



Children's Mental Health Network Meeting Minutes May 2, 2025 • 10 am – 12 pm Virtual Meeting

Meeting Focus: Social Media and Children's Mental Health

Meeting recording: <https://www.youtube.com/watch?v=OXtf3CF0evQ>

Children's Mental Health Week – May 4-10, 2025

- OCMH theme is Listen to Youth.
- There are many resources on the OCMH website special [Children's Mental Health Week web page](#).
- OCMH has released four new flyers for Children's Mental Health Week:
 - [Top Stressors for Youth Today](#)
 - [Mental Wellness](#)
 - [Youth Belonging at School](#)
 - [Starting Early](#)
 - And a new [Data Bite](#) on youth voice

OCMH Children's Mental Health in the 2025-27 State Budget

OCMH has published priorities for children's mental health in the proposed state budget. See and share this [document](#).

Social Media and Children's Mental Health – Meeting Topic

This important topic was selected by meeting attendees in the November 2024 meeting topic survey. OCMH is addressing the topic by looking at: 1) the data, 2) a youth panel discussion, 3) an expert speaker, and 4) a discussion with a Wisconsin school on their cell phone policy.

Data and Research – Digital Media and Children's Mental Health

OCMH Senior Research Analyst Amy Marsman presented data related to children's mental health and social media. See slides #10-26 in the meeting presentation slides.

Youth Panel

Mental Health America Student Ambassadors from Kohler High School Avery Baxter, Lily Rue, and Rebecca Shavartsman shared their thoughts on the pros and cons to social media, when kids should have access to cell phones, curating social media, and more. Hear their discussion in the [meeting recording](#).

Speaker: Social Media and Youth Wellbeing – Tina Crave

Tina Crave, Greater Watertown Community Health Foundation, represents Every Child Thrives, a partnership of more than 50 agencies across Dodge and Jefferson County focusing on improving outcomes for young children and families. Youth mental health has risen to a top priority in their partnership. Tina has a particular interest in screen use. See slides #29-45 in the meeting slide presentation.

Books Tina referenced and resources:

- [Anxious Generation](#)
- [After Babel](#) (J. Haidt's blog)
- [Generation Tech](#) (J. Twenge's blog)
- [Harvard Center for Digital Thriving](#)
- [Phone-Free Schools Toolkits \(Ambassadors and Administrators\)](#)

Cell Phones at School

OCMH Director Linda Hall spoke with Kayla Strommen, Dean of Students – Glacier Creek Middle School in Middleton about their away-for-the-day technology policy. Kayla discussed the policy implementation, how the policy has been accepted, and the impact on students. See her handout (Glacier Creek Middle School Phone Policy) in the May 2, 2025 Meeting Materials [here](#) (scroll to the bottom of the page).

Resources for Families

OCMH has provided a number of resources for families in understanding and managing their children's social media and screen use.

- [Navigating Children's Social Media Use](#) – advice for parents from the Child Mind Institute
- [Media Guidelines for Kids of All Ages](#) – guidelines by age from the Child Mind Institute
- [Family Resources for Digital Health](#) – links to many resources for parents
- [Conversation Starters](#) – ideas to start conversations with your kids on social media
- [What Advice Would You Give About How to Manage Social Media](#) – youth share their advice

Links in the Chat

- **Shannon McRaith** – Risky play doesn't have to mean unsupervised activities. It can also be playing in nature and taking natural risks and room to explore. [Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children: Hanscom, Angela J., Louv, Richard: 9781626253735: Amazon.com: Books](#)
- **Prencia Clifton** – We do offer alternatives with encouraging youth to connect with the outdoors - <https://seein-is-believin.com/outdoors-retreat>. We also use journals to reinforce self-esteem - <https://books.by/the-brain-superheroes>.

Next meeting:

Friday, August 1, 2025, 10 am-12 pm, virtual.