



Social Emotional Wellness Coalition of the Tri-Lakes Area

Sponsored by NET, a program of Tri-Lakes UMC

Meeting Minutes – Monday, December 9th

In Attendance:

Kelly Bane: Parent/El Paso County Workgroup
Brenda Brondum: Ryan Pappas Memorial Foundation/RAD
Tiffany Brown: Parent
Melinda Carpenter: Parent
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
Robyn Hudson: LPHS Counselor
Riley Jones: PRHS Student
Jeff Lewis: Parent
Charity Mills: Colorado Teletherapy Services
Bridget O'Connor: LPHS Principal
Susan Pappas: Ryan Pappas Memorial Foundation/RAD
Regina Park: PRHS Student
Heather Pelser: Regional Youth Suicide Prevention Coordinator
Theresa Philipps: D-38 Board of Education
Krystal Rasmussen: LPSD
Debbie Sell: LPHS/PRHS Social Worker
Marissa Shoback: Tri-Lakes Cares Operations Manager
RF Smith: Monument Hill Kiwanis Club
Shelby Wood: NAMI

Welcome and Introductions

Reminder: The mission of the SEW Coalition is to impact the Tri-Lakes Community by having conversations and sharing resources around mental health and suicide prevention. Please refrain from using the Partner Contact List to specifically promote your personal business. If you have an event that you would like to advertise to the SEW Coalition community, please send the details to sewcoalition@gmail.com

Featured Partner Presentation: Monument Hill Kiwanis Club

Presenter: RF Smith

Kiwanis has 8,500 clubs internationally

Monument Hill Kiwanis Club serves the Tri-Lakes area and surrounding communities, has 160 men and women members, and meets every Saturday morning from 8:00-9:30 at Big Red. All are welcome.

Main Focus: "making a difference for youth in our area."

Main Objectives:

- 1) Fellowship
- 2) Philanthropy - \$150,000/yr raised which then goes back to the community in the form of scholarships and grants.
- 3) Service: 4th of July Parade, elementary reading, therapeutic riding etc.
- 4) Performance

Presence in the schools: Key Club (HS), Jr. Key Club (MS), K-Kids (Elementary)

The Kiwanis Foundation determines who gets grants - examples of programs receiving grants: CASA, Angels of America's Fallen, Deaf and Blind Golf Program, Griffith Centers for Children Chins Up.

Online Dog Photo Contest this past year: \$5,500 was given to LPHS and PRHS for to help with their Sources of Strength Programs.

Initial Work Groups Report Out:

Before breaking out in the four Work Groups - each Work Group explained what goal(s) they were working on.

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 time to work on goals formation.

Community Education & Outreach

Goal 1: Train Parents, Community members and HS students in QPR.

Progress: Heather Pelser trained 75 HS students and 35 community members/parents in QPR the week of Nov. 18.

Ryan Eels led PRHS students in an appreciation walkway at PRHS on Nov. 21

The numbers of students expressing interest show the need for more student training in this area.

Goal 2: Project semi colon - to have wrist bands made for the students to wear with a ; on them to be used as a talk starter.

Research & Data Collection

Goal: 1) To determine the data points needed for service providers and small businesses.

Progress: Data points were defined

Goal 2) Review current spreadsheet to identify if provider/business is within the proposed 15 mile radius.

Progress: Decided to start fresh while Ashlin Gray is home on Christmas break. Realized the need to go outside the 15 mile radius for those needs not available within the 15 mile radius..

Resources, Partnerships, and Advocacy

Goal 1: Draft an elevator pitch for service providers and local businesses.

Progress: The elevator pitch for service providers was finalized, RF Smith to work on one for local businesses.

Goal 2: Put a packet of information together to hand out to service providers when we contact them.

Progress: Packet will include: Sew Coalition Mission Statement, Robbies Hope Booklet, Parent Strategies for Protecting Youth from Suicide sheet, SEW Coalition information card.

Goal 3: Using the Data and Resource Workgroup's spreadsheet assign a portion of the list of providers and businesses to each workgroup member to contact.

Progress: Will assign each workgroup member a list of providers to contact at our January meeting.

Community Spaces & Family Connections

Goal 1: 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 three questions concerning the the unmet needs of students in our community. One question is complete the sentence, one is multiple choice, one is open ended.

Progress: First banner is created for the HS level and ready to send to the printer. The banner will be placed at RAD this Friday night (Dec. 13).

Next SEW Coalition Meeting: Monday January 13, 6:30-8:00PM in the Distance Learning Lab at Lewis Palmer High School