



Meeting Minutes (Virtual)

Monday, Oct. 16 12:30 – 1:30

Lisa Gibalerio (Wayside), Maeve Kennelly (Wayside), Chantal Hoff (MXM Evaluator), Lucia Sullivan (Interim Assistant Superintendent), Rebecca Furth (International Public Health), Maya Escobar (Teen Services Librarian), Sara McPhee Lafkas (Parent, Social Work professor at Merrimack), Beth Rumley (Nursing Director), Samantha Resnick (Bridge Program Social Worker at BHS)

1. Welcome [Introductions, Check-Ins]

Members introduced themselves.

2. Student Mental Health Advocates (SMHA)

Maeve read the updated mission statement:

The BHS Student Mental Health Advocates (SMHA) are dedicated to listening to student struggles and voicing them to the BHS administration. We strive to advocate for supportive policies and to connect students to vital resources, all with the goal of better serving BHS students' mental health.

Maeve provided updates on the following SMHA initiatives:

- **Student Activities Fair** (enrollment) - attended on Oct. 3, enrolled 8 new members!
- **OTA (One Trusted Adult) Updates** - hoping to get this initiative off the ground in the very near future, will be discussing publicity and dissemination at the first meeting on 10/23.
- **YRBS** (Social Norming, etc.) - will work with SMHA's to raise awareness on the positive outcomes of the 2023 YRBS data on mental health and substance use.
- **Social Media Risk Framework** - Will be presenting this framework draft to SMHA to get the youth's perspective on this tool and if it is something that they see their peers utilizing when thinking and talking about social media behaviors.
- **Ethnic/Racial Identity Interviews** - Harvard PhD Candidate and research team will interview BHS students on race, identity and ethnicity and how youth respond to survey questions asking about race, ethnicity, and identity. This is a great community service opportunity for any Belmont students interested.

3. Resource Updates

Lisa noted that there are two resources that will be sent out with the Minutes of this meeting, and shared on our website and on social media:

1. **Social Media Crisis Resource Guide** - a guide for families if they encounter a crisis situation with their children. Lisa shared that this document provides detailed information and resources on navigating a social media crisis as well as discusses risky behaviors regarding social media/ youth. This document will be available on our website, on BWC's Facebook page, as well as the Belmont Parent's Facebook page.
2. **Screen Time 101** - a tip sheet covering important but more basic information on managing screen time. This document discusses how much time teens are spending on screen time, how to navigate discussing rules/regulations, what apps youth are engaged with on their device, etc. This tip sheet will also be available on our website and Facebook pages.

4. **2023 YRBS Data - Community Presentations:**

Lisa noted that there are two upcoming YRBS presentations:

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| 1. | School Committee: | Tues. Nov. 14 around 7:00 PM |
| 2. | Select Board: | Mon. Dec. 4 around 7:30 PM |

Lisa mentioned that these events will be both virtual and in person. BWC will be presenting data highlights on substance use, mental health, student perception of harm, and cross analysis of substance use, mental health issues, and bullying. Following the presentations, these slides will be available for all community members.

Rebecca asked if there were any data points we can share at this time and Lisa mentioned that mental health issues have not gotten worse and lifetime substance use has decreased. Chantal mentioned that although data trends have improved - it is important to consider the trends in 2019 and 2021 and what was happening in the world at those times as well. Lisa added that the 2021 survey was given after 13 months of "lockdown".

5. **BWC Fall Events:**

Lisa noted that there are two upcoming presentations:

1. **Teens and Screens** Thurs. Oct. 19, at 7:30 at the Beth El Temple
2. **Kevin Hill Vaping event** Monday, Oct. 23, at 7:00 (BHS Library/Media Center)

She asked for assistance in publicizing the Kevin Hill event.

6. **Next Parenting Group:**

Wed., Oct. 25 at 7:00 PM – Topic: Cell Phone Surveillance, Privacy, Secrecy – What's invasive? What's appropriate?

Lisa shared that Parenting group is open for anyone who is interested and is great for parents to share strategies, receive support, etc

7. **Other Items?**

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

We are going to cancel the November 13th meeting. We will meet again on Monday, December 11, 2023 and take a dive into the 2023 YRBS Data.