

# ABOUT US...

## MENTAL HEALTH AND WELLBEING TASK FORCE

The MHAWBTF is proudly represented by students, parents, administration, faculty, counselors, athletics, SAFE Coalition, medical professionals, SROs, school committee members, and elected officials – who share a commitment towards combatting substance abuse in our community.

### OUR MISSION

To continue to promote community awareness and education surrounding mental health and wellbeing in Franklin as well as develop prevention and intervention strategies in the following areas:

- 1.Supports for working with students & families
- 2.School based prevention strategies
- 3.Community based prevention strategies

## STAY INFORMED



@FranklinPSNews



@FranklinSchoolDistrictMA

## ACCESS RESOURCES



Hosted by the Franklin  
Mental Health And  
Wellbeing Task Force

# ***CRITICAL CONVERSATIONS***

***Perspectives on  
Student Wellbeing***

## AGENDA

- 7:00pm – Welcome & Opening Remarks
- 7:10pm – State of Franklin
- 7:30pm – Keynote
- 8:00pm – Student Video
- 8:05pm – Panelist Discussion
- 8:40pm – Audience Q & A

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MENTAL HEALTH AND  
WELLBEING TASK FORCE

# THE LINE UP...

## KEYNOTE

A Franklin High School Alumni. Nicole is a gifted athlete, academic and advocate who will share how her rise in athletics through Division 1 high school and collegiate experiences impacted her mental wellbeing. Her story is powerful and introduces us all to view the student's journey through a new lens.



**NICOLE CLERMONT**

## PANELISTS

### Vinnie Pasquarosa

Franklin High School Student

### Lily Eattimo

Franklin High School Student

### Audria Hawkins

Franklin High School Student

### Arsh Tyasi

Franklin High School Student

### Sarah Mabardy

Parent/ Community Member

### Risa Hawkins

Parent/ Community Member

### Anne Davies

Franklin High School Adjustment Counselor

### Jenn Briggs

Franklin High School Adjustment Counselor

### Leanne Soulard

Franklin High School Adjustment Counselor

### Brittany Crosby

District Social Worker

### Dr. Wendy Cohen

SAFE Medical Director/ Family Practitioner

# RESOURCES

## BOOKS

- *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children*
- *The Book You Wish Your Parents Had Read: (And Your Children Will Be Glad That You Did)*
- *The Grown-Ups Guide to Teenage Humans: How to Decode Their Behavior, Develop Trust, and Raise a Respectable Adult*
- *The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction*
- *Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress*
- *Conquer Negative Thinking for Teens: A Workbook to Break the Nine Thought Habits That Are Holding You Back*
- *The Self-Compassion Workbook for Teens*
- *The Growth Mindset Workbook for Teens: Say Yes to Challenges, Deal with Difficult Emotions, and Reach Your Full Potential*
- *Rewire Your Anxious Brain for Teens: Using CBT, Neuroscience, and Mindfulness to Help You End Anxiety, Panic, and Worry*

# CONVERSATION CUES

Talking with your child about sensitive topics can be challenging and scary as a parent. You are not alone. Here are some tips that may help:

- Sit down next to your child
- Invite them to sit with you
- Explain that you care about them as a child
- Ask open ended questions
- Affirm their answers
- Reflect what you believe they are saying
- Summarize the conversation together

## BOOKS...

- *The Worry Workbook for Teens*
- *Mindfulness for Teen Worry*
- *Helping Teens Who Cut: Using DBT Skills to End Self-Injury*

## PODCASTS

- *Good Inside with Dr. Becky*
- *The Puberty Podcast*
- *Mom and Dad are Fighting*
- *Flusterclux*

## LOCAL RESOURCES

- [SPARK Kindness](#)
- [SPACE](#)
- [Anxiety and Depression Association of America, ADAA](#)
- [Association for Behavioral and Cognitive Therapies](#)