

Olentangy Well-Being and Mental Health Board Committee

Meeting Minutes

Wednesday, February 18, 2026- 6:33-7:53pm

Olentangy Administrative Offices: Berlin Room

Members Present: Brandon Lester, Allison Houle, Katherine Branson, Nancy Freese, Allisha Berendts, Samantha Norman, Allie Nicolay, Jessa Reed, Felita Moran, Liz Poprocki, Sarah Rodriguez, Caryn Martinez, Ana Kovach, Aarya Patel, Michelle Gordon

1. Welcome, Call Meeting to Order

2. Call Role

A quorum was present.

3. Approval of January 2026 Meeting Minutes

Approved

4. Approval of February 2026 Meeting Agenda

Approved

5. Committee Updates

Dr. Branson and Ms. Norman provided updates on actions taken in response to committee feedback. The Wellness Department is collaborating with the Data and Continuous Improvement and Technology Departments to include parental consent forms for the optional Signs of Suicide depression screener in the district's annual back-to-school forms for parents of students in grades 7 and 9. Dr. Branson and Ms. Norman also shared information about wellness-focused sessions offered to staff during the district's recent professional learning day. They noted that the sessions were well attended and received overwhelmingly positive feedback from staff. Offerings included yoga, art therapy strategies, physical wellbeing, and personal wellness practices.

6. Parent Support/Discussion Groups

The committee discussed various models and options to expand opportunities for parent support and discussion groups related to mental health. Ideas included offering parent sessions in conjunction with the district's summer programming for students and implementing a district-wide book or focus topic that could be supported centrally but facilitated at the building level. Another suggestion highlighted a model used by a neighboring district involving ticketed events with well-known speakers.

The group also acknowledged the success of existing parent support groups offered through the Pupil Services Department's Parent Mentor Program. Members emphasized the importance of incorporating student voice, particularly by asking students what they find difficult to share but wish adults understood. One suggested goal for parent opportunities is to foster meaningful conversations between students and their parents. Another idea was to involve students in leading these initiatives as part of

senior projects. Finally, the committee noted that careful consideration of communication strategies with parents would be essential to increase attendance and engagement in these events.

7. Social Media Campaign

The committee discussed a planned social media takeover during the first week of May to highlight Mental Health Awareness Month. Content for the takeover will be created and shared by the committee's student representatives, who will coordinate with the district's Communications Department to showcase student voice related to mental health and wellness throughout the week. Members noted that this initiative provides an opportunity to introduce the committee to the broader community, showcase the student representatives, and highlight the committee's work. The week's content will focus on activities in the high schools and promote awareness of student wellbeing, including available support, opportunities, and safe spaces for students.

8. Adjournment

Next Meeting: March 18, 2026