

Community of Solutions, Dec 2, 2013 Meeting Summary

Mission: Help teens deal with adversity and build resilience through idea and resource sharing between teens, parents, schools and the community.

How is Cav Culture transforming at Woodson?

Assistant Principle Adam Entenberg talked about how Woodson recognizes students when they engage in positive behaviors based on



Each month teachers nominate students who then receive certificates, a snack and more as a way to encourage positive behaviors and build relationships between teachers and students.

Existing Cav Initiatives

- After School Yoga continues in 2014
 - Active Minds Club which aims to increase happiness at school.
- Rachael, Mari & Lindsey: Thanks!

[Learn more about resiliency...](#)

Future Cav Initiatives

- Actively Caring 4 People (wristbands) to be implemented early 2014
- Mindfulness

Meeting Agenda

- ✓ How is Cav Culture transforming at Woodson?
- ✓ How are teens increasing resiliency?
- ✓ What new resources are in the works?
- ✓ What have Community of Solutions teens been up to?
- ✓ Questions/Suggestions
- ✓ Mindfulness resources
- ✓ Next Meeting

We have a new website thanks to Woodson teen, Sam S!

<http://com-sol.wix.com/communityofsolutions>

<https://www.facebook.com/groups/CommunityofSolutions/>

Co-facilitators: Bob Phillips Bphillips@theabfm.org and Carol Davis carol.garydavis@yahoo.com

How are teens increasing resiliency?

- 1. Active Minds Club** began on college campuses as a way to wipe out stigma. Woodson teens talked about how the new club aims to increase happiness and mindfulness. Mindfulness is when people pause to focus on the present. It can reduce stress, improve decision making and increase empathy.
 - ✓ Take 10 seconds a day to breathe and become aware of your body, mind and your surroundings
 - ✓ Pay it forward Day
 - ✓ Other FCPS schools: "Stress Less, Laugh More" week
- 2. Yoga after school @ Woodson**
- 3. Mental Health First Aid (MHFA)**—Stay tuned for details about a small grant Woodson received to fund training for some students and teachers; anyone can take the 8 hr class through the Fairfax County CSB at <http://www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm>
- 4. Actively Caring 4 People** program soon to be implemented as a way to recognize people for their kind acts and build a sense of community. Created by VA Tech students www.ac4p.org

What new resources are in the works?

Dr. Mary Ann Panarelli, Director, Intervention and Prevention Services, FCPS talked about resources.

At our Sept meeting teens asked Dr. Panarelli how FCPS would respond when a teen expresses concern about a friend who is in distress. She reviewed and discussed a draft doc at tonight's meeting. Teens requested it be posted for others to view and asked:
IS there an app For that?

Youth Depression and Positive Mental Health. She also reviewed resources soon to be added to the FCPS website. Teens and parents gave her feedback on ways to increase its accessibility and usefulness.

Reminder: **Resiliency** exists here!
<http://www.fcps.edu/dss/ips/resiliency/index.shtml>
SR&R, 3rd page, school system hotline/24 hrs.

What have Community of Solutions Teens been up to?

Thanks Blake, Ethan and Samantha for opening our eyes to realities and sharing your ideas in this forum. They recently met with a school counselor to find an answer to a question that many teens may want answered. **What do we do/how can we help a friend who is stressed or someone who is diagnosed with a mental health condition and is in treatment?** The counselor talked about teens' role as a friend and not as a counselor. Teens were encouraged to reach out to an adult.

Community of Solutions suggests: refine the approach to create a model for when this is needed by other teens.

Next meeting

focus on parents' request for developing a more comprehensive resource "package" when your teen is found to have mental health or substance use problems.

Date: early 14/TBD

Questions / suggestions

- ✓ Teens and others need to know where to easily find the info (e.g. FCPS info on mental health and wellness). Some may only look at it when it is a need.
- ✓ How do we get more boys involved in these initiatives, classes and in our meetings?
- ✓ How do we get athletes involved? Bob Phillips is trying to connect with different athletic programs. A sports medicine approach uses some of the things that are becoming a part of the Cav Culture.
- ✓ How can the Community of Solutions spread the word about the benefits of Mindfulness?
- ✓ Weave Mindfulness throughout the curriculum in short snippets.

Mindfulness Resources

- ✓ www.mindsincorporated.org/mindfulness/
- ✓ *Ten Mindful Minutes*, Goldie Hawn
- ✓ University of Pennsylvania, Mindfulness Institute
- ✓ The Chopra Center, Deepak Chopra and Rudolph Tanzi www.chopra.com

Megan McLaughlin,
FCPS school board member,
continues to be a champion for
reducing stress and improving mental
health resources.