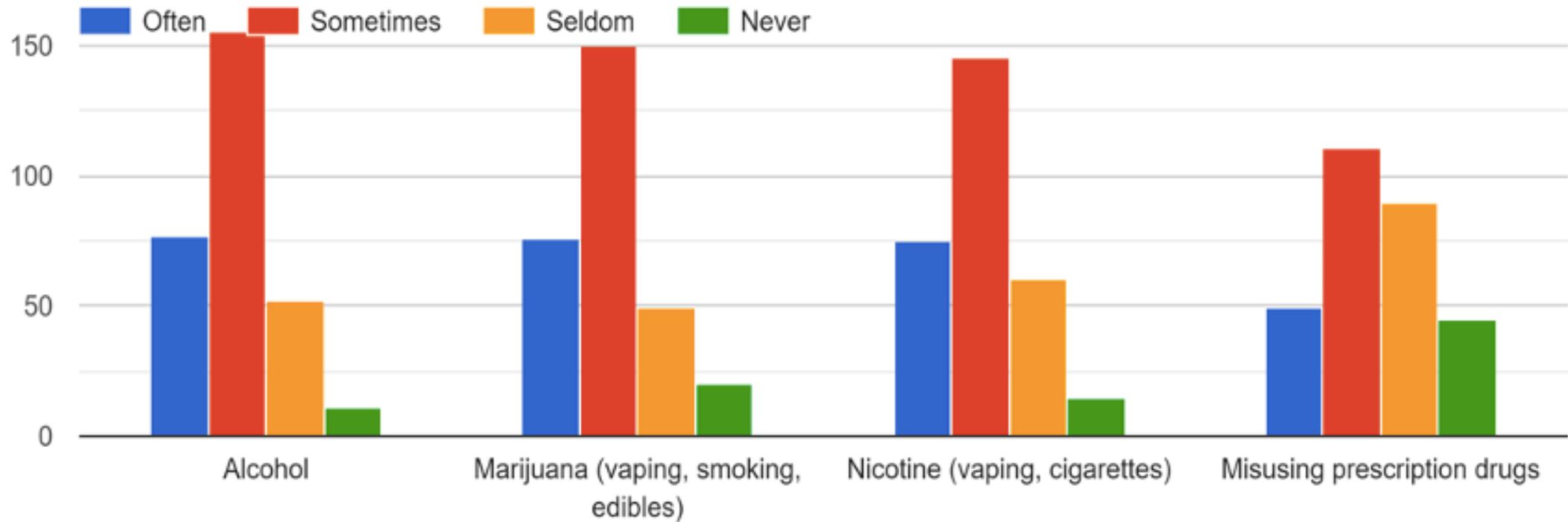
In March 2022, the BWC created and distributed a survey for parents of Middle and High School students.

➤ 295 parents responded

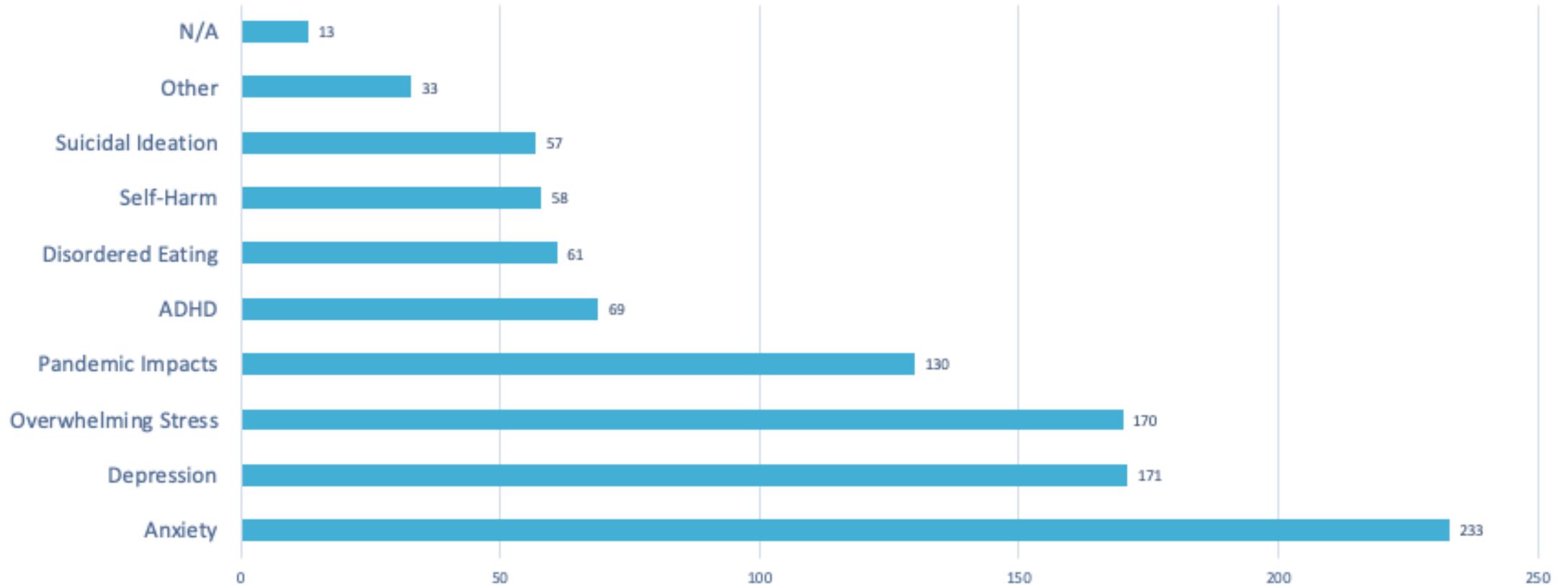
“Surveys tell us that some teens are using alcohol, marijuana, and/or vaping, why do you believe this is?”



