



Social Emotional Wellness Coalition of the Tri-Lakes Area

Sponsored by NET, a program of Tri-Lakes UMC

Meeting Minutes - Monday May 13th

In Attendance:

Tri-Lakes Fire Dept.: Jamey Bumgarner
High School Students: Sela Miske
D-38 Board of Education: Theresa Phillips
Lewis Palmer HS: Bridget O'Conner, Robyn Hudson
Palmer Ridge HS: Kim Sandoval, Debbie Sell
Lewis Palmer MS: Jennicca Mabe
Kilmer Elementary: Char Armstrong
Parents: Kelly Bane, Marlin & Melinda Carpenter, Cindy Bohanan, Annette Bass, Georgina Rapaport
Community Member: Tyler Hufford
Tri-Lakes YMCA: Lucas Calhoun
Kiwanis: Mike Luginbuhl
Ryan Pappas Memorial Foundation: Brenda Brondum, Susan Pappas
Young Life: Taylor Holmes
NAMI: Kirk Woundy
Hard Beauty: Racquel Garcia, Mandy Murray
Tri-Lakes Cares: Marissa Shoback
Local Therapist: Shelli Foster
Tri-Lakes UMC: Sheli Gray, Sam Hastings, Nancy Fritzsche
Perfectly Imperfect: Cass Walton

Perfectly Imperfect Presentation: Cass Walton gave a brief overview of the Perfectly Imperfect Workshop happening Saturday May 18. It is designed for parents of youth dealing with mental health issues. See below for more information on the workshop.

Featured Partner Presentation: Kirk Woundy with NAMI

- NAMI: National Alliance of Mental Illness
- Began in Virginia in 1979, came to Colorado in 1983.
- Up until 2012 it was an all-volunteer organization.
- It is the largest grass roots Mental Health Organization.
- There are 11 NAMI Affiliates in Colorado
- NAMI offers programs that teach how to recognize mental illness and what to do about it.
- The programs are peer run (no one is a clinician) and the focus is on "lived experience"

- Ending Silence was created in 2013 and was their first youth program designed to educate teens on the signs and symptoms of mental illness.
- “Below the Surface” is a campaign that is currently in LPMS/LPHS/PRHS. This initiative aims to connect El Paso County teens with the state of Colorado’s free, confidential, 24/7 crisis text. (Text “TALK” to 38255)
- NAMI offers weekly support groups.
- For more information, see NAMI Handouts under the partner resources page at tlumc.org/sew

Mission Document Work

Coalition Partners worked in small groups reviewing the Mission Document, recording aspects they resonated with and making suggestions for changes/additions to the document. These suggestions were turned in and the steering committee will use the input to revise the Mission Document. The revised Mission Document will be reviewed and voted upon at the next meeting.

SWOT Analysis:

Once again attendees worked in small groups to complete the SWOT Analysis worksheet listing community Strengths, Weaknesses, Opportunities, and Threats. The steering committee will compile the information from the worksheets into one large SWOT Analysis, which they will use to form work groups.

Action Items For Next Meeting:

- Sign up to be a featured partner
- Based on the SWOT analysis, 3-5 work groups will be offered. A workgroup signup will be sent out via email prior to our next meeting. Please choose a workgroup(s).
- Once you’ve signed up for a workgroup, start to think about one to two goals.

Announcements & Upcoming Events:

- Perfectly Imperfect: Saturday May 18 8:00am-3:00pm \$35 A workshop for parents to feel supported and learn new strategies in dealing with teenagers. For more information: perfectlyimperfectworkshop@gmail.com
- Please invite other agencies and programs in the area that are interested in the SEW Coalition.

SEW Website: tlumc.org/sew

Next Meeting: Monday June 17th 6:30 - 8:00pm
LPHS Distance Learning Lab