



Belmont Wellness Coalition (BWC) Meeting Minutes (Virtual) Monday: April 8, 2024

Lisa Gibalerio, Maeve Kennelly, Maya Escobar (Youth Librarian), Beth Rumley (Nursing Director, BPS), Portia Thompson (Parent), Becky Furth (parent, global PH)

1. Welcome [Introductions, Check-Ins]

Coalition members introduced themselves.

2. BWC Updates

Lisa provided a brief summary of ongoing work:

- **Twice monthly video segments** - links can be found on the BWC website:

<https://belmontwellness.org/services/videos/>

- **Parenting Group** (meets monthly - see below for information on the next meeting)
- **Belmont's Opioid Task Force** - Elizabeth and Lisa attended the recent meeting and advocated for prevention education (in the schools) to be a part of the overall plan (in addition to naran and recovery).

Members discussed harm reduction, prevention strategies, and other ways to mitigate the vaping in Belmont - including the possibility of installing vape detectors in the bathrooms, places to dispose of vape devices, etc. Maya shared that speaking to athletic coaches to spread the message of staying away from substances may be useful.

- **BWC's Brief Survey** - Lisa encouraged all members to *please fill out the brief survey*, which is a tool to get a sense of members' overall engagement in Coalition work. The link is here: [complete this survey](#).

3. Thoughts on Cell Phone Policy (BHS) and Adjusting School Start Times

Lisa noted that two topics (noted above) have been brought to the Coalition's attention. She asked: do BWC members have thoughts on these two topics? Would anyone like to get involved? Please email her if you would like to get involved.

4. Student Mental Health Advocate Updates

Maeve provided updates on the following SMHA initiatives:

- a.) Student Resources - putting together a resource document that will include: hotlines, resource materials, places to seek support anonymously, information on the Peer Counseling program, etc.
- b.) Tiers of Mental Health -help in navigating the resources that are currently available (e.g., Guidance Counselors, Social Workers, etc.)
- c.) Guidance Counselor Resource - Photos and descriptions of the GC and instructions on how to reach them
- d.) Trusted Adult of the Week Initiative - students will nominate faculty/staff members - on a weekly basis - for a recognition in being supportive and helping students.

5. Mon., April 29 meeting for Mass Dept Public Health Cluster Grant – Youth Wellbeing

Lisa informed the BWC that Belmont is involved in a Mass DPH cluster grant with Watertown, Waltham, and Brookline. April 29's meeting will be a chance for community members to look at the Strategic Action Plan that has been created for the four communities. Thank you to Becky and Elizabeth for attending.

6. YRBS Follow Up

Lisa and Maeve will attend a School Dept. Meeting on May 1. Please think about this question: *What can BWC propose as a follow up to what the YRBS data reflects?*

Members shared potential follow up strategies: Maybe examine with populations of students that identify as LGBTQIA, BIPOC, and other marginalized groups (who had higher instances of mental health issues), examine what already exists to reach these populations and what supports could be put in place.

7. D.A.R.E. Board's generosity – Anthony Valentine event

Lisa acknowledged the D.A.R.E. Board for their tremendous generosity in sponsoring these two events:

- Monday, April 29 at Belmont Middle School (BMS)
- Tuesday, April 30 at the Chenery Upper Elementary (CUE)

8. Next Parenting Group:

Wed., April 24 at 7:00 PM – Guidance around Cell phones, Screens, and Teens - All are welcome to attend.

9. Belmont Connects

Lisa will attend the Belmont Connects event on Sat. May 4 at the Beech Street Center. This is a community event for various groups to network and get to know the excellent work that is being done throughout Belmont.

10. Other Items?

11. Mark your calendars for the next BWC meeting:

Mon., June 10 at 12:30 – 1:30