

## **Minutes for Teen Depression/Mental Health Committee Meeting – Jan 8, 2024**

The meeting was called to order at 8:40pm.

**Attendees:** Alyssa Batchelor, Carla Post, Enjoli Ramsey, Liz Hernandez Ramirez

**Absent:** Sabrina Rose-Smith

**Staff in attendance:** Toni Zollicoffer

### **Summary of meeting discussion:**

- Enjoli volunteered to be the committee chair, and Carla volunteered to be the back-up committee chair.
- The committee discussed high-level goals and possibly focus areas. The focus could be narrowed to teens or a particular organization. Enjoli mentioned that she reached out to multiple organizations last year, and that work could be leveraged moving forward. The committee discussed whether we should act as connectors or liaisons. It was decided to connectors made more sense.
- Carla agreed to share notes from her organization's work on mental health.
- Enjoli agreed to send notes from her meetings with organizations to divvy up and reengage organizations.
- Toni agreed to do research on the county's mental health group to see if CFW can join.
- Liz discussed that on-site counseling is available in schools, but students are hesitant to participate because they are concerned about what might be shared with their parents.
- Alyssa stated that's important to demonstrate impact by the end of the year. Carla mentioned that would be difficult, and Enjoli said that it may be possible depending on the organization(s) that we work with. Toni stated that working in the schools is difficult, and Carla stated that working with a non-profit that's already in the schools may be more impactful.

**Votes:** N/A

**Motions:** N/A

The meeting was adjourned at 9:20pm.