

**Arlington Coalition for Healthy and Resilient Youth
Meeting Notes for 9-11-2025**

Attendees

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| Abby Bormann | Arlington Library |
| Ardis Schmiege | Stilly Valley Health Connections |
| Chrys Sweeting | Arlington Public Schools |
| Erika Coghill | Stilly Valley Health Connections |
| Franklin Vincenzi | Youth |
| Kerri Helgeson | Arlington Public Schools |
| Mandy Kruger | City of Arlington |
| Sarah Lopez | City of Arlington |

Welcome and Introductions

The meeting started at 3:30pm with introductions. No one joined us via Teams.

Tabling Events and Student Engagement

Erika shared that she will be reaching out to the principals at both high schools to see if the coalition can table during lunch hours a few times this fall. One tabling event would focus on 988 and mental health resources, another event would focus on substance use education and cessation information. We would also use the opportunity to ask students pointed questions and seek interest in the coalition. Abby suggested that we improve the signage on the tables, making it more inviting to have students signing up to learn more. We will need to address the best way to contact students as it is hard for outside organizations to email student accounts. Kerri is going to see if the coalition could use a new messaging system being utilized by the schools.

Another suggestion from Kerri was to survey the middle and high school students. Schools have done this before, and it is a quick and straightforward way to get information directly from the students. The survey would be limited to 7 to 10 questions. All coalition members are asked to think about what questions we would put on the survey and bring them to the next meeting or email them to Erika.

Erika is also reaching out to Arlington High School to see if we could table and share some information at an upcoming football game in October. The group was receptive to this idea and Erika will work on getting permission and a date.

Chrys and Kerri shared that in speaking with students on their Student Advisory Council, the students are extremely interested in mentoring programs. They are feeling lost and are looking for peers and possibly adults that could be used as a resource to help guide them. This sounds similar to a Natural Helper program that many members remember from their high school days.

Abby shared that on Fridays the Arlington Library offers Teen Zone Fridays for middle and high school students to attend after school. The students who attend are usual middle school students from Haller and Post. There is the possibility of the coalition offering to do some activities with these students as well. This would give us the opportunity to learn from them and ask questions about how we, as a coalition, can best support them.

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Fall Event Planning

The Arlington Library is still willing to host a small event at the Arlington Library in early November, on either the 4th or the 6th. Erika shared her thoughts that trying to do a larger event might be too much for our group to organize at this time. The suggestion was made to break down all the topics we want to cover into a series over several months. It would be easier to focus on one topic at a time with one speaker, and maybe a few related organizations can attend to share their perspective and answer questions. The group was concerned that the start time of 7pm was too late for many people, and Abby is going to see if we could start at 6 or 6:30 while the library is open. The possible topics may include teaching resilience to youth, youth mental health, youth substance use, QPR, social media, and bullying. Erika will see if we can get someone to speak about resilience for the November event.

Wrap up

Erika let the group know she will be removing the existing calendar invite initiated by Sarah and replace it. The ability to attend online will also change. A new calendar invite with a Zoom link will be sent out to all members.

At our next meeting we will discuss our fall activities, student survey questions, and start looking ahead at the 2026 calendar.

Reminders

- We need input from our coalition members on questions for a survey.
- Please look at your emails for upcoming tabling opportunities and more details about the November event.

Next Meeting

Coalition – **Thursday, October 9th, 3:30pm**, in the City of Arlington Council Chambers. If you are attending virtually, you can find the link in the new calendar invite, as well as the agenda sent out a few days before the next meeting.