

# SWWA FYSPRT

## Regional March Meeting

Monday, March 20<sup>th</sup>, 2023

4:00 PM – 6:00 AM/PM

Virtual Teams Link

[Click here to join the meeting](#)

### Agenda

| Presenters                               | Topic  |
|--|--|
| Michelle Karnath                         | Introductions and Community Updates:   |
| Dona Allison                             | Wellness Activity of the Month: Wellness Vision<br>Review Newsletter Community Resources   |
| Dona Allison                             | Carelon Behavioral Health new Beacon Health Options  |
| Michelle Karnath                         | Community Spotlight: Michelle Karnath  |
| Rhona Mahl                               | Presenter: Transitional Youth- no show   |
| Brook Vejo, Charity Joy, Taylor Peterson | Presenter: Carelon MDT- no show  |
| Katie Favela                             | WISe Data update- no show  |
|  | Group discussion: Rest is vital for a better mental health, increased concentration and memory, a healthier immune system, reduced stress, improved mood and an even a better metabolism. 7 different kinds of rest: physical, mental, spiritual, emotional, social, sensory and creative. Medicine wheel<br><br>What is the difference between rest and sleep? Place of meditation, How do you decide if you should rest or you should sleep?<br>Why is rest important?<br>What are things that you do to rest?<br>Can you get too much rest?<br>Can you get too much sleep?<br>How do you know if you haven't gotten enough sleep? |
| Rebecca Royce                            | Community Needs Assessment- no show  |
|  | Updates: <ul style="list-style-type: none"> <li>Adulthood 101: working on next round of class's hopefully starting May 2<sup>nd</sup> education- Will have another youth summit on July 25<sup>th</sup> at river city church- in person adulthood 101. Red flags in housing and a game 3/21 last session of series</li> </ul>  |

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|--------------|--|
|              | <ul style="list-style-type: none"><li>• YAE: Toxic relationships was the last conversation. Next month meeting April 3<sup>rd</sup> power of reading</li><li>• Statewide FYSPRT:</li></ul> |
| Dona Allison | Activity: Mad Gab version 2  |
| Dona Allison | Next meeting: 4/17/2023  |