Zoom Chat Logs – United Way of Hastings Mental Health Online Webinars

February 22 – 26, 2021

The chat logs have been amended to highlight resources, websites, suggestions, etc.

Monday, Feb 22 - How a Healthy Web of Support Strengthens Mental Health for Children & Parents

11:31:17 From Jane Neumiller-Bustad to Everyone : https://ahaslides.com/E91C3

11:52:30 From Erin to Everyone : How do you think technology has been a help and challenge with COVID? Ex, connecting with friends online but also cyber bullying. Ex. Kids have learned so much about technology and utilizing resources but also challenges with lack of human connection. Thanks!

11:53:34 From Jane Neumiller-Bustad to Everyone : https://www.facebook.com/search/top?q=parenting%20in%20a%20tech%20world

11:54:08 From Jane Neumiller-Bustad to Everyone : Facebook group “Parenting in a Tech World” to read how fellow parents and caregivers are dealing with technology and their kids.

11:54:45 From Jane Neumiller-Bustad to Everyone : Facebook group “Mental Health Navigators: Parents Helping Parents”

11:54:53 From Jane Neumiller-Bustad to Everyone : https://www.facebook.com/groups/mhnav

11:58:25 From Sara to Everyone : Please do that presentation for seniors! They so need it right now to help them recover from the pandemic, set goals to get out of the hole they are in, and to move forward in their future.

11:59:53 From Mari Mellick to Everyone : will work on that Sara Knoll! Thank you for the feedback!

Tuesday, Feb 23 - Mental Health is a Big Umbrella: Demystifying the Range of Mental Health Conditions & Solutions

11:23:19 From Morris to Everyone : I would just suggest that the person that a youth seeks out does not see Mental illness as a "fault" or something to be ashamed of

11:26:31 From Jane Neumiller-Bustad to Everyone : Dinner table conversations - check in's, use language daily, etc.

11:35:10 From Cassie to Everyone : I would say that covid and how it has affected kids lives (home, school, or other) is definitely an adverse childhood experience/trauma.

11:50:52 From Morris to Everyone : I unfortunately have a meeting in a few minutes. I am grateful to the UW of Hastings for these webinars and for Kate's presentation today. These programs should be very prominent on your website and shared with school officials.

11:53:43 From Jane Neumiller-Bustad to Everyone : https://namimn.org/

11:55:30 From Jane Neumiller-Bustad to Everyone : https://ahaslides.com/F42F0

Wed, Feb 24 - Mental Health Help is Available: How to Find It & How to Use It

11:21:31 From Jane Neumiller-Bustad to Everyone : Crisis Text Line: Text MN to 741741

11:21:49 From Jane Neumiller-Bustad to Everyone : MN Warmline: 612-288-0400

11:22:23 From Jane Neumiller-Bustad to Everyone : National Suicide Prevention Line: 800-273-8255

11:22:36 From Mari Mellick to Everyone : United Way 24/7 help line is 2-1-1

11:22:46 From Jane Neumiller-Bustad to Everyone : Teen Crisis Line: 800-852-8836

11:24:05 From Jane Neumiller-Bustad to Everyone : NAMI-MN 651-645-2948

11:25:27 From Jane Neumiller-Bustad to Everyone : We'll have all these numbers in the Resource Section of our website

11:29:05 From Jane Neumiller-Bustad to Everyone : Child protection report: 952-891-7171

11:47:46 From Cassie to Everyone : Is there a less intense question than "are you suicidal" that you can ask a kid/teenager/person to encourage them to discuss their mental health (but maybe aren't necessarily suicidal)? For example, you know they are experiencing some significant struggles but not necessarily suicidal.

11:50:16 From Jane Neumiller-Bustad to Everyone : Tell me something about you that I should know?

Thurs, Feb 25 - The Impact of COVID-19 on Mental Health: How to Address Depression, Anxiety, Addiction & Other Conditions

11:30:19 From Cassie to Everyone : I feel like kids are "tapped out" on their resiliency.

11:30:59 From Jane Neumiller-Bustad to Everyone : A big part of our message in Monday's webinar is the "web of support." Kids who have 5 or more adult anchors in their web, build their resilience

11:34:14 From Erin to Everyone : All of this has been so helpful. Thank you, Carolyn. I've told a few friends we are all going to need to have a social skills 101 class after COVID. ;)

11:35:04 From Mari Mellick to Everyone : Excellent Erin. What a great idea!

