

St. Lawrence County Youth Committee Meeting Minutes

February 11, 2024

Attendees:

Alivia Sochia
Theo Hughes
Elif Cetinkaya
Dino
Anant Basal
Prudence Cutwa
Nina
Taha Ait Maatallah
Emalyn Kulp
Vineet Bansal
Dominic Fiacco

4th Annual Valentine's Day Card Drive: (No clue)

Received thousands of cards from various different schools around the county. Very successful.

Annual Youth Leadership Forum: (5 February, 2024)

Topic was pushing for sponsoring new advocates for future youth based groups that assist in mental health issues. There were workshops dedicated to educating the youth members on specific issues that may impact mental health, such as relationships or soulfulness.

St. Lawrence County Board of Legislators Meeting: (12 February, 2024)

Different ideas for "Five Hour Free Friday". Group leaders of Youth Bureaus all over New York come up with ideas and discuss. Overuse of phones needs solutions. "Five Hour Free Friday" is on March 1st where teens promise a resolution to abstain from phone use for a five hour period from 4pm-9pm. St. Lawrence County Youth Bureau is discussing this "Five Hour Free Friday" to the other groups at the leadership forum.

Launching Five Hour Free Friday: (1 March, 2024)

Choosing between three different flyers to put up around schools. First flyer just describes the event as it is: Free from social media, free from phones, free from distractions. Second flyer is a primarily dates based flyer where the dates of all Youth Bureau events for mental health are posted to get students involved. Third flyer has scary statistics about phone usage, maybe more effective? (All include general date and time for event)

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Materials ordered alongside the flyers, such as fidget spinning pens, magnets, and shirts for the Youth Bureau members. Find ways to get people to participate in this “Five Hour Free Friday” challenge. (Announcements, posting on social media, posting in google classroom, etc.)

Gizmo’s Pawsome Guide to Mental Health: (Dates coming soon)

Rebekah will be filming Mary Wills doing a classroom read from start to finish. Find dates for each school to have Gizmo. Not much information provided, because Mary has been sick, but hopefully soon more information will be revealed, and Gizmo dates + plans can be created.

Next Meeting:

March 10, 2024 @ Human Services Center Upstairs Conference room at 3:00PM