

Caressentials

Highschool Wellbeing Club



Why Caresseentials?



Its time

to normalize teen mental health and well-being.
It starts with a conversation.



Safe Spaces

Teens working with teens to create a safe space
to learn, share and emphasize.



Self care essentials

Teaching teens the power of self-care and easy
activities that can be done daily

About the Club:

Caressentials club was born out of the website Teen.Self.Health with a focus on providing resources for teams to prioritize their mental health and well-being. Caressentials was run in a public high school in the state of Washington in the 21/22 school year and this model allows high schools across the U.S. to easily scale to host and run their own club.



Getting Started

1

Start planning

Is this a club your school needs? Are you passionate about mental health and well-being? Can you commit to running a club for a year?

2

Club proposal

Customize the prepared club proposal to seek club support and approval from your high school administration or counselor

3

Club leadership

Identify club leadership as needed, who will run, seek adult/school sponsor or mentor

4

Invite members

Use word of mouth, school communications and social platforms to promote club membership

How to start the club:



Review materials



Ensure you have a passion for the topic



Secure supervisor (counselor, teacher, etc.)



Submit Club proposal to designated area



When approved- Secure locations, dates, times



Promote the club (club fair, flyers, etc.)



Establish a social platform for school's club
(follow @ihscaressentials for inspo)



Create google doc members signups, to form a members list



Schedule first meeting



Kick off meeting, and have fun!



Club needs/Basics

Supervisor

Reachout to a counselor, or faculty member for supervision and mentoring

Members

Before the first meeting ensure you have at least 6 members attending, continue to drive recruiting and promotion (it often takes time to establish a large gathering)

Agenda

Follow numbered agendas if desired

Funding

If funding is available you can get higher quality materials, but it is assumed that resources and materials can be used through school resources/classrooms

Role of Supervisor:



- Be there to help monitor meetings/oversee (not run the meeting) that it goes well.
- Be willing to discuss sensitive topics/red flags with teens
- Be invested in improving mental health and removing stigmas

Club members

When first initiating the club, you will want to ensure that you have at least 6 members who will commit to being part of the club. This is the first step to start building the community around the club. Then create a google doc form to have members sign up, so you can keep track of club members.



How to create a google doc sign up



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Steps:

- Log into your google account
- Locate google forms in the template of options
- Title the sign-up form
- Put questions (ex. name, grade, email)
- Leave a couple written questions (ex. Why did you want to join? What impact do you hope to have?)
- Design form with colors,font,etc. in settings
- Complete form, save form, and past link on social platform for members to fill out



Ways to promote club (spread the word)

Hang Flyers

Hang flyers around the school, and include times, info, dates, and anything pertaining to club specifics

Have members bring a friend

Encourage current members to bring their friends.

Make announcement

Talk about the club in class, or have announcements arranged around school

Set up a booth at a club fair

If your school has yearly club fairs this would be your opportunity to introduce your club/show, why people should join.

Write on school whiteboards

Write info about your clubs in classrooms on the whiteboard- with teachers' permission.

Utilize social platforms

Follow students from your designated school on social media, and post announcements/when club meeting are happening

To be established after the first few meetings (Secretary/Outreach Committee)

Leadership Roles

President/Copresident (established at beginning of club formation)	Run meetings, handle agendas, overall responsibility for club
Secretary	Takes roll call, writes down meeting minutes/what was accomplished, helps handle money with fundraisers, and projects
Outreach committee	Commits to volunteering extra time to outreach and promote the club with unique ideas.

