



**Member Matters: Mental Health  
Chat Log  
Oct. 20, 2020**

- 12:01:20 From Kathy Weaver : Resources:
- 12:01:49 From Kathy Weaver : <https://www.mindtools.com/pages/article/managing-stress.htm>
- 12:02:04 From Kathy Weaver : <http://www.stress.org/stress-effects/>
- 12:02:22 From Kathy Weaver :  
[https://www.mindtools.com/pages/article/newTCS\\_01.htm](https://www.mindtools.com/pages/article/newTCS_01.htm)
- 12:02:50 From Kathy Weaver :  
<https://storage.trailstowellness.org/documents/Student-Mental-Health-Screening-A-Toolkit-for-Schools-During-COVID-19-09-03-2020.pdf>
- 12:21:51 From Don Wotruba, MASB : This is a struggle in many districts. One group of families that are struggling with capacity and as districts try to address that need, other families are complaining that things are not challenging enough.
- 12:27:45 From Kathy Weaver : mkw003@gmail.com Kathy Weaver, SSW
- 12:27:54 From Monica Peach : I was late to the meeting. Where are the resources?
- 12:28:12 From Monica Peach : THanks.
- 12:28:17 From Jen Smith : Resources:  
<https://www.mindtools.com/pages/article/managing-stress.htm>  
<http://www.stress.org/stress-effects/>  
[https://www.mindtools.com/pages/article/newTCS\\_01.htm](https://www.mindtools.com/pages/article/newTCS_01.htm)  
<https://storage.trailstowellness.org/documents/Student-Mental-Health-Screening-A-Toolkit-for-Schools-During-COVID-19-09-03-2020.pdf>
- 12:28:45 From Jack Temsey : Thank you for the resource links
- 12:31:22 From Stacy Bogard : [www.masb.org/alc](http://www.masb.org/alc) for more info!
- 12:36:03 From Mary K Gallagher : Just a caution/FYI: this language from the TRAILS toolkit (p2) re not seeking parent permission for each survey is causing us grief (we are quickly sending a follow up clarification): and at least on surface contrary to PPRA.