

NAME: KIDS LIVING WELL MEETING

DATE: August 28, 2025

MEETING TIME: 9:00 AM – 10:30

MEETING LOCATION: Zoom

KEY CONTACT: Monica Reyes

MINUTES BY: Lisa Oliver

MEMBERS PRESENT: Sarah Rees, Lisa Oliver, Monica Reyes, Stacy Spencer, Barbara Grant Boneta, Ellyn Eisenberg, Sonia Hartman, Rylee Carroll, Colleen Garland, Amanda Martinez, Sarah McCafferty, Christy Kuehn, Liz Delfeld, LeShawn Arbuckle, Emily Hammer, Lisa Ward, Ola Collins Jobe, Chelsea Biggerstaff, Josephine Gutierrez, Mary Chagolla, Cheryl Wilson, Jen Salinas, Hena Hafizullah, Molly Kier, Mary Dodd, Victoria Esparza-Gregory, Rose Hernandez, Wal Ngegwe, Ken Winston, Anna Lombardo, Michael Harrison, Madison Parker, Mary Chagolla, Lizzy Endyke, Leah Kelly, Dalia Jarboub, Jessica Benavides, Jimena Isaza, Katie Mitten, Kiounis Williams Kathery Austin, Laura Merola, Jennifer Kelly

GUESTS:

MINUTES

| | Item | Discussion |
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| 1. | Call to Order | The meeting was called to order at 9:05a.m. by Sarah Rees |
| 2. | Welcome, Introductions and Announcements—Monica Reyes | If anybody has interest in becoming a co-chair for Kids Living Well at our October meeting, we'll start looking for nominations for our next co-chair to join Monica Reyes. If you know anyone interested in joining this group, go to our Kids Living Well website and have them fill out the new member form. Monica Reyes shared a recovery month event flyer. Michael Harrison announced Cross Creek Hospital now offers detox for adolescents aged 12-17. Hena shared they are offering DBT and RODBT skills groups for ages 11+ at Austin DBT Associates. |
| 3. | Review and approval of Minutes from June 26, 2025 — Stacy Spencer | Stacy Spencer moved to approve June minutes, Christy Kuehn seconded. All were in favor, motion passed as is. |
| 4. | Children's Mental Health Update- Mary Dodd | Mary shared that KLW would like to meet with a group of youth (older or younger youth, with parent consent). We need more youth voice to help inform the form and implement a plan. Kids Living Well has summits and this will help create a new summit for next year. Looking for people to be on a working committee Link to present at KLW: Untitled form |
| 5. | Nature as Healer Panel: moderated by Sarah Rees <ul style="list-style-type: none">• Colleen Garland- Outdoor Learning Specialist with AISD• Jennifer Salinas- Program Manager with Children & Nature Network• Josie Gutierrez- San Antoino and Texas Regional Coordinator with Latino Outdoors | Colleen Garland, Jennifer Salinas and Josie Gutierrez introduced themselves and spoke on their programs. To reach speakers: Josie@latinooutdoors.org and Latinooutdoors.org; colleen.garland@austinisd.org – Outdoor Wonder and Learning: owl@austinisd.org ; Jennifer@childrenandnature.org and visit their website at childrenandnature.org – resources: https://www.childrenandnature.org/resources/research-digest-backcountry-and-wilderness-adventures/ |
| 6. | Adjourned | Next Meeting: September 25, 2025 via ZOOM. |