

Social, Emotional and Mental Health- How to support your child through the school years  
Community Programming Major Themes  
October 27, 2015

*Questions and Discussion:*

**1. What challenges or concerns do you have regarding the social emotional health of our youth?**

- Stress
- Role of Peer Pressure/Relationships
- Lack of resources in Ashland
- Kids are doing too much/ Lack of time for meaningful experiences or connections
- Magnitude of the problems kids are dealing with day to day are significant

**2. What do you view as the role of the schools in social-emotional wellbeing?**

- Challenge for teachers – can't do it all
- Curriculum/Classes to Address Social, Emotional, Mental Well-being
- Need to treat the social-emotional needs the same as the school would on academic needs
- Parent/Teacher Relationship Needs to be Strong
- Meaningful connections with trusted adults are important
- Making parents aware of school and community resources
- Handling lack of resources can be difficult

**3. How would you like to see the community support the social-emotional health of our youth?**

- Volunteers/broader members in community to help
- Funding resources for town and school are needed
- Build network of mental health clinicians providing care locally