

MINUTES: NCCCYF School-Based Behavioral Health Work Group**FACILITATORS: Keith Letchworth/Susan Robinson****LOCATION: Durham, NC****DATE: 01-28-11****START TIME: 11:15.m.****END TIME: 1:15.m.**

Name/Affiliation	E-mail Address		Name/Affiliation	
PARTICIPATING MEMBERS		✓	LISTSERV	✓
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Guests:	<i>Brian Clougherly</i>		<i>Jy-Erick Stevons</i>	
<i>Rodney Alston</i>	<i>Brittany Holt</i>		<i>Tyler Truett</i>	
<i>Princess Black</i>	<i>Damie Jackson-Diop</i>		<i>Nina Wood</i>	
<i>Glenda Clare</i>	<i>Danielle McKoy</i>		<i>Lauren Zingraff</i>	
Submit member list edits to	letchworthj@ecu.edu		List updated 01-24-11	

ITEM	DISCUSSION/FINDINGS	Action by Whom and When
(1) Welcome & Introductions		Susan Robinson and Keith Letchworth welcomed everyone in attendance, especially the youth who are so willing to share their experiences and recommendations.
(2) School Based Mental/Behavioral Health Survey	Chris Minard reported that a survey to obtain a better understanding of the number and types of school mental health programs throughout North Carolina was developed and place on Survey Monkey. An invitation to participate in the survey was sent to more than 2,500 persons, including principals, school based/linked health centers and charter schools. She also reported that a teacher training module on recognizing mental health issues will be developed.	
(3) Conversation with Youth Representatives: Their Stories and Recommendations	<p>Youth Representatives from SAYSO and Youth MOVE present were: Rodney Alston, Princess Black, Brittany Holt, Jy-Erick Stevons, Danielle McKoy, Tyler Truett, and Nina Wood. Accompanying advisers were Damie Jackson-Diop and Lauren Zingraff. Some of the points made by the youth are as follows:</p> <ul style="list-style-type: none"> • Schools need to create a safe environment. • Too often, punishment is delivered indiscriminately, not based on fact-finding. • It often seems that teachers just don't care when it's really that they do not know what to do. Workshops for teachers on resources to help students with mental health issues are needed. • Specific training to help teachers understand about children in foster care is need. • Counselors, if they have had good training, are good resources for students. • Schools need to have an orientation to make sure students know who the counselors and social workers are. • Several youth stated that they saw school as very impersonal. • Training to help change attitudes is needed. (ex. – A teacher is very willing to make adjustments for and to help a student with a broken arm, but not someone with anxiety disorder. They don't see the invisible injury.) • There is a stigma to going to the guidance counselor's office to get help. There needs to be a safe place to go that does not have a stigma. • The youth voice needs to be heard by both teachers and students to let them know it's OK to have a mental illness and that getting help is OK. • When counselors and social workers work together, the student gets a whole lot more help. • Knowing about resources, e.g., McKinley-Vento Act, is important. • Teachers say very hurtful things when they don't understand about mental illnesses. • Schools need to put youth advocates to work. Students will listen to an older youth and peers quicker than they will to an adult. Have youth go into schools and talk to students. Let them know how they can be helped. • Teachers must focus on strengths. When a teacher tells you what you're good at and helps you realize that, it changes your attitude. • Teachers that are willing to provide a little extra help, e.g. in-class or after-school tutoring, can make a big difference. • Mental health services need to be aware of student needs and not schedule appointments during the school day. • Family issues sometimes make the situation more difficult for the student. • Mental health needs to be taught throughout the school year, especially in Health/PE. • Look for non-traditional ways to reach students, e.g., through art. • Counselors and teachers need support, too. So many are just burned out with all they have to do. • Many parents are hesitant to ask for help because they fear their children will be taken away from them. <p>Some responses from work group members included:</p> <ul style="list-style-type: none"> • School based mental health centers are needed, e.g., center in Watauga High School. • Need to reach elementary schools students. • PBIS is a way to build a support system where everyone is supported. • Principals have control over what goes on in the school. Need to educate the principals. 	

	<ul style="list-style-type: none"> NAMI has several programs that can help with educating teachers, principals and other staff – <i>Breaking the Silence, Parents and Teachers as Allies, In Our Own Voice</i> Johanna Chase in DPI has been working diligently to include a strong mental health component in the Healthful Living Curriculum. 	
(4) Follow-up Items for next meeting a. Strategic Plan Follow-up b. Definition of School Based Mental/Behavioral Health c. Carolina Center for School Mental Health		
(5) 2011 Scheduled Meetings	All meetings are from 11:15 – 1:00 unless otherwise noted. All meetings immediately follow the 9:00 meeting of the NC Collaborative on Children, Youth and Families and will be held at the same location.	Friday, January 28 Friday, June 24 Friday, February 25 Friday, July 22 Friday, March 25 Friday, August 26 Friday, April 29 Friday, Sept. 23 (?) Friday, May 27 Friday, October 28

16th Annual Conference on Advancing School Mental Health
September 22-24, 2011
Charleston, SC

Mark the dates on your calendars!