



Belmont Wellness Coalition (BWC) Meeting Minutes (Virtual) Monday: June 10, 2024

Lisa Gibalerio, Maeve Kennelly, Wendy Conroy (BWC Chair), Lucia Sullivan (Assistant Superintendent), Chantal Hoff (BWC Evaluator), Ingrid Johnston (parent, social psychology), Sara McPhee Larkas (parent, social worker faculty), Becky Furth (Public Health Researcher), Evan Nichols (Belmont PD and BHS SRO), Portia Thompson (parent, Belmont Religious Council)

1. Welcome [Introductions, Check-Ins]

BWC members introduced themselves.

2. BWC Survey Results and Next Steps

Chantal reviewed the results of the recent BWC engagement survey.

[Please see the survey results that she presented here.](#)

Members discussed ways to get involved with other community organizations/clubs such as sports teams to increase visibility of BWC and achieve more reach with BWC's mission. Members discussed the importance of educating parents and families on the Social Host Liability Law and putting out prevention-centered information more frequently, if possible.

Evan mentioned that the parties BPD is seeing are much smaller than they have been in the past. He also shared that more students are vaping and consuming marijuana in new ways such as edible products.

Portia mentioned having 'open hours' for activities that are youth centered and give youth an alternative to activities where substances may be present.

It was also suggested that Lisa and Wendy present their SHL / prevention strategies webinar around substance misuse to parents of 9th graders.

Lisa will explore getting pieces published in the Belmont Voice.

3. Student Mental Health Advocate Updates

Maeve summarized that the SMHAs kicked off their *Trusted Adults of the Month Initiative* this past May. Students nominated Paul, a custodian at BHS, and a teacher: Ms. Mastalong. Students have continued to nominate staff and there are currently 13 nominations to kick off the 2024-2025 school year with!

BWC representatives will be at the BHS Activities Fair on Thursday, October 3, 2024 to recruit additional SMHA members and publicize the group and its mission/vision.

4. BWC Updates

Lisa provided very brief updates of the BWC's recent ongoing work:

- BWC Spring 2024 Newsletter is out - please check it out !
- Belmont Connects event - a wonderful community gathering
- Belmont Farmers Market (Wendy will be there representing BWC on Thursday afternoon, 9/12 - stop in and say hello!)

- 2025 Youth Risk Behavior Survey - We are due to administer the YRBS in Spring 2025. We intend to continue to be a part of the Middlesex League with JSI's technical support.

5. **Next Parenting Group:**

Wed., Sept. 25 at 7:00 PM

6. **Mark your calendars for BWC's *In-person Meet and Greet* meeting:
Mon., Sept. 30 at 7:00 PM at the Trapelo Road Fire Station**

Following that, the BWC will meet on:

- Monday, Oct. 14 at 12:30
- Monday, Dec. 9 at 12:30