



FHF Committee Meeting
Tuesday, 5.10.2.22
5:30-6:30 pm
Recording: [FHF May Meeting](#)

Attendees: (unchecked/highlighted present)

<p>ACPS School Representatives:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Albemarle High School Julie Nitzsche <input checked="" type="checkbox"/> Baker Butler Elementary Radhika Freeland <input checked="" type="checkbox"/> Broadus Wood Elementary Karen Fink <input checked="" type="checkbox"/> Brownsville Elementary Fotini Burne <input checked="" type="checkbox"/> Burley Middle Lisa Christianson <input checked="" type="checkbox"/> Grozet Elementary Mary Heppner <input checked="" type="checkbox"/> Greer Elementary Tiphony Barmore <input type="checkbox"/> Henley Middle Sarah Harris <input type="checkbox"/> Hollymead Elementary Megan Kopley <input checked="" type="checkbox"/> Jouett Middle Daisy Rojas <input type="checkbox"/> Lab School Melanie Bowyer & Lauren Otto <input type="checkbox"/> Lakeside Middle Ann Lawrence Grasty <input type="checkbox"/> Meriwether Lewis Elementary Vail Weiglein <input checked="" type="checkbox"/> Monticello High School Lauren Martinez & Joe Weaver <input checked="" type="checkbox"/> Mountainview Elementary Providence Smith & Ronica Turner <input type="checkbox"/> Murray Elementary Jennifer Iyengar <input type="checkbox"/> Red Hill Elementary Arilana Zlotnick <input checked="" type="checkbox"/> Scottsville Elementary Renee Lundgren <input type="checkbox"/> Stone-Robinson Elementary Leah Shiraishi & Charlotte Dickerson & Brian Mulcahy <input checked="" type="checkbox"/> Walton Middle Karen Collier & Helen Neat <input checked="" type="checkbox"/> Western High School Alanah Horning 	<p>Board Members:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Amanda Alger- Co-President (FHF Founding Group) <input type="checkbox"/> Khailiah Jones- Co-President (Woodbrook Family Support Worker/Rep) <input checked="" type="checkbox"/> Miles Nelson- Co-Vice President (FHF Founding Group and ACPS Coordinator of Mental Health & Wellness) <input type="checkbox"/> Latara Ragland- Co-Vice President <input type="checkbox"/> Angie Bremet- Treasurer (FHF Founding Group) <input type="checkbox"/> Emily Holmstrom- Secretary (Founding FHF group member and Agnor Hurt Counselor/Rep) <input checked="" type="checkbox"/> Fran Clark-(Greer Family Support Worker) <input checked="" type="checkbox"/> Camelia Guerrero-(Founding FHF group member) <input checked="" type="checkbox"/> Jessica Jackson-(Founding FHF group member) <input checked="" type="checkbox"/> Dawn Monroe (AHS Region 10) <input checked="" type="checkbox"/> Shining Phaup (Mutual Aid Staunton, Cville, Augusta & Waynesboro, Love Thy LGBTQ+ Neighbor -VA) <input checked="" type="checkbox"/> Kim Stanton (Bright Stars) <p>Other Community Members:</p> <ul style="list-style-type: none"> • Ambha Lessard, ESOL Family Engagement and Support Liaison-ACPS\ • Heidi Gilman Bennett • Keshia Washington • John Thompson • Charlsie Stratton • Alex Weathersby • Vernon Liechti
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5:30- 5:35 pm Welcome

- QUICK overview of FHF- we are working to **build community** & support families
- **Focus: May is Mental Health Awareness Month/Parent Supports**
- [Last month's meeting recording and notes](#)

5:35- 5:55 pm Community Speakers

- **Nicholas Wright**, Licensed Professional Counselor, [Wright Group Counseling](#)
 - [Weekly online group schedule](#) (includes parent support group, men's group, anger management group.)
 - Please consider [Donating](#) to our '[Pay it Forward Fund](#)' to help those who can't afford counseling.
 - [Nicholas Wright LPC, LSATP \(@wqctoday\) • Instagram photos and videos](#)
 - Male suicide, especially African American males is high. Also first responders

