

Wellness Policy Committee Meeting Minutes

Tuesday, January 21st, 2025

1:30 pm

NRHEG Board Room, New Richland or remote

Members: Carrie Petsinger, Beth Schoenrock, Onika Peterson, Sara Meihak, Brooke Krohn, Grant Berg, Craig Kopetzki, Dan Sorum, Karen Flatness, Samantha Joecks, Ethan Rindfleisch, Emma Johnson, Clara Buendorf, Kylie Olson, Wendy Schultz, Ashley Killday, Elizabeth Viktora, Melissa Karl, Aaron Phillips, and Mike Meihak

Members Present: Carrie Petsinger, Mike Meihak, Grant Berg, Samantha Joecks, Emma Johnson, and Ashley Killday

Meeting Purpose: Discuss the development, implementation, and periodic review and update of the wellness policy (533: Wellness).

1. Review meeting minutes from 12/10/2024. These were reviewed and approved. They will be posted on the wellness website.
2. Current wellness concerns
 - a. Staff
 - i. Staff Mental Health
 1. Staff development days - There have been a couple activities involving staff mental health recently. The staff wellness subcommittee hosted a NRHEG grad, Emma Tollefson on 1/20/25. She offered 30 minute massages for \$25. We had 9/10 slots filled. On 1/21/2025, Fernbrook's Kathy Wallin presented to staff on coping mechanisms.
Also, Mr. Meihak did apply for the mini-grant offered through Thrivent and did receive it. He had to explain the team/organizational goals which needed to be for the "greater good" and focused on staff mental health and well-being. He received a \$250 grant and approximately 20 t-shirts. He will look into these funds to see how we can appropriately utilize them.
 2. SHIP offerings - Carrie Petsinger was in contact with Ethan Rindfleisch at Steele County Public Health about SHIP grants. Unfortunately the application was due on 11/15/2024 and this deadline was not achievable. Ashley Killday stated that Waseca County will be opening a new round of SHIP grant applications soon. Emma Johnson stated that Steele County would be as well. Discussed space ideas for a calming area. Ashley stated that we could utilize something like noise cancelling headphones in the New Richland building as it is quite loud in the room we could utilize for calming area. We could also utilize a yoga mat, cart with equipment, or other "moveable" items to help staff with calming techniques/activities. Emma and Ashley will notify Carrie once grant applications are available and Carrie will apply or work with Macy (our grant writer) to apply for the grants.
 - b. Student

- i. Student mental health
 - 1. Education Opportunities
 - a. Reach/Health - nothing has been set up yet for reach/health classes
 - i. YOLO - Emma has been working with [Brooke Krohn](#) and Liz Stiernagle to get a YOLO group started in New Richland. They currently have Feb 12th set up to have some Owatonna YOLO students talk to the 7th, 8th, and 10th grade students to see if we can get a group(s) started at NRHEG.
 - b. 6th grade - spring 2025- Carrie will get Emma in touch with the 6th grade teachers so she can talk with them about mental health.
 - c. 4th/5th grade (regarding phones, vaping) - spring 2025 4th grade discussion has been set up for May 23rd. The orientation day for the 5th grade students hasn't been set up, but I will also let Emma know who to be in touch with about that.
 - d. Mobile Mental Health Unit with MSU - on hold Carrie emailed the head instructor at MSU about this project and received an automatic email about replying to emails after spring break. There has been no other communication, so at this point unless we hear something else, we will assume that this did not happen.
 - e. Younger students - Kindergarten and up - This spring Emma will come and talk with 3-5th grade about internet safety. Carrie will get her in touch with Craig who will assist in setting it up and relaying the information to the teachers.
 - f. Parents - Emma shared that Owatonna Community Ed and Owatonna School district have focused on a book called "The Anxious Generation" by Jonathan Haidt. They are planning to have a community conversation utilizing data information on the impact on our youth in Steele County. They will focus on how to educate parents, protect kids, and assist parents to understand the youth of today. The following dates have been set: Feb 17th informational meeting, March 17th & April 21st will be conversations about what people are seeing in the youth community. They may pull in mental health professionals to assist. There was a discussion about if it is something we could host locally. That will continue to be a discussion. Emma also stated that there may be videos online that we could share with parents about internet safety. She will look into those and share them with Carrie.
 - ii. 2025 Student Survey & Results - Based on the information online, the survey should have been sent to administration as they can have students complete it anytime between January and June. The NRHEG administration has not received any communication regarding this. Mr. Meihak will look into this. The survey is intended for students in grades 5,8,9, and 11.

- c. Member list - There was a member who felt they should not be on the committee however when Carrie explained why they are on the committee they understood the need, so no action needs to be taken regarding this.
- 3. Roundtable/concerns/questions - Emma Johnson stated that each county receives opioid funding. United Way of Steele County is providing youth mental health training to students and paras. United Way covers the cost of the training. Emma states she just took the training and received a “toolkit” on how to support youth and react to situations that may arise. Emma stated that Annette Duncan is the lead for United Way of Steele County and states that the program is about 5 hours instructor led portion and 2 hours of online (self-paced) training.
- 4. Next Meeting Date (Must meet 4 times annually)
 - a. March/April- Due to leave scheduled at the beginning of April until the end of the school year, our last meeting will occur on March 18th at 8:30 am. An invite and the minutes of this meeting will be sent to Wellness committee members.
- 5. Meeting Adjourned