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**Greater Portsmouth Youth Wellness Coalition**

**March 19, 2025**

**Attendees:**

**Amy Michaels, Meghan Stewart, Larry McCullough, Chris Burke, Brady Barry, Mary Calhoun, Sam Thamsen, Ashley Murphy, Tricia Brannen, Gretyl Macalaster, Mariah Smith, Lisa Jacobus, Katie Soule, Kim Harty, Mellissa Turrietta, Gary Bleddyn, Jo Coles, Patrice Baker, Danielle Eaton, Nicole, Carson, Nicole Cico**

**Agenda:**

1. Welcome, introductions, and opening activity
2. Coalition spotlight – Healthy Outcomes from Positive Experiences (HOPE) with Patrice Baker
3. Current Coalition Projects – Amy
   1. Community Fridge update and Pride Art Project – Jo Coles
   2. Portsmouth High School Wellness Fair – Mary Calhoun
   3. Celebrate Graduation update – Mellissa Turrietta
   4. Y2Y – Meghan/Amy
4. Roundtable Share

**Discussion:**

1. Welcome, introductions and opening activity
2. Coalition Spotlight – Healthy Outcomes from Positive Experiences – Patrice Baker (slides attached)
   1. 4 building blocks of hope:
      1. Relationships
      2. Environment
      3. Engagement
      4. Emotional growth
   2. <https://positiveexperience.org/>
3. Current Coalition Projects
   1. Community Fridge update and Pride Art Project – Jo Coles
      1. Community Fridge in Portsmouth is up and running at 80 Manor Dr. and Jo is supporting a monthly cooking day that might be a good chance for volunteer support – more info at next meeting!
      2. Pride Art Project is a diversity/inclusion mural to be featured at Portsmouth Pride on June 21st
         1. Local artist Richard Haynes, NH Outright, and South Church of Portsmouth are organizing this event
         2. Time commitment is 5 meetings, 1.5hr each starting in May (date TBD)
         3. Looking for youth interested in participating!!
   2. Portsmouth High School Wellness Fair – Mary Calhoun
      1. The High School will be holding a wellness fair on May 5th from 11:25am – 2pm
      2. If you are interested in participating or supporting, please reach out to Mary for more info: [mcalhoun@sau52.org](mailto:mcalhoun@sau52.org)
   3. Celebrate Graduation
      1. Successful fundraiser at Flatbread last month!
      2. Still looking for more donations so please send any ideas to Mellissa Turrietta: [mellissa.turrietta@gmail.com](mailto:mellissa.turrietta@gmail.com)
   4. Y2Y is going great! Still working on medication safety PSA in collaboration with WSCA radio!
4. Roundtable share
   1. Helpful resources:
      1. Kids bowl free! May 1 – Sep 30 at Bowl-a-rama during specific times: <https://www.kidsbowlfree.com/>
      2. Kids 5 and over is another great resource: <https://www.kidsfiveandover.org/>

**Next Meeting: April 16th at 3:30pm**

**Great Bay Community College – WorkReadyNH Classroom**