Yearly meeting topics

Year:
2022-2023

Meeting #1

Welcome To Caressentials Club

Meeting #2

Making Self-care Your Priority

Meeting #3

Self Care Practices

Meeting #4

Taking care of yourself/others

Meeting #5

Inspiring others

Meeting #6

Acts of kindness, gratitude, and care

Meeting #7

.Friends, family, and community

Meeting #8

Filtering the noise/build your voice

Meeting #9

Fundraising Prep

Meeting #10

High acuity topics (Open discussion)

Meeting #11

.Bad days are ok too

Meeting #12

Conversations about self care

Meeting #13

Finding your passion/inspiration

Meeting #14

Paying it forward

Meeting #15

Unitil we meet again next year

Sample Agenda



Group welcome and check in

Discuss gratitude, the meaning, and why it matters

Brainstorm ways this can be shown through your school

Discuss ways that you individually can show gratitude

Begin notes of gratitude poster: This includes hanging a poster board around school with available sticky notes and pens where students can write notes of gratitude to others. Decorate as desired.

Snacks and worktime

Final announcements (projects, info, ect.)

Meeting Adjourned/take roll

Welcome



Monday January 10th 3:30-
4:30

Today's Topic

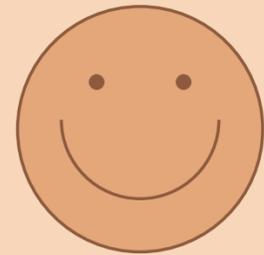


Gratitude

**Use Canva to creat personal agenda slides*

Sample Check-In

How I feel at the moment



Stress level



Sadness level



Happiness level



Hunger level



Question: What's one word that you would use to describe how you are feeling today?

What's on word you wish you were feeling today?



What could make today even better?: Continue living in the moment.

Date: January 1

Example Gratitude Practice

3 amazing things that happened today:	
3 people I'm grateful for:	
3 things I look forward tomorrow:	

Funding

4 ways to acquire
necessary funds:



Connect with School
for Funding:

Most schools provide
funds for ASB
correlated clubs

See if teachers have
available materials:

Many teachers will
probably be willing to
donate supplies/materials
towards the club

Hold club fundraisers/apply
for grants:

Fundraise or apply for
local grants

Contact Teen.Self.Health to
reach out for possibly grant
requests:

Contacting our website and
requesting funds for
necessary materials can be
granted

Why funding?

When running monthly Caressential meetings, some will include self care activities, projects/ tasks that require materials. Most can be found at school, but sometimes it can be nice to have funds set aside for the club to buy materials that can be used such as posterboards, pens, paints, etc.



Disclaimers:

- This is not a club meant to solve mental health problems, but encourage open discussions, and give people more ways to get help.
- Things discussed in the club, need to be confidential, and should not be shared outside of the club.
- If someone shares something about putting themselves or others in danger, advise your supervisor immediately.





Agenda's/Yearly Meetings in Depth

In the next slides we will be going over each of the 15 club meetings, and help setting a skeleton template for how they can be run, materials needed, and helpful info.



Meeting #1: Welcome to Caresentials Club

Duration: 60 minutes

Speakers: Club President and leaders, mentor

Location: Private room recommended

Setup: Chairs in a circle

Resources

Name tags, paper and pens, optional snacks
(All can be purchased at a dollar tree, or local
craft store)

Agenda #1

1. Welcome and introductions (10 minutes)

- Ask members to write and adhere names
- Club president and mentor introduce the club and themselves
- . Set the stage the club vision, how meetings will be run
- Talk through the disclaimers and agreement of confidentiality
- Set expectations for participation

2. Roundtable of introductions (5 minutes)

- Each club member introduces themselves, pronoun, grade and why they chose to be a part of the club
- Club leader introduces “check-ins” (how you are feeling right now)
- . Club check-in (each member discusses how they are feeling in the moment)

3. Club Vision and goals (10 minutes)

- Club president and mentor speak to the vision of the club for your school, as well as the goals
- Roundtable with all members “What do you want to get out of this experience?”

4. Exercise #1 (15 minutes)

- . Club president discusses “what is self-care”, why does it matter
- With sticky notes and pens, have members write down what you do for self-care, one self-care activity per sticky note. If you cannot think of any that you do, write none.
- Club mentor puts stickies into a pile and club president reads them out loud. Open concepts for discussion.

