



**NORTH COASTAL CONSORTIUM  
FOR SPECIAL EDUCATION**

**January 17, 2024**

**Approved Minutes**

**6:00pm -8:0pm**

**The meeting was held in person at the North Coastal Consortium for Special Education.**

- I. **Welcome and Introductions** –Katrina Bell, CAC Chairperson
- II. **Public comment information**– Katrina Bell, CAC chairperson. Individual speakers are limited to (3) minutes for their presentation. The total time allotted for the public comment shall not exceed 15 minutes per meeting. Comments must be submitted in written form as well. If assistance is needed, please see an executive committee member.
- III. **Approval of minutes**-Katrina Bell, The minutes were approved from the last public meeting from November 2023.
- IV. 2024-2025 CAC Executive Board Nomination Process explained by Katrin Bell, CAC Chairperson
- V. **CAC Updates** - Heidi Marshall, NCCSE Parent Liaison, discussed the NCCSE website and reviewed future CAC meetings.
- VI. **Presentation:** Mental Health Supports, presented by Lezya Weglarz, M.s., P.P.S., Project Specialist, K-12 School Counseling Services, San Diego County Office Of Education  
She gave out great information and a few key takeaways: Mental health is an important aspect of everyone’s overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. Mental health is “the way your thoughts, feelings, and behaviors affect your life.”  
Please see the links below:  
San Diego County Office of Education: Mental Health Supports for Families
  - Webinar series for parents (SDCOE & Rady Children's Hospital)
  - SDCOE Virtual Wellness Center
  - Family Guide to Supporting Young People’s Mental Health and Well-Being
  - Helpful vs. Harmful - Ways to Handle Emotions

- Playtime, Downtime, and Family Time
- Article: Health Benefits of Gratitude

VII. **Public Comments**-Heidi Marshall, NCCSE Parent Liaison, made a request for public comments. No requests for public comments were noted.

VIII. **Closure and Adjournment** - Katrina Bell, CAC Chairperson- Next CAC Public Meeting is April 17, 2024.