

**Belmont Wellness Coalition (BWC)**  
**Meeting Minutes (Virtual)**  
**Tuesday, May 10, 2022 from 1:00 – 2:00 PM**

**BWC Members Present:** Lisa Gibalerio (Wayside), Sophia Suarez-Friedman (Wayside), Wendy Conroy (Chair, Sexuality Educator), Nadia Foster (EDC, Grant Evaluator), Janice Darias (Assistant Superintendent), Mike Crowley (School Committee, parent, Belmont Media Center), Laura Kurman (Wayside Program Director), Kim Raubenheimer (Nutritionist and trainer, parent), Megan Palmer (parent, teacher, and education & human development Harvard graduate student), Samantha Resnick (BHS Social Worker, started the BHS Bridge Program), Rachel Bruno (Clinical Psychologist at Boston College, BHS PTSO, parent), Portia Thompson (CMS PTO, parent), Diana Martinez (parent, Mental Health Counselor), Carolyn Schwartz (BHS Nurse)

- **Welcome [Introductions, Check-Ins]**

Members introduced themselves.

### **I. Parent Survey Data**

BWC's Parent Survey was administered in March to parents of students in grades 7 through 12. The impetus for the survey was to follow up on the concerns parents expressed with regard to the YRBS data. We received 295 responses. The parent survey data will help BWC to plan upcoming programming and focus its outreach for the next academic year 2022/2023. Nadia went over the highlights of the survey data, which centered on parents' concerns of mental health and how often they talk about substances with their kids. Nadia provided some recommendations for future programming to build upon past BWC presentations.

Samantha commented on the parent concerns around mental health. Her concerns differ slightly from the majority of parents - her concern is self-harm and suicide because youth tend to not talk to their parents about these topics. Any conversation around depression and anxiety must include self-harm and suicide. Lisa added that at YRBS presentations this past year, parents actually seemed very concerned about suicidal ideation.

Nadia brought up the idea of social media messaging for parents around mental health concerns and normalizing reaching out for support for kids.

Janice spoke with the BSD Principals today about this year's presentations, and perhaps utilizing the BWC for more future programming.

Nadia will incorporate Parent Survey percentages in to the slides.

### **II. Peer Education Proposal – Update**

The BWC's Peer Proposal was shared with School Committee members and School Administration. The focus this Spring focus has been on budget, and Mike has been working to maintain mental health staffing within budget. The School Committee will hopefully address the Peer Proposal at an upcoming meeting.

### **III. Megan Palmer - SEL Research Highlights**

Megan provided a presentation which highlighted her grad school research on SEL - Social Emotional Learning. She presented the SEL research and highlighted her main findings: that relationships matter and that parents and the schools share a common goal around SEL, one that

will most support students. The BWC expressed its appreciation to Megan for this important work; her presentation was briefly discussed.

Mike will look into the possibility of Megan presenting this data to the School Committee.

Janice will meet with Lisa about future programming for parents and explore incorporating Megan's SEL components.

#### **IV. BWC's next event:**

##### **Monthly Parenting Group**

Next Meeting:

**Wednesday, May 18, 7:00 - 8:00 PM (virtual)**

Topic: *The Culture of Stress*

#### **V. Closing Thoughts and other Updates**

Next BWC Meeting: June ? – see doodle to select date/time.

Survey: <https://forms.gle/5qKfiC6HqEfs9Per5>

- Summer subgroups: Peer Education Program, BWC Outreach/Visibility in Community, 2022-2023 Programming/Outreach