



**The Clay Counts Coalition  
December Meeting Agenda  
Wednesday, December 10, 2025  
Stuart Administrative Center  
Noon to 1:00 Lunch Provided**

**Attendees:** Lori Martin, Matt Weller, Lisa Last, Colleen O'Connell, Wade Reh, Dana Rickley, Craig Rickley, Allie Fitzgerald, Andres Mata, Melanie Musselman, Krista Thomas, Lewis Bloom, Nikki Burwell, Kate Larson, Hayden Hackworth, Ashley Delehanty, Julie Doyan, Jonathan Sapaugh, Tristan Winkle, Hailey Robinson

**Zoom Attendees:** Vicki Kopsa, Shae Rohrer, Elisa Nehrbass, Arielle Kelly, Maliah Bronson, Kimberly Sanchez

***I. What I Can Learn Time***

**The Cook Center for Human Connection: Shae Rohrer**

- Located in Colorado
- Mission is to prevent suicide, provide mental health support, and enhance the human connections essential for people to thrive
- Family and staff resources that the Cook Center funds:
  - o [Parentguidance.org](https://parentguidance.org)
    - 70 On-demand courses for parents, educators, and kids
    - 200 "Ask a Therapist" Q&A session videos
    - They offer cognitive behavior coaches at a minimal cost
      - Parents can access this coach
    - They provide live events on 16+ different topics
      - Parents and staff can sign up for these
    - They have AI based 24/7 online guidance
  - o [Mylifeisworthliving.org](https://mylifeisworthliving.org)
    - Different stories of teenagers addressing multiple topics
    - Parents can watch these with their teens, or students can use it as a peer-to-peer lesson (Ylink)

***II. How I Can Contribute Time***

- A. **YLink Update:** Kate Larson and Hayden Hackworth
  - 1. Celebrating Alessia Corrales
    - a. 1 of 10 across the state to serve on the Kansas Youth Prevention Council
  - 2. December 18 Cider and Hot Chocolate Bar: Volunteers Needed
    - a. 2:30 at CCCHS
    - b. Movie and drinks for the kids
    - c. Coffee and cocoa bar for the staff
  - 3. Finals Night Dec. 15 @ Happy Hippie 7-9 pm
    - a. Need volunteers to help!
  - 4. Teen Mates Grant Application: Kate Larson
    - a. Kate wrote this \$1,000 grant with the help of Lori (TBD if it is funded)
    - b. High school students meet with Garfield students as mentors and mentees
      - i. This is an extension of what has been done in the past
  - 5. Looking into assemblies for the future
- B. **Car Seat Challenge:** Nikki Burwell
  - a. Nikki has been in touch with the EMS about this initiative
  - b. Looking into a business challenge to help provide \$ for car seats
- C. **Mental Health Billboard Project:** Lori Martin
  - a. CCCHS teacher Brandon Pfizenmaier has volunteered his students to help put up 4 billboards around the county
- D. **Update on Too Good for Drugs After School Program:** Tracy Wohler
  - a. Mrs. Wohler emailed and said this program has been a great update to what they are already have been doing
  - b. Clay Counts purchased this upgraded curriculum for \$1,000
  - c. Students meet with Mrs. Wohler at Project LEAD (after school program) once a week
- E. **Parenting Classes Update:** Lisa Last
  - a. These classes will be starting in January (Lisa handed out flyers)
  - b. She is partnering with judicial district to see if they can offer both classes (10 and under and 11 to 17)
- F. **State Conference Recap**
  - a. 200 students attended this event in November, which was sponsored by the CCCHS YLink and multiple volunteers

### **III. How I Can Help Time**

- A. Help with the CCCHS YLink Cider and Hot Chocolate Bar on 12/ 18
- B. Serve as a Mentor for Teammates Mentoring Program
  - a. 30 minutes a week is all that is needed
  - b. Specifically need 15 male reps at Clay Center and 7 at Wakefield

#### **Next Meeting**

Wednesday, January 14<sup>th</sup> @ Noon at the **Clay County Zoo (NEW LOCATION!)**

#### **Our Mission**

The Clay Counts Coalition exists to promote social, physical, and mental well-being for the residents of Clay County, emphasizing reduction of youth substance use and to foster a thriving environment in which to live, learn, and play.

**What is seasonal affective disorder?**

SAD is a type of depression that has a recurrent seasonal pattern, NIMH says. Symptoms usually last about four to five months per year. While it's possible to develop SAD in the summer months, NIMH says it's usually linked to the winter season.

Scientists don't totally understand what causes SAD, but there are some theories. During the winter, people with SAD may have lower levels of the feel-good hormone serotonin in their nerve cells, NIMH says. They may also overproduce the hormone melatonin, which is important for sleep-wake cycle, in the winter, leading to lethargic feelings.

SAD has also been linked to a lack of vitamin D, a vitamin that promotes serotonin production. [Research](#) has also linked a lack of vitamin D to symptoms of more general forms of depression.

Finally, a [lack of vitamin D](#) may also be to blame, which [research](#) has linked to symptoms of depression.

### **Why is it important to seek treatment if you have SAD?**

"SAD is more than just 'winter blues,'" says [Hanne Hoffman](#), Ph.D., assistant professor at Michigan State University and principal investigator in the [Hoffman Lab](#), which studies how light impacts well-being, mood, and changes in brain function. Symptoms of the condition "can be distressing and overwhelming and can interfere with daily functioning," she says.

Mood disorder expert Andrew Leuchter, M.D., a professor of psychiatry and director of the Neuromodulation Division at the Semel Institute for Neuroscience and Human Behavior at UCLA, stresses that it's "really important" to think about SAD "in the same way we think about depression and other kinds of illnesses."

"Just like any other form of depression, we would want to treat it," he adds.

### **When to seek help for seasonal affective disorder**

If you feel that you need help for SAD (or any other health condition), you absolutely should consult a professional. But, if you're not sure, Hoffman says experiencing several of the following symptoms can be signs that it's time to see a professional:

- You have a lack of energy
- You're not as motivated as you usually are
- You have trouble concentrating
- You feel "down"
- You feel grumpy, moody, or anxious
- Your eating patterns have changed
- Your weight has changed
- Your sleep quality is worse, and you might sleep more, but you still feel tired when you get up
- You feel worthless
- You feel guilty
- You've had thoughts of suicide

Seasonality is important with SAD, Hoffman points out. "For winter SAD, these symptoms will happen in the fall and winter and will come back year after year, if left untreated," she says. "It is important to consult with your PCP if you have these signs to receive the best treatment strategy."