



Belmont Wellness Coalition (BWC)
Sept. 11, 2023
Meeting Minutes (Virtual)

Lisa Gibalerio (Wayside), Maeve Kennelly (Wayside), Chantal Hoff (MXM Evaluator), Wendy Conroy (BWC Chair, Sexuality Educator), Leah Lesser (Parent, Emerson Marketing), Portia Thompson (Parent), Megan Palmer (Parent), Kim Raubenheimer (Health and Fitness Coach, Parent), Lucia Sullivan (Interim Assistant Superintendent), Rebecca Furth (Parent, Public Health), Mike Crowley, (BMC, parent), Russ Kupperstein (Belmont MS Principal), Samantha Resnick (Bridge Program Social Worker at BHS)

1. Welcome [Introductions, Check-Ins]

Lisa welcomed new BWC members and members introduced themselves.

2. Summer Updates

1. Grant News (DFC and STOP)

Lisa shared that the BWC was awarded an additional 5 years of DFC funding - which will allow Wayside/BWC to continue its work in Belmont! However, we did not receive STOP grant funding.

2. Social Media Crisis Resource Guide

BWC is in the process of wrapping up a Resource Guide for BWC parents detailing steps and information for what to do if a family were to experience a social media crisis. Becky also shared that she has been working on a collaborative risk reduction framework to reduce social media use, with the idea that it can be used by parents and educators to discuss with youth - the potential harms of social media usage. This framework is still in the drafting process.

3. BPS Website Feedback

Lisa noted that this summer Maeve worked with two BWC interns to create feedback for the Belmont Public School website regarding their mental health resources for parents, the scope of what was available, and accessibility to these resources. BWC put together a comprehensive document detailing this feedback and presented it to BPS personnel. Lucia noted that this was very well received by the tech department as well as by Jill Geiser; this feedback will be implemented in the future.

3. 2023 YRBS Data

- Slide deck is in process
- Community presentations will be scheduled in late fall

Lisa shared that next steps include working to select pertinent slides for community presentations which will include mental health impacts, substance misuse, stress, etc. with some cross analysis slides.

Mike asked: has the data been shared with the school community yet or if we are waiting for our public presentations? Lisa noted that the full set of YRBS data received from JSI was indeed shared with the School Dept. and that once BWC and Chantal (Evaluator) have selected the specific slides to be shared with the community, they will first be shared with key personnel (Jill, Lucia, Russ, etc.) for feedback.

Mike also shared that there is a new organization called *The Belmont Voice*. They are attempting to create a new local newspaper. This may be an avenue for visibility for BWC. Leah asked if the BWC was able to execute any of the ideas raised at the publicity meeting held over the summer, e.g., attend Town Day, attend a Farmer's Market. Lisa will follow up on the Farmer's Market idea. BWC did not have the capacity to attend Town Day.

4. **Student Mental Health Advocates**

Maeve provided updates:

- New name, new logo, will work this fall to bolster visibility at BHS
- Goal is to raise awareness around peer mental health
- First meeting is at the end of the month
- She provided an update on the One Trusted Adult initiative

5. **BWC Fall Events:**

- **Kevin Hill Vaping event Monday, Oct. 23, at the CMS Community Room**

Lisa shared that BWC has invited Dr. Kevin Hill to host a community conversation regarding current vaping habits, cannabis use, and prevention strategies. (Special thanks to the DARE Board for generously funding this event!) This event will be livestreamed as well as an in-person event.

Russ shared that parents may want to explore this issue in a space where their students attend school. Lisa will consider a location at the 7 - 12 building complex.

- 2023 YRBS Presentations TBD
Presentations will be scheduled with the Select Board, School Committee, grade 7 and 8 and 9 - 12 PTO, PTSO.

6. **Next Parenting Group:**

Wed., Sept. 27 at 7:00 PM

Lisa noted our monthly parenting group will be starting again and will continue to cover a multitude of topics relating to mental health, substance misuse, puberty, setting boundaries with kids, autonomy, screen time/social media, etc.

7. **Other Items**

8. **Mark your calendars for the next BWC meeting:**

Mon., Oct. 16 at 12:30 – 1:30