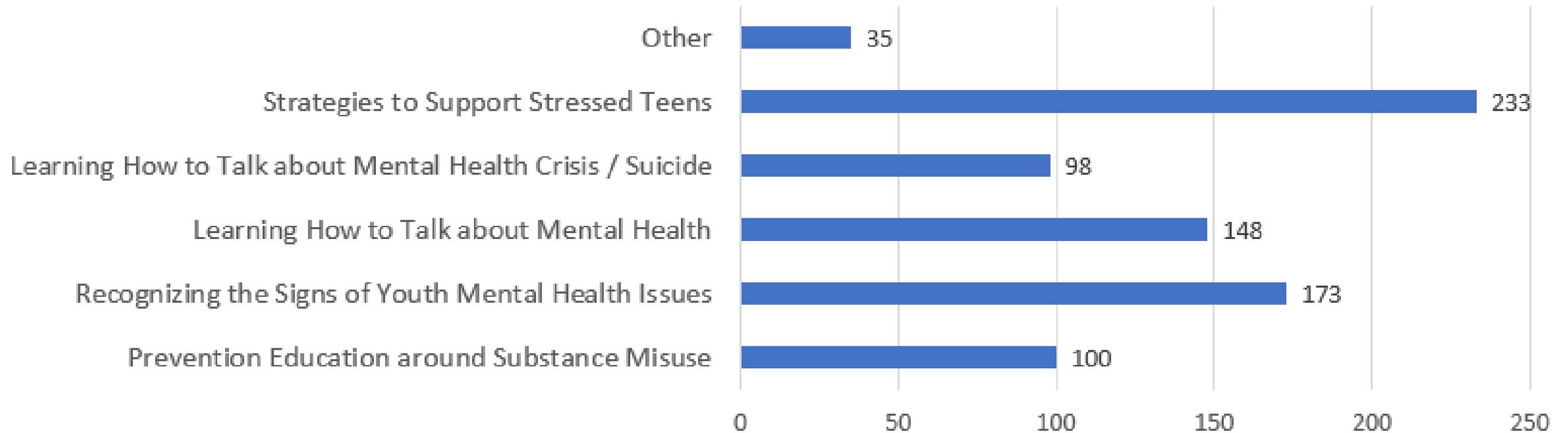
“How often do you talk with your kid(s)
about the risks of...”



“What are you *most concerned* about with regard to your child's Mental Health?”



“As we plan parent education workshops,
what topics would be *most helpful*?”



BWC
SUBGROUP:
PEER
MENTORSHIP

Lisa

Sophia

Wendy

Hannah

Mike

Research Overview

What does Peer Mentorship look like in various communities?

Lexington

Peer Leaders:

- There is no one-on-one mentorship.
- Peer leaders receive training in relationships, substance misuse, and being an active bystander.
- Peer Leaders give presentations to the younger students. These presentations are supervised by adults.

Research Overview

What does Peer Mentorship look like in various communities?

Needham

- Beth Pinals of *Own Your Peace* provides peer training to school systems and has done extensive work with Needham students.
- The goal is to create and sustain emotional wellness and improve the school's community and environment. Both teens and adults receive training from Beth.

Research Overview

What does Peer Mentorship look like in various communities?

Acton/Boxboro

Students receive training and are supervised by adults for:

1. Peer Counseling: introduces students to professions where they can “give back”
2. Ambassador Program: pairs high school students with incoming students for support and connections
3. After School Club: presentations on healthy decision making, relationships, etc.

BWC'S
PROPOSAL TO
SCHOOL
DEPARTMENT

- Subgroup's proposal on peer mentorship to be released soon