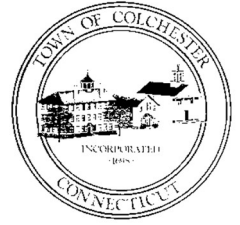




Colchester Youth & Social Services

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**Colchester Youth
First Coalition**

The Youth First Coalition is charged with the mission of promoting the social, emotional, and physical health and well-being of Colchester Youth. The coalition does this by 1) Advising and making recommendation on overall policy and program direction for the Youth Services Bureau, and 2) Developing culturally competent substance abuse prevention initiatives and increasing public awareness of the prevention of substance abuse.

Youth FIRST Coalition School Sub Committee

Tuesday, December 21, 2021 – 12:00 pm – 1:00 pm Zoom Meeting

MINUTES

SUBCOMMITTEE MEMBERS PRESENT: Chris Bennett, Melissa Cyr, Craig Scheel

SUBCOMMITTEE MEMBERS ABSENT: None.

OTHERS PRESENT: Charity Benedict

1. CALL TO ORDER

Charity Benedict called this meeting to order at 12:08 pm.

2. ADDITIONS/DELETIONS TO AGENDA

None.

3. CITIZENS' COMMENTS

None.

4. REVIEW AND APPROVAL OF PREVIOUS MINUTES

Not applicable. First Meeting.

5. DISCUSS MENTAL HEALTH WELLNESS WEEK PROJECT PLAN

a. Committee agreed titling the week Mental Health Wellness Week.

b. Discussion of daily themes and revision to:

- Monday: Depression
- Tuesday: Anxiety
- Wednesday: Self-Harm
- Thursday: Suicide Prevention
- Friday: Eating Disorders/Dysmorphia/Dysphoria

- c. Discussion occurred around including self-help and coping skills related to each topic on each day rather than saving that for the final day. Melissa and Chris recommended we include the LGBTQ+ and BIPOC perspective on each day related to those topics
- d. Melissa requested that we delay the week until February 7th since the High School only has advisory on the first Friday of the month and this will leave a long time between explaining/promoting the event in advisory and the week happening at the end of January. They will have advisory on February 4th. Chris agreed that week of February 7th works for WJJMS also.
- e. Craig would like to bring the newly trained police K-9 to the lunch waves to meet and interact with the students.
- f. Chris suggested we provide short video content that he can show students during “Workshop” periods which occur daily with students. Group discussed having Youth Action Council work with the Marketing/Media Committee to create a few short videos discussing Mental Health Wellness Week. IF there are brief educational videos on topics covered in the week, those can be shown to students as well, as long as they are self-explanatory and don’t require any pre-teaching. Melissa can send the videos out to Bacon Students also via email and show in Advisory on February 4th.
- g. Youth Action Council should be prepared to do the morning announcements beginning Friday February 4th to promote the theme and color for each day, the “Need to Know” posters and the Prize Wheel during lunch waves.
- h. Chris and Melissa will directly email all the teachers requesting they provide extra credit to students who attend the evening Community Conversation on Mental Health Wellness that occurs during the week for parents/youth at WJJMS.

6. NEXT STEPS

- a. Youth Action Council and Youth Services staff will prepare the “Need to Know” information points for each daily theme.
- b. Youth Action Council will work with Media/Marketing Committee during January to film short videos to promote the week.
- c. Youth Action Council and Youth Services Staff will prepare the flyers/posters/prize wheel questions.

Action Items:

1. Charity will contact Donna at WJJMS to reschedule the Community Conversation to the week of February 7th. Chris indicated that school events take precedent over Bacon Sports that may be booked during those evenings so they can be bumped.
2. Language should be prepared for the Youth Action Council to directly invite their school counselors to participate in the Lunch Waves.
3. National Honor Society and Interact Club youth should also be invited to participate in the week helping with making flyers/posters, hanging flyers/posters, lunch waves, announcements etc.
4. Youth Action Council will bring flyers/posters to Melissa/Chris for Admin approval.
5. **Youth Services will need to get a second prize wheel.**

7. CITIZEN'S COMMENTS

None.

8. ADJOURNMENT

Charity Benedict adjourned this meeting at 12:45 pm.

9. NEXT MEETING

Charity will schedule a meeting towards the end of January.