I. Guests/Panelists Present
   A. MSAAC 2021-2022 Executive Board:
      1. Chair: Talia Bush
      2. Vice Chair: Krystal Rascoe
      3. Secretary: Sheryl Gusman
      4. Membership: Neelam Ahmed
   B. LCPS Staff and School Board Representatives
      1. Ryan Tyler: Director, Research Assessment
      2. LCPS Staff Liaison: Lottie Spurlock
      3. School Board Reps: Chair Brenda Sheridan, Members Andrew Hoyler, Denise Corbo
   C. Guest Speakers
      1. Kristen Tully, VA COPES
      2. Dr. Mary Alvord, Psychologist, President Resilience Across Borders, Inc.
      3. Unified Mental Health Team (UMHT) LCPS

II. MSAAC Mission Statement (Talia Bush)
    2. Speaker Introductions

III. Guest Speaker - Kristen Tully, VA COPES
    A. Slide deck covering:
       1. History and purpose
       2. Data monitoring
       3. Accessibility – translation services
       4. Outreach – attention to diversity
       5. Ways VA COPES responds
       6. Grounding techniques, including self-care
       7. Contact information
IV. Guest Speaker – Dr. Mary Alvord, Psychologist, President Resilience Across Borders, Inc.
   A. Slide deck covering:
      1. Cultural concerns
      2. Importance of sleep to deal with constant uncertainty, movement helps
      3. Mental Flexibility
      4. Proactive factors
      5. Self-Efficacy
      6. Ways to build resilience
      7. Coping with discrimination, encouraging kids
      8. Many are very tense – progressive muscle relaxation techniques
      9. Optimistic thinking – rocks in a jar illustration
     10. Ways to self-regulate, ways to calm down – using all 5 senses
     11. Academic achievement – building resiliency increases achievement
     12. Special talents and creativity
     13. Proactive parenting
     14. Connections and attachments, encourage positiveness

     B. Dr. Alvord answered questions about preparing children for racism, marriage therapy, how to deal with systemic racism, available services for students with troubles returning to school, use of resources for families

V. Resilience in Loudoun County Public Schools (UMHT)
   A. Slide decks covering:
      1. Dr. Stephanie LaPolla, MTSS Supervisor and Dr. Lindsay Orme, SEL Specialist
         a. Second-Step Program within LCPS – SEL, growth mind set, goal setting, emotion management
         b. SEL Learning Curriculum – including how is it taught
         c. Additional SEL Resources
      2. Dr. Charles Barrett and Kristen Holland – LCPS UMHT
         a. Personnel and services offered
         b. Tiers 1 – 3
         c. UMHT in the school setting

     B. Panelists answered question about how parents should respond when peers bully others over racial matters and child does not want parent to intervene: A: Consult UMHT in the school, parent/school/student connection, restorative approach

VI. Closing Remarks
   A. Acknowledgements, next General Body Meeting, on student self-Advocacy November 17, 2021

   MSAAC Leadership
   Chair: Talia Bush  MSAACChair@lcps.org
   Vice Chair Krystal Rascoe  MSAACViceChair@lcps.org
   Secretary: Sheryl Gusman  MSAACSecretary@lcps.org
   Membership Chair: Neelam Ahmed  MSAACMembership@lcps.org
   Outreach and Comms Chair: Ranaulda Richardson  MSAACOutreach@lcps.org
   Immediate Past Chair Keaira Jennings  MSAACPastChair@lcps.org
   LCPS Staff Liaison: Lottie Spurlock  Lottie.Spurlock@lcps.org
   School Board Representative: Andrew Hoyler  Andrew.Hoyler@lcps.org

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