11:39:23 From Jane Neumiller-Bustad to Everyone : Yesterday, Serene Bachman shared several meditation and relaxation apps. We'll share those resources

11:39:47 From Jane Neumiller-Bustad to Everyone : And, you can view her session on our YouTube channel

11:45:15 From Jane Neumiller-Bustad to Everyone : I've been having bi-weekly Zoom calls with my 2 closest friends from high school :)

11:45:26 From Sharon to Everyone : Bookclubs, forcing myself outside even when I don't want to go.

11:45:41 From Betsy to Everyone : I've been knitting for friends

11:47:29 From Erin to Everyone : We have a chess set on the kitchen table that we have a continuous game going on. Even in between work and school, it goes on throughout the day. We also have dance parties and just simply have a time to let out a big ol' scream. I make sure to apologize. they need to hear that. Thank you for saying this! Feeling all the feels is vital! Thank you for your insight Sandra!

11:49:05 From Cassie to Everyone : I just validated my son's online efforts when he said how long he had been working and that he was going to take a break. I said, "Great, I appreciate you letting me know. Breaks are good thing". Hoping he will continue with better communication going forward and that breaks are a good thing and will help him be more successful.

11:50:39 From Jane Neumiller-Bustad to Everyone : https://ahaslides.com/94DCF

11:52:07 From Erin to Everyone : That is great, Cassie! Reaffirming the positive is so helpful for all!

11:52:28 From Ann Staples to Everyone : Thank you

11:54:01 From Alicia Perez to Everyone : I let my kids put a tent up in their room when Covid first started. They played in it, read in it, slept in it. Just something different. Also I have been less rigid about them cleaning up toys, games, forts, etc just to give them something to make them feel better.

11:54:52 From Erin to Everyone : A friend does a fort movie night each week. Love the tent idea you did too Alicia! :) Thanks for sharing.

11:55:31 From Amanda to Everyone : learning ways to help kids get through COVID as well as what to consider when kids return to school were very helpful. Also as a parent the need to reset my expectations for academic performance and daily .functioning

11:56:06 From Erin to Everyone : For young kids, identifying colors as feelings helps them navigate how to express their feelings when it's hard to have all the words to do so. My son one time said, "I'm feeling blue and red," which was sad and mad.

11:56:09 From Betsy to Everyone : My partner and I go out to breakfast once a weekend too

11:56:28 From Amanda to Everyone : For my senior in high school, I have scheduled monthly massages .

11:57:04 From Cassie to Everyone : I do monthly massages (for myself)

12:10:38 From Alicia to Everyone : My friends daughter last spring got dressed up in her prom dress and went around town taking pictures. It was really cute.

Fri, Feb 26 - What's Working: Nurturing our Families & Ourselves with a Strengths-Based Approach

11:02:48 From Derek Peterson to Everyone : Welcome everyone.

11:10:45 From Jane Neumiller-Bustad to Everyone : If you need an introduction to the colors of the Web of Support, please visit our YouTube channel. Our youth leadership team has created a series of very short video introductions to the colors.

11:11:35 From Jane Neumiller-Bustad to Everyone : https://www.youtube.com/playlist?list=PLLdQVHJQRD9YBrm20prULPHqsGTt2jLi0

11:38:47 From Jane Neumiller-Bustad to Everyone : We did a Helping Kids Succeed presentation (by YES Team members) to our Hastings bus drivers about 4 years ago...an amazing evening! Many of the drivers were *very* caring about the kids on their routes.

11:40:53 From Jane Neumiller-Bustad to Everyone : We have Derek's graph on p. 13 of our Helping Kids Succeed handbook

12:06:18 From Derek Peterson to Everyone : In the #webofsupport, we have created full color dialogue - around reinforcing/amplifying the strengths of the teens.

12:07:13 From Derek Peterson to Everyone : Because we work in color, when you amplify one color, it WILL influence all of the others... It is beautiful to watch happen, it is even more beautiful to be a part of it.

12:07:49 From Derek Peterson to Everyone : Life is amazing. Life is difficult. A #webofsupport supports you in both of those times, and all of the ti es in between.

12:08:43 From Derek Peterson to Everyone : Muncie, IN just won the All-American city award, and they have framed their work within the @WebOfSupport.

12:20:06 From Jane Neumiller-Bustad to Everyone : https://mn.gov/dhs/assets/2021-rfp-011-3-26-2022MNPCNInitiative-2-1_tcm1053-466558.pdf

12:22:13 From Jane Neumiller-Bustad to Everyone : https://www.cdc.gov/drugoverdose/drug-free-communities/funding-announcements.html