

# SWWA FYSPRT

## Regional March Meeting

Monday, April 17th, 2023

4:00 PM – 6:00 AM/PM

Virtual Teams Link

[Click here to join the meeting](#)

### Agenda

Presenters	Topic	Time
Michelle Karnath	Introductions and Community Updates:	4:00-4:10
Brittnee Harvey	Presenter: Shine Light on Depression	4:10-4:30
Dona Allison	Wellness Activity of the Month: Easter Egg Decorating Contest:	4:30-4:35
	Review Newsletter Community Resources	
Dona Allison	Carelon Behavioral Health new Beacon Health Options	4:35-4:40
	Community Spotlight: Meridian Bonser	4:40-4:45
Brook Vejo, Charity Joy, Taylor Peterson	Presenter: Carelon MDT	4:45-5:05
Katie Favela	WISe Data update	5:05-5:10
	Group discussion: Dangers of Social Media:  What is social media? What are some of the apps used? What are some of the dangers? What are some positive aspects of social media? What is a best practice to help avoid one of the dangers identified? What emotions does it provoke? How much is too much? How do you know when is too much?	5:10-5:25
	Updates: <ul style="list-style-type: none"> <li>• Adulting 101:</li> <li>• YAE:</li> <li>• Statewide FYSPRT:</li> </ul>	5:35-5:40

Dona Allison	Activity: Scavenger Hunt Easter/Spring Themed	5:40-5:55
Dona Allison	Next meeting: 5/15/2023	5:55-6:00