5. Exercise #2 (15 minutes)

- Club president discusses impacts of “lack of self-care” and how it can manifest over time
- With sticky notes and pens, have members write down what happens when you neglect self-care, one example per sticky note. If you cannot think of any, write none.
- . Club mentor puts stickies into a pile and club president reads them out loud. Examples should be discussed.

6. Final announcements and next meeting topic (1-2 minutes)

- Remind everyone to keep a close eye out for announcements on social platform/follow
- . Remind everyone to fill out the google form signup sheet
- Announce next meeting date
- Any final words



Meeting #2: Making self- care your priority

Duration: 60 minutes

Speakers: Club President and leaders, mentor

Location: Private room recommended

Setup: Chairs in a circle

Resources

White board and pens, or large sticky sheets and sharpie pens, optional snacks (All can be purchased at a dollar tree, or local craft store)

1. Welcome and checkin (10 minutes)

- Club president and mentor welcome the club and ask any new members to introduce themselves
- Check-in activity “name one thing you did this week to demonstrate self-care and one thing you wished you had done”
- Reminders on disclaimers and agreement of confidentiality

2. Presentation: How Self-Care affects your mind and body (10 minutes)

3. Exercise #1 – break into groups of 3. Club president leads with prompt. (Prompt: examples such as “taking a bubble bath, going for a run, enjoying coffee with a friend”) (20 minutes)

- Write down as many examples of self-care that you can think of on paper (10 minutes)
- Nominate a group lead and read through all of the examples
- Discuss examples – what surprised you, what inspired you?

4. Exercise #2: Commitment to Self-Care (15 minutes)

- Write down 2-3 self-care activities that you commit to incorporating into your upcoming week.
- Write down how you will incorporate in your week – what changes will you make to your routine, habits, thought processes
- Discuss commitments, agree to hold one another accountable for commitments – check in next club meeting

5. Meeting Adjourned (1-2 min)

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- . Any final words



Meeting #3: Self Care Practices

Duration: 60 minutes

Speakers: Club President and leaders, mentor

Location: Private room recommended

Setup: Chairs in a circle

Resources

Optional snacks, caution sign craft materials (sharpies, paints, diamond paper) (All can be purchased at a dollar tree, or local craft store)

1. Welcome and check-in (5 minutes)

- Check-in activity “how did you do on your commitment to self-care? Were you able to do the 2-3 activities your committed to? What were those? How did they make you feel? Would you do them again?”

2. Presentation: How to develop or build a routine or habit (10 minutes)

3. Exercise #1 – Building a daily self-care habit - break into groups of 2 (10 minutes)

- Discuss one self-care activity that you would like to make a daily habit
- What do you commit to doing differently to ensure you prioritize daily?
- How will you hold yourself accountable?
- What will you do if you cannot build the habit?

4. Caution Sign Craft (35 minutes)

- Show a pre-made example of this craft
- Explain the craft: Creating a caution sign, with bright colors, and your designated habit. Members will then hang this somewhere they frequently pass so that they get a constant reminder of the habit they committed to sticking to.
- Worktime: Snacks, get materials, play some music, and get to work

5. Meeting Adjourned (1-2 min)

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- Any final words



Meeting #4: Taking Care of Yourself and others

Duration: 60 minutes

Speakers: Club President and leaders, mentor

Location: Private room recommended

Setup: Chairs in a circle

Resources

Optional snacks, small planter pots, paints, bag of dirt, 2-3 bags of seeds (flowers), sharpies, gloves, towels (for cleanup) (All can be purchased at a dollar tree, or local craft store)

1. Welcome and check-in (5 minutes)

- Check in question – share “what are you most excited about in the next year?”

2. Presentation: How to strike a balance of looking after yourself, and loved ones in your life (10 minutes)

- How do you prioritize your time?
- What to do if you have plans with close ones, but are feeling overwhelmed
- How to not feel guilty about looking after yourself.