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- Important to shine light on this and provide help. Don't hesitate to reach out if you need help and a safe space to revitalize peace of mind.
 - Clinicians of Color Network
 - Don't let finances be a barrier- has a few resources to bridge gap
- **Charlsie Stratton** Program Supervisor, [Community Attention Foster Families](#)
 - Program thru Dept Human Services, recruit and approve fosters families- Cville/Albemarle/Green Social Services
 - Big thing CAFF does that is unique/leading state- big on kinship families- auntie/grandma, try hard to connect so kids placed with people they know/familiar to mitigate foster care trauma
 - Recruiting for families to support older youth and LGBTQ+ community- uptick in older kids in mental health crisis- need help for even short term stays...
 - Foster Care Awareness Month
 - Mac McClellan- 21st- work specifically providing kids of color with books that reflect them
- **John Thompson**, Family Service Specialist, DHS /Community Attention - Community Based Services & Co-Founder of [How U?A Black MENTAL Health Podcast](#)
 - Pandemic was extra hard - found a way to bring black men from many different professions to the table to share about mental health...
 - Talked about stigma of talking about mental health
 - Revamping podcast and more raw- couldn't say everything last round
- **Keshia Washington**, [Wildrock's Extraordinary Ebony Explorers program](#)
 - Name shorted to Triple E- ages 6-10
 - A free Saturday field trip program for Black youth.
 - Transportation and lunch is provided
 - Tough for black children to play without folks subconsciously thinking things will happen and observant of what the child is doing- goal for libratory play- and for kids to develop social emotional skills.
 - Hire black youth- dev leadership skills and discuss college/mentor.
 - Raise awareness in the community - show there is a problem and when go to parks let kids yell/have freedom. Kids are ok.
 - Funding extended through October. Looking to serve more black children. Need to reach more and get word out about the [summer/fall program](#).
 - Donate
 - Important to kids to see community supporting
- **Alex Weathersby**, [Shelter for Help in Emergency](#)
 - SHE- survivors of domestic violence
 - [Prevention- schools and community youth](#)
 - Grant funded- free services
 - Counseling groups, health classes, Gay/Straight Alliances/club discussions, Healthy Relationships, Self care, Bullying
 - Summer School Program at one school talking about coping and healthy emotional skills- open to sessions at other schools..

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- Domestic Violence Awareness month Oct or activities teen Dating Violence Awareness month in Feb... (potential FHF focus months?) - will bring all supplies:) In person??
 - Works with private or public school within service area
- **Vernon Liechti**, [Albemarle Education Association](#)
 - Campaign for right to Collective Bargaining
 - Asking community to speak at School Board meeting so that teachers have a say about what goes in their contracts
 - Mini rally before meeting
 - **EDIT: School Board voted 4.12 no to resolution**

5:50- 6:00 pm **FHF Updates**

- Teacher Appreciation Project Update- Heidi
 - [Teacher/Staff Appreciation | Families Helping Families | Charlottesville \(albemarlefhf.org\)](#)
 - Need great teachers and we realized inequities with parent volunteer time and supplemental funding
 - Honored over 1,000 educators, based on budget \$5/person
 - Wrote 7 checks to title 1 PTOs to support their activities
 - 50 handmade posters
 - Rallied over 100 volunteers
 - 100 donors- \$7300
 - Fund established for Fall with extra funds raised to continue to address inequities between schools - also \$1k from Rotary Club
 - [Teacher Appreciation FAQ](#)

6:00- 6:25 pm **Discussion (around what they've heard tonight and items in the chat)**

- Review of what to start, stop, and keep doing next year...
 - We will take a summer break with newsletters/facebook page/meetings but Solutions team will continue to take help requests via our website- connecting families to local help resources and funding what we are able
 - School rep survey results show things to continue: community speakers, newsletters and supporting schools with no/less resourced PTOs
 - Suggestions: kickoff session fall invite counselors/lead for ea feeder patterns- map out year or requests from families- think thru things at a macro level- needs to expect?
 - Especially during the week before school starts- to bring in counselors- get on calendar sooner than later. PLC?
 - Could reps/parents be included during this day's session? Via zoom...
 - Also - if the FHF rep is a parent- will introduce counselor to them
 - Others to invite? Primary requests? Stepping Stone...local nonprofits...ESOL folks. Soc/Emotional Coaches
 - People that need resources- what things are needed and when...
 - Thanksgiving, Toy Drive...what things are coming so we can put on calendar to plan support as needed
 - Could invite rep from each feeder pattern reps from each elem/middle/high

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- Solutions team gets many requests for furniture- getting the word out that we need help finding, storing and delivering gently used furniture
- Thank you to Dr Hairston with upcoming retirement!!! Working on FHF specific recognition and thank you but in meantime- feel free to share some love via [Parent Council community letter](#)

6:25- 6:30 pm **Wrap-up & Next Steps**

- Upcoming meetings:
 - **Edit: in person May 18 meetup postponed- details to come later in summer for date**
 - August- week before school - info TBD
- Next month's focus: **N/A**
 - Please [email us](#) if you have any suggestions for community speakers/resources to share during the month on Facebook page.
- Our mission is to first connect with existing community resources. As always...are we missing any [resources in our document](#), especially organizations that can help families who are struggling with rent, utilities, and other needs?
- Is there a group that you'd like us to invite to speak at a monthly meeting? [Let us know.](#)
- If you know a family that is struggling or would like to give of your time to FHF, visit our [Help page](#).
- If you haven't done so already, join our newsletter mailing list by texting **FHF** to **42828** or [click here](#).
- If you can donate to support our work, [visit our donation page](#).