

D'Evelyn Accountability Committee Meeting
December 12, 2017
MINUTES

Welcome and Introductions

Opened meeting at 7:00 am

Approval of November 2017 Minutes

- Approved

Student Council Update – Brady Sullivan

- Spirit Week this week
- Student Council is having each grade level plan a service project (service tree, moving letter D on the hill, underclassman dance around prom time)
- Cocoa and Cram – Friday afternoon prior to finals

Guest Presentation – Andrea Philleo (Helping Your Daughter Through the Roller Coaster" Years)

- There is no one size fit all approach – approach must be tailored to the individual girl
- Number of girls that are struggling is immeasurable
- Signs of clinical depression - depression/anxiety are mood disorders. Signs include pulling away from what is normal for them, self-injury, your child no longer seems like themselves, sleep changes, overeating/undereating, excessive time alone and isolated, withdrawing from activities/events they normally engage in
- Anxiety and depression are two different sides of the same coin – can dually experience both at the same time. Often one drives the other
- Depression can be a genetic condition – a family history of depression can make a girl more susceptible to depression
- Conscious parenting = look at the way that our children are experiencing us as parents (how are we adapting at life, what are our moods, our stress, etc...)
- Items to look at: 1) Time - what is the time frame of the conditions, how long have they lasted? If the condition has gone on for two weeks this can be a red flag, 2) Intensity – is the condition interfering with the quality of the child's life?
- Normalize the condition for the child – all children go through changes in adolescence. These fluctuations are normal and are healthy. Irritation, stress, etc... are all normal. As parents, first develop a tolerance for these normal changes and developments. Next, develop a good method for listening to the daughter. First complaint of most girls is that their parents don't listen (parents usually believe they are listening). Girls don't always want advice or direction, but often just need to vent her feelings without judgment. Allow her to express feelings without shame or guilt.

- How to listen to your child when she is escalated – give the child time to de-escalate before engaging. Don't try to shut down the emotion, because the emotion can be healthy. Take a 5-minute timeout and then discuss. Start conversation by stating that you understand she is upset, struggling, etc... Often the anger directed at a parent is not about the parent, but is about something else. Make clear that you want to be there for her, but you cannot allow yourself to be talked to inappropriately and set clear boundaries. Use the phrase "can you please not speak to me like that, it hurts my feelings" using a very calm voice. Try using humor.
- Distinguish normalcy from a condition that has gone above normal. If the condition goes beyond normalcy the parent should consider treatment.
- Develop a wellness plan around mental health. First, look at nutrition (reduce sugar, refined carbohydrates, processed foods). Consider high protein foods first thing in the morning. Second, eliminate alcohol and drugs. These can exacerbate depression. Third, spend time outside. Vitamin D helps reduce depression/anxiety. If you cannot get outside, Vit D supplements can also help at night before bed. Fish oil, Omega 3 and 6 have also been shown to help reduce depression. Fourth, exercise. Exercise is one of the most effective treatments for depression.
- Mental health treatment – once a wellness plan is developed the parent may also want to look at formal mental health treatment. Look at both individual therapy for the child, as well as a family treatment component. Family treatment often addresses underlying issues with family dynamics that the parent may not be aware of (look for a licensed marriage and family counselor - LMFC).
- Overwhelming question – what is my daughter's behavior trying to tell me? What does my daughter need at this moment?
- As a parent, if your child tells you about another student that is self-injuring or is being abused, you need to report this.
- Developing a connection with your daughter is the biggest tool in preventing depression/anxiety or intervening if depression/anxiety develops

Steering Committee Update – Donna Li

- Job description for the Principal hiring is almost finalized
- The Principal hiring committee is finalized
- Focus groups for the Principal hiring committee are still being worked on and interview dates will be coming up
- Steering is working to re-format their policies to simplify the format while still staying true to the Founding Documents

Principal Update – Josh Griffin

- Winter Concerts - HS Vocal & Instrumental Music combined concert, tonight and tomorrow night, 7 PM Auditorium
- Support the D'Evelyn Library - Book Sale - 12/13 – 3:00- 8:00 PM

- Giving Tree – Paws for a Cause – through 12/15
- Final Exams – 12/18, 12/19, make-up exams 12/10
- Hiring Update – recently hired a new English teacher to teach 8th and 9th grade English next semester

Meeting adjourned at 8:00 am

Attendees: Josh Griffin, Dana Miller, Steve Kosten, Annette Pilkington, Carrie Kollar, Jeff Hoffman, Molly Harrington, Amanda Gersabeck, Donna Li, Erin O'Neill, Sandra Devin, May Claire Hetzel, Tamra Scaturro, Michael O'Neill, Meredith Langie, Eileen Haban

Next Meeting – February 13, 2018 at 7:00 AM (E100)