

**Curriculum Liaison Council**  
**Wednesday, March 9, 2022**  
**Meeting & Pizza Dinner 5:30-6:30 pm**  
**State of the School 6:30 - 8:00 pm**  
**Worthington Schools, Academic Achievement and Professional Learning**



1. **Welcome** - Angie
2. Pizza and Conversation with Lara Ruffing, Mental Health Team Leaders, and Sarah Walsh, Community & Advocacy Executive Consultant, [Cook Center for Human Connection](#)
3. State of the Schools at 6:30 p.m.
  - a. Update on Worthington Schools Master Facilities Plan Phase 2
  - b. The unveiling of our new high school logo designs
  - c. Updates on new and innovative programs in our buildings
  - d. Student and Staff Video
  - e. Entertainment from student acts
4. **AFTGOTO**

**Meeting Notes**

**Welcome and Introductions**

Angie Adrean thanked everyone for attending tonight and introduced Sarah Walsh, Manager, School & Community Advocacy at the Cook Center for Human Connection. The Center brings together the best programs, partnerships, research, policy and events that have demonstrated effectiveness in creating the human connections that are vital for strong mental health offering education and therapeutic support to empower and give parents hope as they support their child's mental health.

**Sarah Walsh, Community & Advocacy Executive Consultant, [Cook Center for Human Connection](#)**

After passing out this [handout](#), Sarah Walsh spoke to the CLC about youth mental health:

Youth mental health has been declared a national emergency by the American Academy of Pediatrics and the US Surgeon General. Parents are often unsure how to help their children and school and medical mental health resources are overwhelmed. The Cook Center for Human Connection non-profit foundation is committed to preventing suicide, improving mental health support and encouraging human connections. We provide immediate, practical, free resources for schools and families to address the growing concerns around youth mental health.

Many parents don't have the knowledge, skills, experience or resources to protect their child's mental health. It's important for parents and caregivers to create relationships and experiences to build a child's confidence, strength, and mindfulness to reach their full potential.

ParentGuidance.org, is a free resource available to parents and educators and provides immediate answers to mental health questions. Licensed therapists provide mental health courses, professional support, and answers to questions. While ParentGuidance.org does not replace treatment, it can offer prevention, help, and hope until direct services are available.

My Life Is Worth Living is the first animated series about teen mental health. It includes five powerful stories told over 20 episodes, available in English, Spanish, Mandarin, Portuguese and Japanese. In each episode, relatable teen characters wrestle with challenges that are all too familiar for many viewers and discover strategies to cope when it feels like their own thoughts are against them. Over the course of each character's journey, they realize that life is worth living. Available on YouTube, [mylifeisworthliving.org](http://mylifeisworthliving.org) and TikTok. Discussion guides available for parents and educators at <http://mylifeisworthliving.org>.

These no-cost resources are made available through a generous grant from the Cook Center for Human Connection.

**Future Meetings:**

Last meeting of the school year - April 6, 2022, at the WEC, room 106, 6:30-8 pm - Math Pathways and Science Curriculum Adoption