



## MENTAL & EMOTIONAL WELLBEING MEETING NOTES

Thursday, April 20, 2017 • 9:30 am • Public Health, First 5 Conference Room

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Attendees: Breanna DeMatto-KCAO, Chris Douglas-Family Builders, Julie LeFils-KPFP, Melissa Wescoat-KPFP

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### I. Welcome/Introductions

### II. Debrief Corcoran Unified Teacher Training:

- a. There were 35-40 teachers in attendance in February
- b. The teachers were engaged and we had good discussions

### III. Discuss Potential New Teacher Trainings:

- a. We have been invited to come back to Corcoran in August to hold Behavioral Modification presentation at their teacher in-service days.
- b. The Team could handle more teachers, but would need another Mental Health person to assist.
- c. The Team would like to get the school psychologist to attend the trainings
- d. The Team could present twice a month with plenty of notice to prepare

### IV. Debrief Mental Health from January KPFP meeting

- a. *Based on a collaborative research report funded by the U.S. Secret Service and the U.S. Department of Education titled: "Safe Schools Initiative Report: Characterizing the Attacker" kids that became active shooters were kids who had experienced significant loss or personal failure before the attack; were bullied; were experiencing Mental Health issues, and had considerable time to think about the attack. After much discussion about what action steps we as a coalition can take, KPFP realized that a great place to start is with the school's Wellness Policies. Making these policies a top priority, providing support to teachers & administrators and connecting them with local resources (e.g. Behavioral Health works with students in the elementary and high schools, KPFP Mental & Emotional Workgroup trains teachers on how to handle mental health & behavior issues in students, etc.).*
  - i. *Utilize L CAP (Local Control and Accountability Plan)*
  - ii. *Change the approach to Trauma Informed (e.g. A trauma-informed approach is a shift in the interpretation that "something is wrong with this individual" to "something wrong has happened to this individual that challenged his or her resilience").*

iii. *Utilize board members of KPFP to assist with this work.*

***Chris Douglas with Family Builders, discussed his experience working with youth trauma. He previously worked on the Tulare Access Team through Visalia Youth Services. His team would go out to evaluate issues with student threats. His team conducted school and house calls to evaluate students.***

**V. Opportunity to add Mental Health into school wellness policies**

- a. KARELink for youth
- b. Get KCOE involved
- c. Need Crisis Response Team for Kings County Youth

**VI. Create a workgroup description for new website**

- a. Target schools, teachers, children, families
- b. Shelly Baird handles ADHD and other behavioral issues
- c. Work on reducing the stigma
- d. Julie will draft a description and send it to the team to review.

**VII. The next meeting will be held on June 8, 2017 (tentatively, Chris will check his schedule)**