3. Plant Potting Exercise/Craft (45 minutes)

- Explain point of craft: Design a flowerpot, decorate, and plant your own plant. Learn to take care of this plant and treat it how you yourself would want to be treated. Understand how to strike a balance between yourself and others.
- Show an example of a decorated pot, and how to plan with materials (ex. Put a cup of dirt in pot, choose your seed, plant seed, create instructions for how to take care of plant (water 1x a day))
- Worktime- Optional snacks, turn on some music, work together to create your own plants.

4. Meeting Adjourned (1-2 min)

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- Any final words



Meeting #5: Acts of Kindness, Gratitude and Care

Duration: 60 minutes

Speakers: Club President and leaders, mentor

Location: Private room recommended

Setup: Chairs in a circle

Resources

Poster boards, multiple colored square stick pads, sharpie pens (All can be purchased at a dollar tree, or local craft store)

1. Welcome and checkin (5 minutes)

- Check-in activity – share “What do you like to do for others? Give an example of something you have done recently”

2. Presentation: Why is helping and inspiring others an important part of self-care and your general well-being? (10 minutes)

- Engaging with others
- Giving of ourselves
- Random acts of kindness

3. Mini Project How can we inspire our school community (40 minutes)

- Explain point of project: Create poster boards with acts of gratitude, and ways to spread it. Decorate poster board with title, and examples. Make a large note saying if you are choosing to use one of these take the sticky note and grab a new one out of the pocket in the corner and write a new example of gratitude. Explain it is a take, and give board: take a gratitude, give a gratitude.
- Worktime- optional snacks, play some music, work together to build these posters.
- Little field trip- With permission go around and hand these posters at your school

4. Meeting Adjourned (1-2 min)

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- Any final words



Meeting #6: Inspiring Others

Duration: 60 minutes

Speakers: Club President and leaders, mentor

Location: Private room recommended

Setup: Chairs around large tables

Resources

optional snacks, have materials on hand

1. **Welcome and checkin (5 minutes)**

- Check-in activity – share “What do you like to do for others? Give an example of something you have done recently”

2. **Presentation: Why is helping and inspiring others an important part of self-care and your general well-being? (10 minutes)**

- Engaging with others
- Giving of ourselves
- Random acts of kindness

3. **Exercise #1 – Inspiring our school community project (35 minutes)**

- Take ideas from last meeting and put into action
- Working session to create, develop or implement ideas for the school (notes of gratitude, vision boards, secret notes in lockers, gifts for teachers and staff, gifts for students, announcements of kindness)

4. **Meeting Adjourned (1-2 min)**

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- Any final words

Agendas
#6



Meeting #7: Friends, Family, and Community

Duration: 60 minutes

Speakers: Club President and leaders, mentor

Location: Private room recommended

Setup: Chairs in a circle

Resources

optional snacks

1. Welcome and checkin (5 minutes)

- Check-in activity – share “Do you have a go-to person when you are not feeling your best? who is that person and why?”

2. Presentation: Asking for help and helping others (15 minutes)

- Why asking for help is important?
- Knowing who to ask or where to go for help, resources for teens
- Help comes in many forms
- Helping yourself and others

3. Exercise #1 – Seeking help – breakout in groups of 2 (10 minutes)

- What holds you back from asking for help? What could you do to overcome that?
- What will asking for help do for you?

4. Exercise #2 – Providing help – discuss in full group (15 minutes)

- Discuss ways you can offer others help?
- What can you look for in others to suggest they may be in need of help?
- How could approach others to offer help?

5. Meeting Adjourned (1-2 min)

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- Any final words



Meeting #8: Filtering the noise, and making your voice heard

Duration: 60 minutes

Speakers: Club President and leaders, mentor

Location: Private room recommended

Setup: Chairs in a circle

Resources

Optional snacks, Stickies and pens (optional exercise)

1. Welcome and check-in (5 minutes)

- Check-in activity – share “How much do you think you are on social media each day”, “How does it make you feel?”

