

# MEETING MINUTES

## HEALTH & WELLBEING BOARD ADVISORY COMMITTEE

<https://www.bluevalleyk12.org/page/34383>

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Date: March 6, 2024

Time: 4:30 pm

Meeting called to order by: Dr. Mark Schmidt, Assistant Superintendent – Special Education

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### MEETING TOPIC: PROTECTIVE FACTORS IN MENTAL HEALTH AND WELLBEING FOR STUDENTS

**Presenter: Sondra Wallace, Sources of Strength (SOS) Trainer (<https://sourcesofstrength.org/>)**

The mission of SOS is to prevent adverse outcomes by increasing wellbeing, help-seeking, resiliency, healthy coping, and belonging. The program centers around peer-led engagement, and focuses on the *eight protective factors wheel*:



**Presenters: Sylvia Harrel and BJ Thomas-Wilson, #GIVEME20 (<https://giveme20.net/>)**

Statistics show, often teens are choosing to end their life in a snap decision. Lost in a moment of darkness, many teens go from thinking about suicide to acting on it in less than 20 minutes. #GIVEME20 conducts workshops that focus on thought provoking activities while creating a personalized LifeBox to give students a tangible representation of the positive aspects of their lives.

**Student Panel:**

Students answered various questions about how SOS/#GIVEME20 has changed their personal lives and their schools. Their peer-led student meetings focus on inclusivity, peer engagement, and wellbeing activities, with the goal of being a positive influence on the entire student population.

**Board Advisory Points:**

- Continuum of care
- Trust students, involve students

**NEXT MEETING**

April 24, 2024, 4:30 pm