



MEETING MINUTES

MINUTES UNANIMOUSLY ADOPTED AT THE COMMISSION MEETING ON FEBRUARY 21, 2024
VIDEO IS AVAILABLE UPON REQUEST (CAITLIN.SHAUCK@DC.GOV)

Healthy Youth and Schools Commission Meeting July 26, 2023 3-4:30 p.m.

This meeting summary serves as a review of the July 26, 2023 Healthy Youth and Schools Commission Meeting held virtually. A recording is available upon request (Caitlin.Shauck@dc.gov). The purpose of the Healthy Youth and Schools Commission is to advise the Mayor and DC Council on health, wellness, and nutritional issues concerning youth and schools in the District of Columbia.

Commissioners in attendance: Marierose Mbinack, Kafui Doe, Kristy McCarron, Charneta Scott, Audrey Williams, Jenn Mampara, Noemie Durand, and Tia Marie Brumsted

Welcome and Introductions

- Chairperson Kristy McCarron called the meeting to order at 3:01 p.m.

Recap of the Previous Commission Meeting

- July 12, 2023 meeting minutes were approved. Motion: Audrey Williams; Seconded: Tia Brumsted; all in favor.

Youth Risk Behavior Survey

- Aimee McLaughlin, Manager of Data and Strategic Initiatives at the Office of State Superintendent of Education (OSSE), Division of Health & Wellness, shared contextual information about the structure and administration of the Youth Risk Behavior Survey (YRBS) in the District of Columbia's public and public charter middle and high schools. Ms. McLaughlin also shared a high-level overview of the 2021 YRBS data findings related to student mental and behavioral health. Ms. McLaughlin shared that the full 2023 YRBS Report will be available soon and will be shared with the Commission.

The Student Experience

- Chairperson McCarron invited students attending the meeting to share first-hand experiences with navigating mental and behavioral health services in District of Columbia schools. Zamiya Randall, a rising 11th grader at H.D. Woodson High School, Noah Pershing, a 2023 graduate of School Without Walls High School, and Student Commissioner Durand, a 2023 graduate of BASIS DC Public Charter School, all shared their personal experiences navigating and learning about school-based mental and behavioral health services in District schools. All three students also offered their thoughts and recommendations on how to improve awareness, access, and engagement with these services among students and school staff.
- Chairperson McCarron summarized the student recommendations for enhancing school-based mental and behavioral health services to include: Better student-focused and relatable communication of services, sharing efficacy of existing services so students are aware of what to expect, ensuring mental health clinicians are introduced to all students (such as a back-to-school assembly), time devoted for one-on-one engagement with students, and adding more dedicated instructional time for social and emotional learning (SEL) at all grades. Student Commissioner Durand added that she is interested in learning more about the middle school experience and how those grades compare to high school. Commissioner Scott further added that she heard students request more meaningful conversations and visibility of mental health clinicians in schools.

Commissioners' Current Work

- No new work was highlighted

Final Discussions, Closeout and Priorities for Next Meeting

- Chairperson McCarron shared a reminder that the Commission is required to submit a report to the DC Council and Mayor in November. Chairperson McCarron committed to sending a recap of recent meetings and recommendations to Commissioners to support writing the report.
- The next Healthy Youth and School Commission meeting will be held in January 2024.
- Chairperson McCarron adjourned the meeting at 4:02 p.m.

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