

Attendance: Doug Snow, DeAnna Stahlings, JennyLyn Little, Dianne Theurer, Adam Shelton, Phil Wade , Nicole Perkins, Melissa Coverstone, Tara Johnson, Val Damuni, Brookelin Backus, Jennifer Loscher, Ryan Stolworthy

1. a. Approval of Minutes: Motion to approve Snow, Second: Nicole  
b. Budget Review: Teachers Salaries: Still alot remaining in the budget will get used a bit as they do PD days. Waiting to buy Chrome books with the budget, presume it will cost about \$13,500 for a lab with a charging cart. Trust is a pretty set amount. TSSA Budget has fluctuated.
2. Mental Health Plan. Dr. Ryan Stolworthy, IHC ER Department presented to the community council. Dr. Stolworthy was Mount Crest Team physician from 2015-2019. The increase in the emergency visits for depression, anxiety and suicidal ideation has increased 400% in the last 5 years. This does not include the manifestation of symptoms. It is taking 48-72 hours to get mental health attention from the ER and if sent home the wait is 3 months to get with a counselor. Two weeks of debilitating mental health disorder should be in counseling with possible medication, but medication can increase suicidal ideation -Counseling is the #1 way to address these situations.

Distractions & over stimulations is a huge cause that creates this hopelessness. What we may be able to do is teach regulation- that times of no stimulation are good. Ideas for schools is to get on board -the upstream- Education with parents buying in to help. Is there a way we could encourage family time? Help them do less, get 8 hours of sleep, eating together with no phones out. One good example of electronic use is parallel play where a small child mimics the movie with play while watching it.

One adult mentor can make a huge difference with ACIS  
One other astonishing stat is that 20-35 age women are 50% of the visits to the ER coming in with liver damage due mostly to alcohol abuse.

Some good books to read are 'I-gen' by Jean M. Twenge &  
'How to Raise an Adult' by Julia Hans

3. Counselor Minute: Brookelin Backus is our project aware specialist. She is not a counselor but helps with the counseling process. We need more communication -the Hospital ER letting us know who has been seen, Mrs. Backus can do check-in while waiting for counseling -how can we make this connection? Can we get approval while at the ER from the parents? Mrs. Backus has many resources for the parents

and the community and can create a team for the students. Oftentimes she can find faster counseling for students.

Snow says we have "inbetweeners kids" . Staff meetings have time for teachers to bring up kids and see how kids are across classes. If we are seeing patterns we can find ones that need reaching out to.