

# Citizen Advisory Council

April 4, 2022 7:00 p.m.

Attendance: Alice Beckett-Rumberger HES, Mike Winager BWE, Cait Randall Seelos, Samantha Jablonski IMS, Karen Rosella NAI, Haillie Sculli MMS, Megan Reis CMS, Renee Reling MMS, Alison Edfors CMS Nai NASH, Lynne Williams MCK CMS NAI.

Notetaker: Paige Hardy

## I. Strategic Plan Focus Group

Thank you for hosting the first Strategic Plan Focus Group. It was the most attended event.

## II. A Candid Conversation about Drugs, Alcohol and Addiction

Student wellness has been a historic focus of CAC, last year we focused on mental health. This year realized 2019 was the last time we did a presentation on drug use. One of the panelists is an NA parent who lost a child to an overdose. Will show parents what to look for at home in an example bedroom, parents can ask questions in a non-threatening way, can submit them earlier if you'd like. Consequences of drug use both through law enforcement and consequences at NA (10 suspension & connected to student services). Vaping is very common, house parties with alcohol. Presentation is going to be recorded, and shared again in the future. We need help getting people to attend, CAC members should help spread the word, don't have to have an NA connection to attend.

## III. CAC and Community Connections 2022 - 2023

Dr. Friez shared that CAC and community connections will unite forces and do 4 community connections next year.

Ideas on future topics? Self-harm, suicidality, stress, perfectionism culture (eating disorders, self-harm), college/career readiness (timelines for applications, naviance), time management, life skills (interview readiness, after school jobs, resume), info for middle schoolers about Beattie and what all the options are, elementary boot camp, for parents.

Tentative Dates:

- A. September 28 @ NAI, 6:30
- B. November 21 @ CMS, 6:30
- C. February 21 @ NAI, 6:30
- D. April 25 @ CMS, 6:30

#### IV. Membership

Mrs. Warner reported that the group was on hiatus during the first semester. First meeting back in Jan, 13 people were on the roster. There was a need for more people. Then there was an explosion of applicants in 24 hours. Need to seek the widest range of backgrounds. What are people's thoughts? Want people from all the groups. List members on a website so people can know who else they can reach out to. Promote through PFAs, school board meetings?

- V. Next meeting - May 16, 2022 7:00 pm.