

Children's Mental Health Network Meeting Minutes August 7, 2026 • 10 am – 12 pm Virtual Meeting

Meeting Focus: Technology and Children's Mental Health

Meeting Recording [here](#).

OCMH Updates

- **Building Mental Wellness Copy & Drop** – OCMH provides a monthly article on a children's mental health topic for organizations to use in their newsletters or communications. Sign up [here](#) to receive it (select "OCMH – Building Mental Wellness Copy & Drop"). Articles are emailed the third Tuesday of each month.
- **OCMH Newsletters** – OCMH has three e-newsletters: a monthly children's mental health newsletter, a monthly Research News in Youth Mental Health newsletter, and a periodic Lived Experience newsletter. Sign up [here](#).
- **Youth Insights web page** – We've organized all our youth voice flyers on one page on our website. See our new [Youth Insights page](#). Check out our newest Youth Voice flyers on [Vaping](#) and [Artificial Intelligence \(AI\)](#).

Technology and Children's Mental Health

- **Early Years – Raising Kids in a Tech-Filled World**
Dr. Roxy Etta, Child Development & Parenting State Specialist – UW-Madison Division of Extension, Human Development & Relationships Institute (see slides #8-37 in meeting presentation and/or view meeting recording).
- **Adolescent Development, Well-being, and Technology – The Intersection**
Dr. Gabriel Velez, PhD, Associate Professor and Public Service Program Coordinator – Marquette University (view meeting recording).

Amy Marsman, Senior Research Analyst – Wisconsin Office of Children's Mental Health (see slides #40-51 in meeting presentation and/or view meeting recording).

- **Youth Check-In** – video of three young people sharing their thoughts on AI. [View video](#).
- **Behavioral Health Providers** share what they see regarding technology and children's mental health (view meeting recording for discussion).
 - Jes Springer, Director of School Based Behavioral Health Services – NorthLakes Community Clinic – Turtle Lake
 - Dr. Samia Khan, Owner and Psychotherapist – Whole Hearted Wellness
- **Small group discussions** – attendees selected a speaker's small group to learn more: Early Years with Dr. Roxy Etta, Adolescent Well-being and Technology with Dr. Gabriel Velez and Amy Marsman, or Behavioral Health Providers with Jes Springer and Dr. Samia Khan.

Next meeting – Friday, November 6, 2026, 10 am-12 pm, virtual