



Social Emotional Wellness Coalition of the Tri-Lakes Area

Sponsored by NET, a program of Tri-Lakes UMC

Meeting Minutes – Monday, October 14th

In Attendance:

Char Armstrong: LPHS/KES
Kelly Bane: Parent/EI Paso County Workgroup
Cindy Bohanan: Parent
Holly Brandon: YMCA
Tiffany Brown: Parent
Lucas Calhoun: YMCA
Ryan Eells: PRHS Student
Nancy Fritzsche: Tri-Lakes United Methodist Church
Racquel Garcia: Hard Beauty Owner/Creator-Life Coach
Sheli Gray: Tri-Lakes United Methodist Church
Sam Hastings: Tri-Lakes United Methodist Church
Erika Nash: LPHS Counselor
Sara Norwood: Parent
Bridget O'Connor: LPHS Principal
Theresa Philipps: D-38 Board of Education
Krystal Rasmussen: LPSD Staff
Debbie Sell: LPHS/PRHS Social Worker
KC Somers: SD #38 Superintendent
Kirk Woundy: NAMI
Raquel Younglove: Neurofeedback

Welcome and Introductions

Special Announcement from Erika Nash; Lewis Palmer HS Counselor

October is Mental Health Awareness Month as well as the one year anniversary of the death of two of our high school students. LPHS has reached out to connect with the parents and students of those most impacted by the death of the LPHS student, and also to those students that have shown signs of struggling with their mental health. A list of therapists in the community and crisis information was provided. LPHS Counselors will be available all week long for students having a difficult time to come in and talk.

Featured Partner Presentation: Holly Brandon; Tri-Lakes YMCA Executive Director

The Tri-Lakes YMCA was opened in 2008.
There are 9 YMCA's regionally
40% of Tri-Lakes Area Residents are members
Some of the programs offered by the Tri-Lakes YMCA
*Before/After School
*Summer Day Camp

*Middle School Initiative: Free Y membership for all 7th & 8th grade students. Offered Monday - Friday 2:45-6:00. Students are bused to the Y from LPMS. Students can choice from a variety of activities - including homework help and a snack.

*RAD (Real Alternatives to Drugs and Drinking): Every Friday night for High School Students. Student led, free, always in need of volunteers!

*Youth Sports

*Aquatic Programs

*Enrichment Classes

*PEAK: Parent's Night Out

*Camp Shady Brook: Summer Camp in Deckers

Work Groups:

We broke out into the four Work Groups to develop one goal to be completed by the end of the calendar year. At the end of the meeting each work group gave a brief synopsis of their discussion and progress. Work group participants were encouraged to share contact information, and if needed, get together outside of Coalition meetings to work on goal formation and completion.

Community Education & Outreach

Goal: To provide Mental Health First Aid Course for Teens at both PRHS and LPHS the week of Nov. 18-22.

Research & Data Collection

Goal: To contact each of the other three Work Groups to determine what data and information will be needed on the Assets Map.

Community Spaces & Family Connections

Goal: To place banners in the schools and community spaces where children/youth frequent - one for each school level - Elementary, Middle and High School. The banners will rotate through the schools and community places. Banners will have questions that younger children can respond to by writing directly on the banner and youth via a QR code. Need to partner with Research & Data Collection Workgroup to compile and interpret the responses.

Resources, Partnerships, and Advocacy

Goal: Make a list of Tri-Lakes area service providers and businesses that work with children/youth, and identify what their specialties/strengths are. Invite them to be a member of the SEW Coalition.

Next SEW Coalition Meeting:

Monday November 11th, 6:30 - 8:00 PM

Distance Learning Lab at Lewis Palmer High School

SEW website: tlumc.org/sew