

## **Wellness Committee Meeting Minutes**

Wednesday, March 14<sup>th</sup> , 2018 2:00 pm- 3:00 pm, M203

**Attendance:** Irina, Veronica, Tracy, Kamara, Nicole, Bridget

**Objectives:** Finalize the plan and responsibilities for the symposium in April

### **New Plan:**

April 6<sup>th</sup> 6:30-8:30 pm at FAHC. Thanks to Bridget.

- **Final activity “Removing the Stigma” Mental Health Symposium April 6th, many thanks to Bridget for sacrificing her time slot.**
- **Kamara to email NAMI and tech counselors to see if they can change the date (from 10<sup>th</sup> to 6<sup>th</sup>)**
- **Bridget contacted Alyson DeLandsheer in HR to let her know that Kamara would need the Heritage Center, set-up the same except need a panel table in front.**
- **K has a previous flyer to go off of...showed us, and all liked that concept.**
- **Tracy to contact George Stockero, please disseminate info to local area school districts; she will also ask if there are any SCECHs (continuing ed credits) available for teachers who attend.**
- **Veronica to contact Tim in the Café for lite refreshments (coffee, lemonade, water, cookies) for 50 people.**
- **Tracy mentioned other sources of advertising – like newspaper, radio, churches – Soren would be a good one to get info out to churches, newspaper would be too pricey, radio would be a good option.**

**\*\*\*Also discussed – Kamara mentioned that Beth from DHS, coming up from Lansing, providing paid internships/direct hires in the area – B/A \$48,000. Veronica mentioned a contact person who has license to show ‘Resilience’ documentary – would Wellness Comm be interested in pursuing that perhaps for professional development (?). Kamara asked if this person would be interested in being part of the panel discussion for the symposium. V will check.**

### **Previous discussion:**

Kamara will arrange for panel participants.

Tracy will forward that to George Stockero, Supt. of the ISD.

Anna will find out availability of Heritage Center

Veronica will arrange refreshments through the Café (Tim Nukkala).

Irina, Bridget, and Nicole will advertise to local schools and Finlandia University.

2:50-3:00      Discussion of the next meeting day and time. **\*Final meeting April 18, 2:00-3:00 review what we’ve done and what we want to see for next year.**