



LiveMore ScreenLessTM
DIGITAL WELLBEING AND BALANCE

Student Mental Health and Technology

February 7, 2022

LMSL TEAM

.....

KK Myers

Co-Executive Director

Maree Hampton

Co-Executive Director

Amy Webster

Digital Wellbeing Youth
Program Manager

Liv Volkman-Johnson

Communications and Office
Manager

Danyelle Robinson

Youth Council Advisor and
Intern

LMSL BOARD OF DIRECTORS

.....

Michael Keller

Board Chair

James McGuire

Board Treasurer

FARIBAULT TEAM

.....

Tracy Corcoran

Director of Teaching and
Learning

Casey Rutherford

Director of Educational
Technology and Innovation

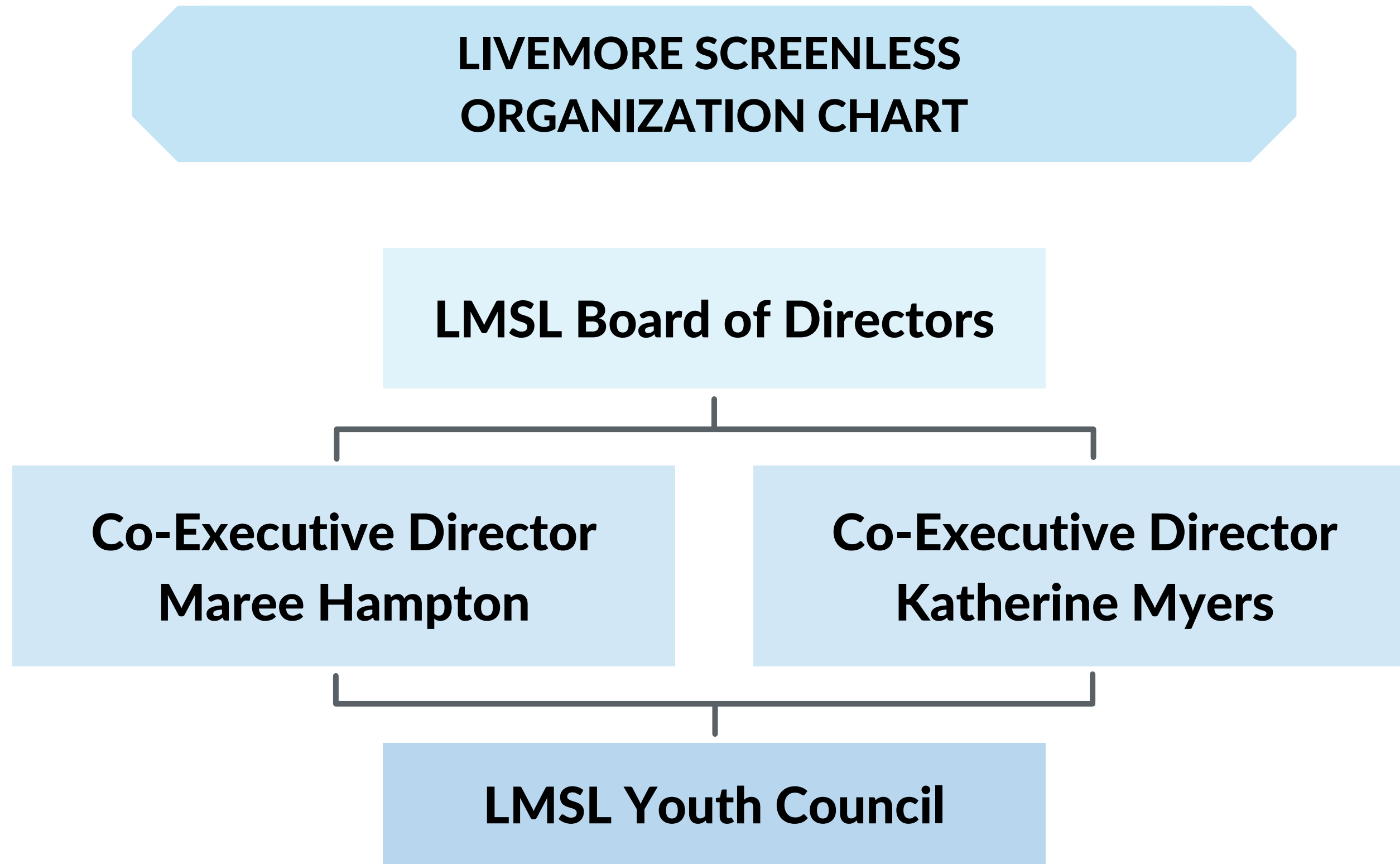
Biz Daniels

Teacher / Literacy Coach-
Language Arts

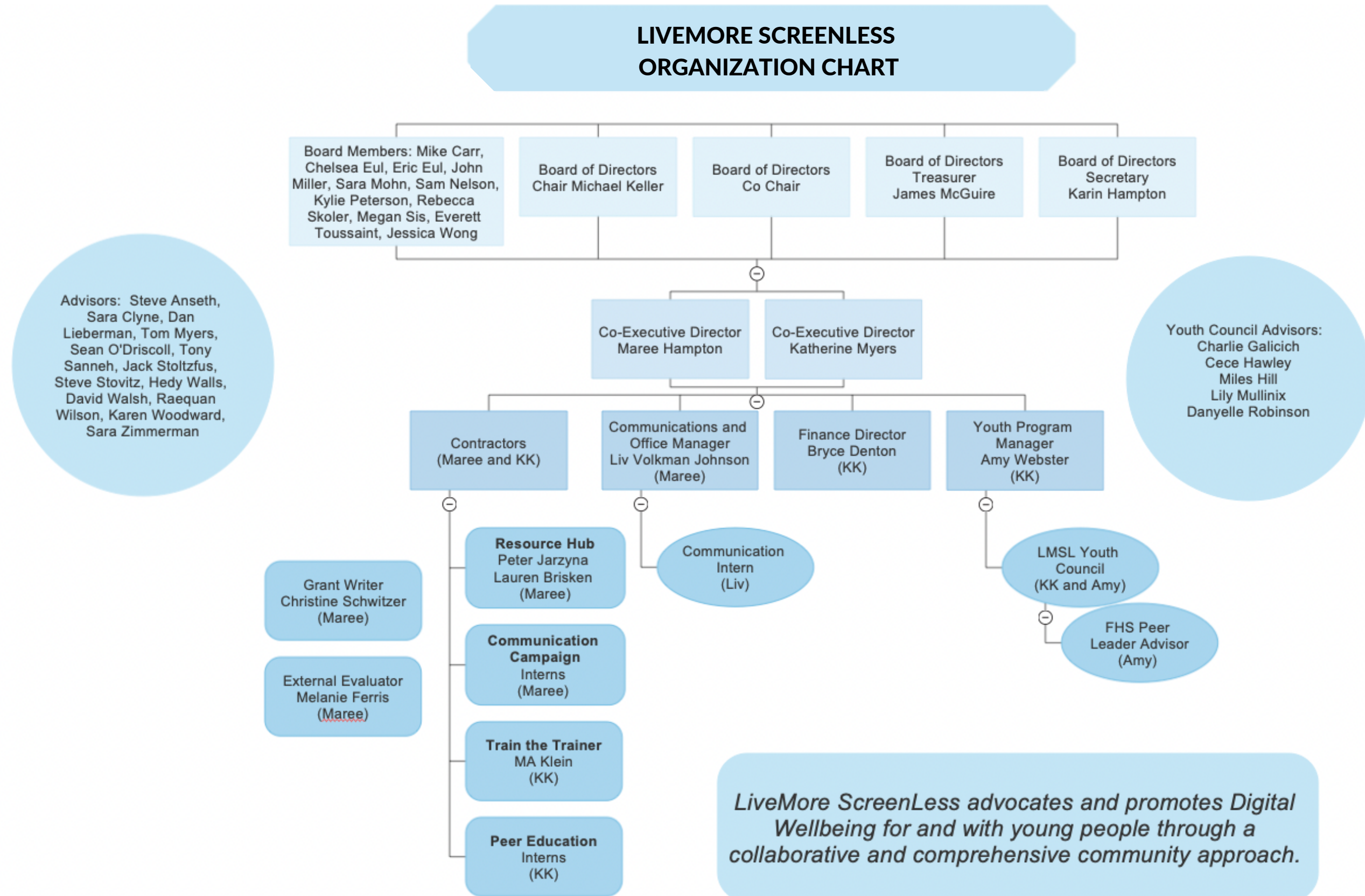
Hanan Mohamud

Family and Community
Engagement Specialist (FACES)

