

PDAC Meeting
Welcoming and including families with diverse Mental Health Needs
March 3, 2016
Minutes

Mission of PDAC
To advance District 204's commitment to equity and educational excellence

Welcome

- Saily and Sindee welcomed the audience to meeting.
- Norms were reviewed – Be on Time – Be Relevant Open –Be Honest- Be Respectful
- Ivette Dubiel shared The Where to Go If You have Concerns Handout.

Guest Panel

Gina Bogdin

Ryan Lauterwasser

Susan Myket

Pam Witt

Sara Gomez

The Daily Herald provides a synopsis of the meeting –

<http://www.dailyherald.com/article/20160304/entlife/160309451/http://www.dailyherald.com/article/20160304/entlife/160309451/>

Discussion points

- It is important that good communication exists between the school and parents. Parents should feel comfortable to contact the school counselor if they perceive a problem.
- How do you know there is a problem – Ask the questions – Is it bigger than you? – Are there age appropriate level struggles? –
- Get to know your children – Really to get know your children. Check up on them often. Check their Internet. Have dinner with the entire as much as possible.
- All three high schools have programs to assist parents.
- Signs that are indicators of possible mental health issues – sleeping in class and anti-social behavior in class. It is important to judge your
- There are groups to help support parents of children with mental illness – two groups that are mentioned include NAMI and Parents Matter 2.
- The More Than Sad program was mentioned as a potential resource.
- Coping skills are important for our students. Small failures and disappointments need to be experienced.

- Mayo Clinic has some spreadsheets for the non-practitioner to help identify signs for anxiety, etc.
- Pediatricians are also good resources to assist with identification of mental illness.
- Bullying issues were discussed. It is important to discriminate what is bullying and what is not bullying.

Follow-Up Comments from Table Discussions

- Relaxation and meditation could be introduced into schools.
- Schools should continue to work with our young students to develop coping skills.