2. Presentation: How to filter the noise and make the voice in your head be heard (15 minutes)

- You can control the noise – social media, who you hang out with, what you read
- You can change the narrative
- You can control your reactions (breathing techniques, pausing before reacting, walking away)
- You own the voice in your head (stop the negative self-talk, start loving yourself)

3. Exercise #1 – Break out into groups of 2 (15 minutes)

- Discuss a time when someone hurt, angered, or frustrated you. How did it make you feel? What did you think of that person?
- Think through and discuss some reasons that person might have had acted that way. What do you think they were feeling? Could there have been something going on with that person?

4. Exercise #2 – Break out in groups of 2 (15 minutes)

- How can you control or filter the negative noise in your life?
- What will you do reshape the narrative in your head?
- What do you commit to doing before our next meeting to actively change a negative story or narrative in your head? Silently choose your narrative that you commit to working on, rethinking the storyline, putting yourself in the shoes of another person or flipping the negative to as many positive examples as you can. Take a moment to think through how you will do this?

5. Meeting Adjourned (1-2 min)

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- Any final words



Meeting #9: Fundraiser /Project

Duration: 75 minutes

Speakers: Club President, open discussion with
members

Location: Private room recommended

Setup: Chairs in a circle

Resources

Device for notetaking, pen, pencils, optional
snacks

1. Check in question (5 min)

- What's one thing you have been doing to better yourself each day? How did you change/include this into your daily routine?

2. Discuss objective of project/fundraiser (choose one) (10 min)

- . Project: A way to spread awareness/drop stigma for mental health around the general community, outside of school. Ex. Hold a seminar with community mental health speakers, plan an advocacy event, write thank you cards to mental health professionals at a designated location, etc. (helpful ideas, these don't have to be followed to the tee)
- Fundraiser: Raise funds for an organization that helps improve people's wellbeing. Ex. Eating disorder treatment homes, mental hospitals, psychologists, etc.)
- Openly discuss and record ideas for what the club's vision for a project or fundraiser obtains.

3. Planning (20 min)

- Once a project has been decided, begin planning how everything will be initiated. Things to think about: How long will it last, specific dates, materials needed, connections with outside speakers/individuals if necessary.
- Advise mentor on the chosen project, so they can help with any extra requirements.

4. Designate Roles (10 min)

- Assign roles of who will be doing what. Ex. Chosen Project: Thank you cards to mental health hotline
- Designated roles: President: Reach out to organization, make sure this plan works, and set up a time and date to drop off thank you cards.
- Secretary: Plan a day after school where everyone in the community is invited to come get together and help make cards (if applicable- think about including an incentive- for example offer Honors Society hours, or bring treats)
- Outreach committee: Take signups for the event, put announcements on the loudspeaker, make flyers, and promote everywhere.
- Rest of members: Help spread the word and sign up to come to the thank you card meeting.
- President: Gather materials needed for event- Ex. Variety of paper, pens, crayons, paints, snacks.
- President: Once cards have been made drop them off with the coordinator and the designated scheduled location.

5. Create flyers (30 min)

- . Make posters/flyers as a club so that everyone is on the same page with the rundown of the event and can help start planning.

6. Meeting Adjourned (1-2 min)

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- Any final words

***Important to note: The project/fundraiser event is not included in a typical Caressential meeting schedule (ie. It is not one of the 15 yearly held meetings)**

Caressentials
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A decorative border of various tropical plants including monstera leaves, ferns, and a cactus with pink flowers surrounds the central text area.

Meeting #10: Being open about high acuity topics

Duration: 70 minutes

Speakers: Club President, open discussion with
members, mentor

Location: Private room recommended

Setup: Chairs in a circle

Resources

optional snacks, materials for affirmation jars
(Jar, pens/pencils, sharpies to decorate jar,
sticky notes) (All can be purchased at a dollar
tree, or local craft store)

1. Check in question (5 min)

- What is your favorite self-care activity? Why?

