**Self-Care Committee**

**Minutes**

April 14, 2022 2-4pm via Zoom

**Meeting minutes**

**Attendance**

Janeece Warfield, Wendy Berkshire, Sanjii Johnigan, Ralph Davis, Nina Rains, Emily Sewall, Kayla Hairston, Colleen Oakes, Ashley Browning, Asiaonna Eley, Kelly Howard, Madison Dave, Sasha May, Tazeen Ahmed

- Personal Agreement Kayla Hairston 5 minutes

- Janeece read aloud. Thank you!

- Welcome/Introductions Whole Group 5 minutes

- Mindfulness Minute Kayla Hairston 10 minutes

- Check in ☺

- Updates on School Initiative School Workgroup 45 minutes

- Grant funding cannot purchase gift cards

- We want the self-care bags to be more focused on teachers rather than on classroom

supplies

- Colleen with follow up with contacts for the YLP Steering Committee

- YLP was the focus of the teacher appreciation card project

- Additional discussion

- Supplies needed to accomplish goals

- ~~Masks~~, ~~Lysol wipes~~, ~~cleaning supplies, ink pens~~, snacks, ~~gift cards~~,

coffee, tea bags, bottled water, hand lotion/sanitizer, mints, affirmation

sheets, ~~certificate for a meal,~~ coloring book/journal

- Soft barriers committee is creating 5,000 self-care bags and a lot of the items

we are considering are included

- Contact Lake and ask to participate in bagging and also in using the kits for our project

- Schools who received first self-care kits are Vandalia, Wayne and Weisenborn, West Carrollton, Miamisburg, Horizons, Trotwood, Dayton STEM

- Additional schools to focus on:

- Ashley Browning has a relationship with Charity Adams (DPS)

- Emily said West Carrollton is in a transition, adding 5th grade to middle school

- Sanjii said Dayton Smart has 15-20 staff members we could support – 5 are

considering leaving the profession

- Asiaonna said Dayton Leadership Academy and Dunbar HS

- Janeece said Meadowdale

- Kelly Howard said City Days

- Which schools in Trotwood received bags – many different schools – Ralph

Davis is connected to Westbrooke Village Elementary

- Mad River Schools

- **At this time we plan to support an additional 3 schools with the self-care bags:**

**- Dayton SMART – Sanjii will be point of contact**

**- City Days – Kelly Howard will be point of contact**

**- Trotwood – Madison (Westbrook) – Ralph Davis will be point of contact**

- Updates on Local Help Now App Resource Workgroup 45 minutes

- List of resources <https://docs.google.com/spreadsheets/d/1j1qjaKLdvqnZYMGklbRmp3GNFUeWVi9e/edit#gid=53865133>

- Will we add the wheel or lists or links

- Should we show a wheel or a definition

- We already have so many resources

- Self-care survey? We may need to come up with our own survey to help guide our definition of self-care

- Instead of limiting self-care to a definition, share quotes about what self-care means to you

- Everyone give a one to two sentence definition of what self-care means to them or ask one community member and share next month

- Define the science behind mindfulness

- Do not include links that could be “dated” or are not reputable

- Remember that the digital detox list has a lot of activities already created

- Coalition Updates Whole Group 10 minutes

- Next Wednesday is the volunteer appreciation event – Wed April 20th – Drive-thru

Event – cookies, hot chocolate, MCPC swag and professional headshots –

Please register!

* May 2nd is the suicide prevention barber and cosmetology event
  + [https://www.mcadamhs.org/alert\_detail.php](https://urldefense.com/v3/__https:/www.mcadamhs.org/alert_detail.php__;!!AU3bcTlGKuA!C7ES5v9r1_rhVCyvV0mo5xl4UUiwfaf6zyg627uaqAJHu2eN2whdRnDULS5ahhkmZWltHQw3JcL-2lNFMu53$)
* May 6th from 10-12 is our full coalition meeting at Dayton Metro Library or join via zoom
* YLP application period is open – offer up to $10,000 for youth led peer to peer programming

**Commitments**

* For the school workgroup – provide school names and staff numbers who could benefit from self-care bags
* Reach out to the soft barriers committee to see if they would like to partner with us – Set a special meeting time to build the kits as May is fast approaching
* For the Local Help Now group – share a quote either from yourself or a community member

**Next Meeting** May 12, 2022 from 2-4pm via Zoom