Before the Digital Wellbeing Grant



After the Digital Wellbeing Grant (current)



LiveMore ScreenLess - 4 Main Projects

01 Resource Hub

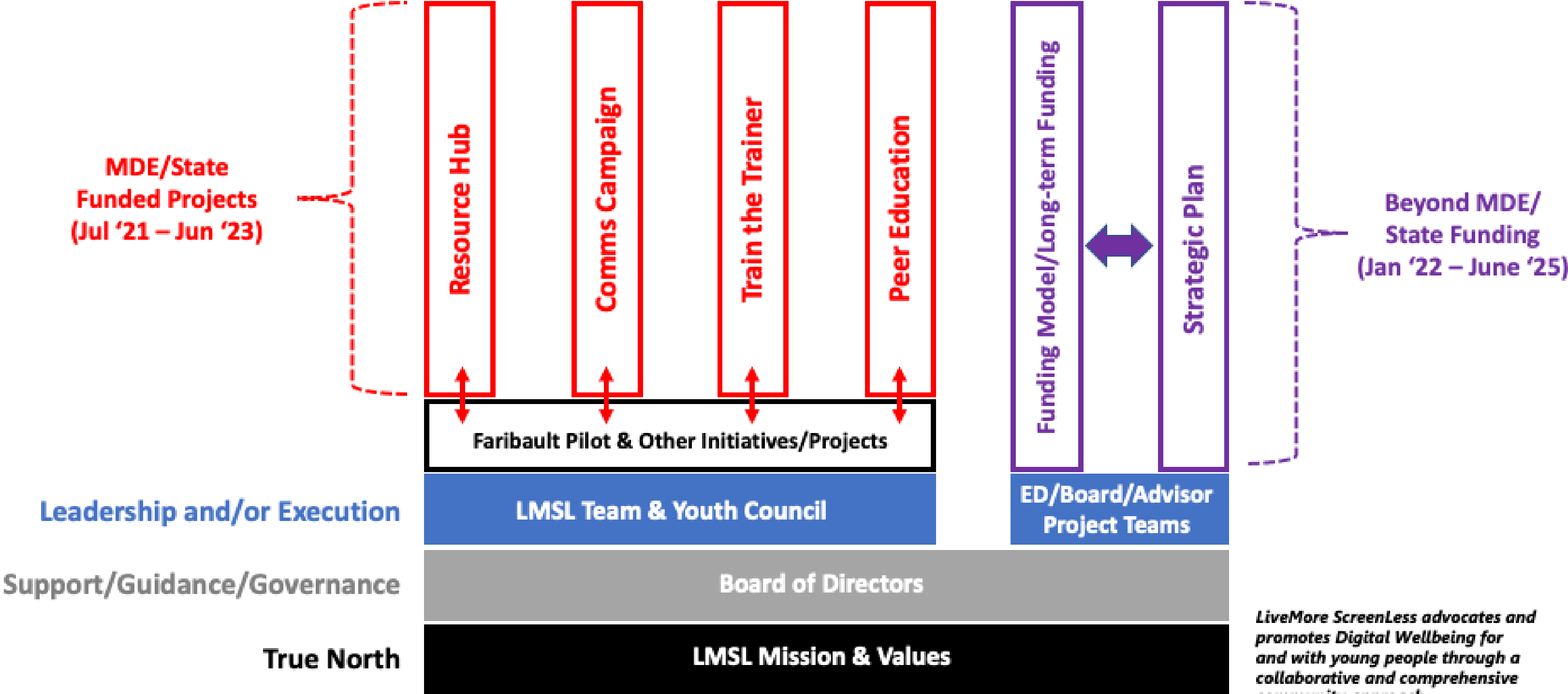