2. Debrief on project/fundraiser (10 min)

- How did it go? What are things that worked/what could you change next time?
- Was it beneficial? Was the club able to do enough outreach to get enough people to volunteer/help?

3. Have mentor give high acuity intro (10 min)

- Readdress confidentiality agreement
- Discuss/inform students about self-harm, suicide, and other harmful mental disorders. What can they do if they ever find themselves or a friend battling with one of these illnesses?

4. Hold an open discussion (10-15 min)

- Have club members discuss what mental disorders they are most familiar with whether a friend, themselves, or family members have battled with them.
- Discuss ways that they have seen people overcome/get help with their struggles.
- Talk about the importance of holding these discussions, and although its importance sharing stories.

5. Introduce affirmation board activity and snacks (5 min)

- Transition into what affirmations are and how they can teach us to be kinder to ourselves.
- Show a picture of affirmation jars/introduce their roles: Jar you decorate and write kind notes to yourself, and put them inside. When you are feeling down you grab a note and read it to yourself, as a reminder of what a strong person you are.
- Layout materials

6. Worktime (30 min)

- Have some snacks if available, play some music, make craft

7. Meeting adjourned (1-2 min)

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- Any final words

Agony
#10



Meeting #1: Bad days are okay too

Duration: 60 minutes

Speakers: Club President

Location: Private room recommended

Setup: Chairs in a circle

Resources

optional snacks, materials for self-care boards (paper, pens/sharpies, decorations ex. Fun stickers) (All can be purchased at a dollar tree, or local craft store), Day rating chart (attached below)

1.Check in question (5 min)

- What's something that you are very hard on yourself for or put a lot of pressure on? Why? Do you think this pressure is beneficial or negative?

2.Discussion on bad days (10 min)

- Discuss how every day is not always going to be the same, and some will be better than others. We can't have good days without bad days.
- Discuss how people define their day bad?
- Discuss what people do to cope when they are having a bad day.

3.Introduce/pass out day rating chart (10 min)

- Pass out a day rating chart to all the members
- Give the objective of the charts: For a entire year track how your days are, and write one word to describe. Once a couple months have passed you will see a pattern of good and bad days, and what defines a bad day for you. At the end of each day use a color to mark how your day was (red=very bad, pink somewhat okay, green= wonderful)
- This activity is a take home one, and highly recommended for members to do on their own time- overtime they will have a valuable resource that shows them things that bring down their mental health. From there they can look out for warnings and learn how to avoid that cope these triggers.

