

**Children's Mental Health Network  
Meeting Minutes  
February 6, 2026 • 10 am – 12 pm  
Virtual Meeting**

**Meeting Focus: Profile of Today's Youth – Beyond the Headlines**

**OCMH Updates**

- **Children's Mental Health Network 2026 meeting topics:**
  - February 6 – Profile of Today's Youth – Beyond the Headlines
  - May 1 – Neurodiversity
  - August 7 – Technology and Children's Mental Health
  - November 6 – Children's Mental Health in the New Year/Going Forward
- **OCMH 2025 Annual Report** was released in a briefing event on January 9, 2026. Access the [report](#), see the briefing [slides](#), and watch the meeting [re-recording](#) of the event.

**Profile of Today's Youth – Beyond the Headlines**

- OCMH Senior Research Analyst Amy Marsman reviewed main **mental health indicators of children's mental health**. See those data points in slides #7-12 in the meeting presentation.
- **Youth panelists** Levi Linngren and Lydia Cheslock shared their thoughts on youth stressors, friendships and relationships, and hopefulness and resilience in facilitated discussions with OCMH Family Relations Coordinator Andrea Turtenwald.
- **Mental Health practitioner** Alegra Fowler responded to what the youth said.
- Amy Marsman shared additional **data**:
  - Friendships and Relationship – see slides #20-25.
  - Hopefulness and Resilience – see slides #29-35.
- **Speaker Brian Krolczyk**, PhD, NBC-HWC – University of Wisconsin – Stevens Point spoke on resiliency. See his slides #37-39.
- **Alegra Fowler** wrapped up the discussion on hopefulness and resilience by sharing vision boards, a tool she uses in her practice to build hope. See slides #40 and 41.

**Member Engagement**

- Based on feedback in the November 2025 survey to the Children's Mental Health Network's distribution list, OCMH provided time for meeting attendees to share their expertise on the meeting topic in **Experts in the Room**.
- Meeting attendees selected a **small group discussion** to participate in: Children's Mental Health practitioner with Alegra Fowler, Resilience with Brian Krolczyk, and the youth panel.

**Next meeting**

Friday, May 1, 2026, 10 am-12 pm, virtual.