



# Mental Health Workshop Reference List

Below you will find a list of compiled references for items discussed at the  
**RSU 1 School Board Mental Health Workshop** held on  
January 27th, 2020.

## Speakers:

- Deborah Hagler, M.D. (Midcoast Hospital)
- Jamie Dorr (Bath Skate Park President, MCA Founder)
- Susanna Lynch (5th Teacher, Woolwich Central School)

## PowerPoint Presentation from Dr. Deborah Hagler

- [Schools & Mental Health](#)

## Discussion Group Notes

- [Mental Health Workshop Small Group/Table Notes](#)

## Featured Video Clips

- [Bath Youth Skate Park Video](#)
- [Mindfulness "Just Breathe" Video](#)

## Readings and Websites Referenced by the Speakers

- [Mindful Schools Resources Featuring "Just Breathe" Video](#)
- [Creating Regional Consensus for Starting School Later: A Physician-Driven Approach in Southern Maine](#)

- [Does Sleep Mediate the Association between School Pressure, Physical Activity, Screen Time, and Psychological Symptoms in Early Adolescents? A 12-Country Study](#)
- [Parents Still Matter: The Influence of Parental Enforcement of Bedtime on Adolescents' Depressive Symptoms](#)
- [School Start Times for Adolescents](#)
- [Systematic Review of Resilience-Enhancing, Universal, Primary School-Based Mental Health Promotion Programs](#)
- [Maine Census](#)
- [Room to Breathe: A PBS Documentary on Mindfulness in Education](#)