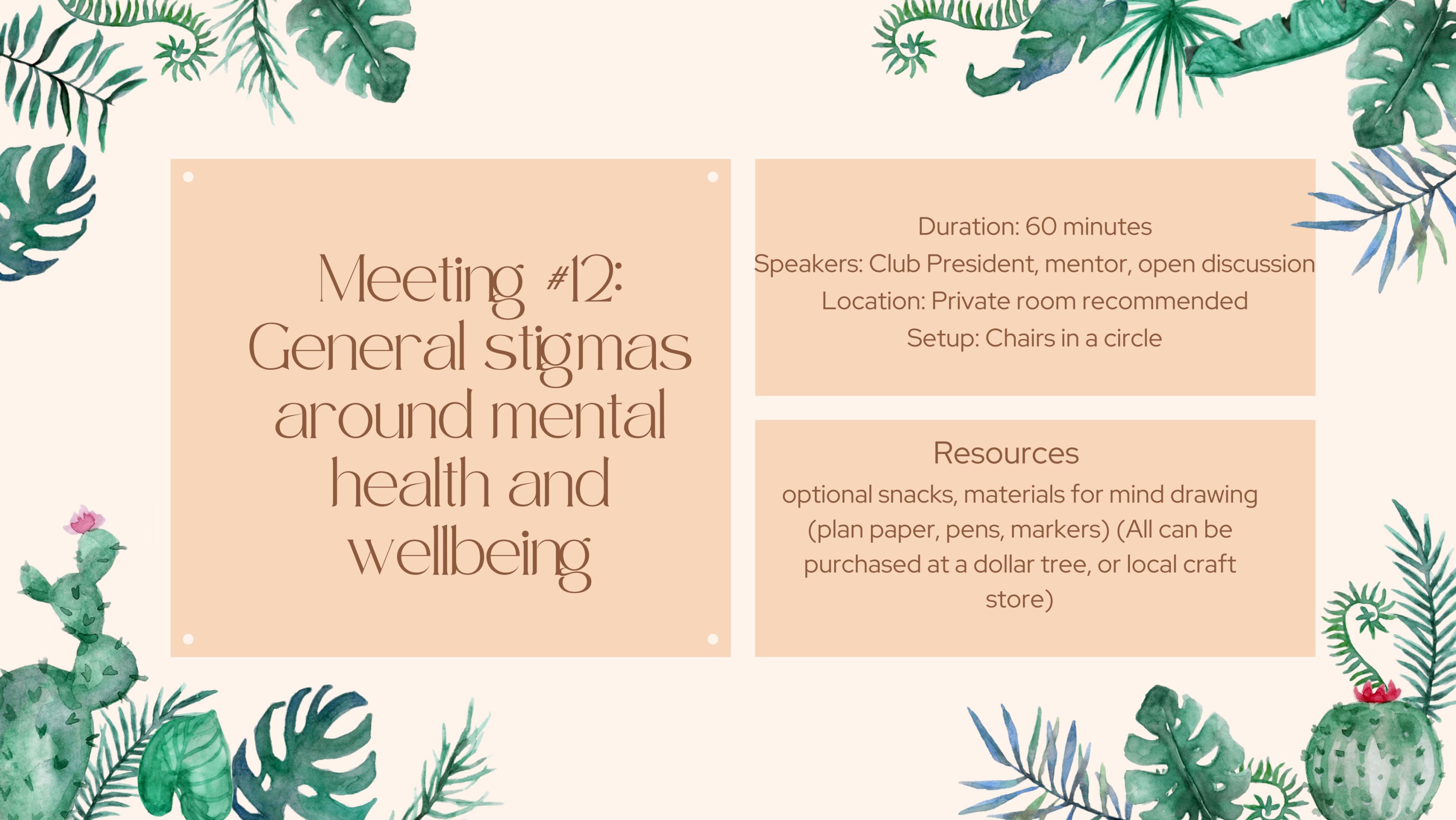
4.Self-care boards (35 minutes)

- Introduce self-care boards: Each member will have a poster/piece of paper where they decorate/fill the page with their favorite self-care activities for when they are feeling down.
- Worktime- Optional snacks, hand out materials, put on music, and get to work!
- Once posters are made members can decide to take home the posters for themselves or hang them around the school to help suggest activities to everyone.

5.Meeting adjourned (1-2 minutes)

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- Any final words

AVOCADO
#11



Meeting #12: General stigmas around mental health and wellbeing

Duration: 60 minutes

Speakers: Club President, mentor, open discussion

Location: Private room recommended

Setup: Chairs in a circle

Resources

optional snacks, materials for mind drawing
(plan paper, pens, markers) (All can be
purchased at a dollar tree, or local craft
store)

1. Check in question (5 min)

- What's something you wish more people respected about mental health?

2. General stigmas conversation (open discussion) (20 min)

- What are stigmas today about mental health?
- Why are these stigmas toxic?
- What are ways we as a community can individually work to break them down?

3. Mind drawing project/Optional snacks (30 min)

- Introduce project: Everyone will have a single piece of paper and will set a time for 15 minutes to draw. However, you envision your mental health—draw it. It can be abstract or specific. Whatever you relate your mind to be like.
- After 15 minutes take time to go around the circle and have everyone show their drawing/describe why they drew it.
- Have everyone discussed if they wish their picture could be different?

