

## PRPS Health and Wellness Roundtable May 22, 2020

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Megan Prusienski : Megan ~ parkandrec@perkasisborough.org :)

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### Discussion thread

BK : Since camps will hopefully be opening soon, but activities / group sizes may be restricted - are there any examples of activities we can use to help young people (and our staff) focus on their mental health. Mindfulness activities? Reflection activities?

Dan Hendey : Activity idea - Dear COVID letters and COVID writes back

What sort of resources / programs / activities are folks planning for the older populations and more vulnerable populations in your communities?

Cheri Matter : Also transportation to those bodies of water will be difficult and the disinfecting of the supplies.

BK : Accessibility concerns?

BK : Mental Health First Aid - <https://www.mentalhealthfirstaid.org/> - online now

Marisa Vicere : Thanks BK!

Dan Hendey : training for mandated reporters

U of Pitt

[https://www.reportabusepa.pitt.edu/webapps/portal/execute/tabs/tabAction?tab\\_tab\\_group\\_id=\\_91\\_](https://www.reportabusepa.pitt.edu/webapps/portal/execute/tabs/tabAction?tab_tab_group_id=_91_)

Stewards of children -anyone who cares about kids

From Marisa Vicere : QPR- Question, Persuade, Refer - Suicide Prevention training for Gatekeepers - can now be done virtually.

Alicia Marziani : any ideas for Social Media content regarding mental health?  
any recommendations for social media to bring community together? contests or something?

Emily Gates : Graphics including memes, infographics and more for your use! You can find one of the meme's just shared by Dan on this webpage:

<https://prps.org/PandemicResources/Graphics/PandemicResources/Graphics.aspx?hkey=a88b3a54-75e0-457c-85b3-20aa41e408c9>.

## **Resources**

Jhane Kunkel : shinrin yoku

Niki Tourscher : Centred Outdoors

Jhane Kunkel : "forest Bathing"

Jhane Kunkel : ecotherapy

<https://janamariemfoundation.org/>

<https://www.centresafe.org/>

Emily Gates : National Public Radio Forest Bathing article: <https://www.npr.org/sections/health-shots/2017/07/17/536676954/forest-bathing-a-retreat-to-nature-can-boost-immunity-and-mood>

BK : back to our roots as an industry - <https://www.outwardbound.org/blog/what-is-solo/>

Emily Gates :

Creating a Nature Mandala - <https://sproutingwildones.com/creating-a-nature-mandala/>

BK : Is there a way to focus more on resilience?

Emily Gates : Thank you Dan for facilitating this great roundtable and inviting are wonderful speakers!  
Marisa and Anne, we greatly appreciate you taking the time to share your expertise with us – THANK YOU!

Megan Prusienski : Thank you, all! I appreciate the conversation and ideas today!

Cheri Matter : Thank you Anne and Marisa! Great discussion today!

Emily E : thank you all