4. Meeting adjourned (1-2 minutes)

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- Any final words



Meeting #13: Finding your Passion /Inspiration

Duration: 60 minutes

Speakers: Club President, mentor, open
discussion

Location: Private room recommended

Setup: Chairs in a circle

Resources

optional snacks, materials for vision boards (poster boards, magazines, markers, sharpies, glue, scissors) (All can be purchased at a dollar tree, or local craft store), invite special speaker (preferably counselor/career counselor at designated school)

1. Check in question (5 min)

- Think back this past year and think of a month where your mental health has been well. Why do you think it was this month? What was different than other months?

2. Introduce speaker/ speaker presentation (10 minutes)

- Counselor/individual: Will be there to talk about finding a career path, dealing with the mental struggles, and offer suggestions on how to handle this stress.

3. Discussion (10 minutes)

- . Discuss as a group why finding a passion/your inspiration in life can be stressful
- Talk about ways you can find out if you're interested in a topic.

4. Vision boards (35 min)

- Vision board: A way to visually place your dreams and aspirations in one place so you can always look at them and remind yourself the bigger things you have for you going in life.
- Show a picture/example of vision board/describe how it works: Search through magazines and cut out pieces that speak to you (words, pics, both), glue them on your poster board. Feel free to add words, or pictures at home if you additionally want to.
- Worktime- snacks and materials, play music, and worktime as a group

5. Meeting adjourned (1-2 min)

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- Any final words



Meeting #14: Paying it forward/ community resources

Duration: 70 minutes

Speakers: Club President, mentor, open
discussion

Location: Private room recommended

Setup: Chairs in a circle

Resources

optional snacks, materials for resource share (poster
boards, sharpies), planned resource presentation,
printer, computer for research

1. Check in question (5 min)

- How familiar are you with mental health resources in your state offered for teens? Can you name at least 3?

2. Resources (15 min)

- Introduce members to some of the popular/valuable resources in the community for teens. Give a description of the resources.
- Talk about how to access these resources

3. Discussion (10 min)

- Open discussion- Do we think resources aren't shared enough in the community? Is it embarrassing for teens to utilize these resources? Do we feel these resources genuinely are helpful/are benefiting the community?

4. Resource project (30 min)

- Introduce projects- Make posters of important organizations to put around school.
- Research popular resources/use some from previous presentation
- Have each member create a poster with a description on the resource
- Print out QR codes of each organization and put them on their individual posters so students can scan them and check out the organizations.

5. Trip around school (10 min)

- Take a little field trip around school to find a place where you can hang all the resources. Recommended to hang them all in one spot so people can read about all of them.

6. Meeting Adjourned (1-2 minutes)

- Remind everyone to keep a close eye out for announcements on social platform
- Announce next meeting date
- Any final words



Meeting #15: Until next year

Duration: 45 minutes

Speakers: Club President, mentor, open discussion

Location: Private room recommended

Setup: Chairs in a circle

Resources

optional snacks, notetaking materials for next year

1. Check in question (5 min)

- What's your favorite meeting we have held all year and why?

2. Liked/Disliked (15 min)

- Open discussion of things that were beneficial to members time, and what they liked about the club.
- Open discussion about things that didn't go so well, and what members would not recommend doing again)
- *President takes notes of the feedback for next year's meetings, so you know what not to include.

3. Leadership roles. (10 min)

- Open discussion of leadership roles- were they helpful? Should there be more?
- Establish which roles will be around next year, if anything should be removed, and if new ones should be added.

4. Goals (10 min)

- Make a list of the top 5 goals for the club to accomplish in the 2022-2023 school year

5. Fun (5-10 min)

- Have snacks and chat with club members, exchange contact info over the summer/discuss additional projects you might want to pursue on your own time over the summer.

6. Meeting Adjourned (1-2 min)

- Goodbye's
- See you next year!!!