02 Communications

03 Train the Trainer

04 Peer Education

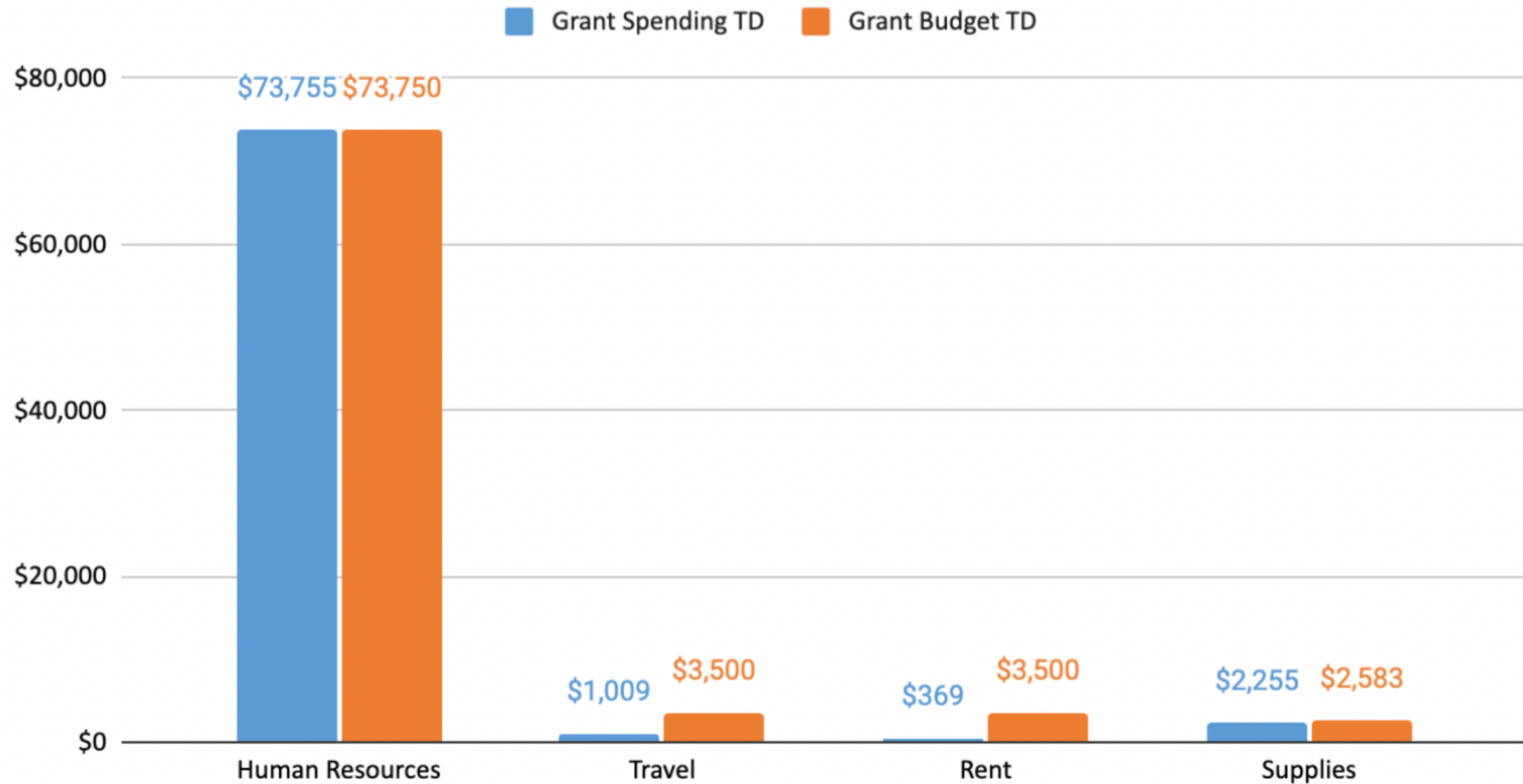


LiveMore ScreenLess Roles & Responsibilities

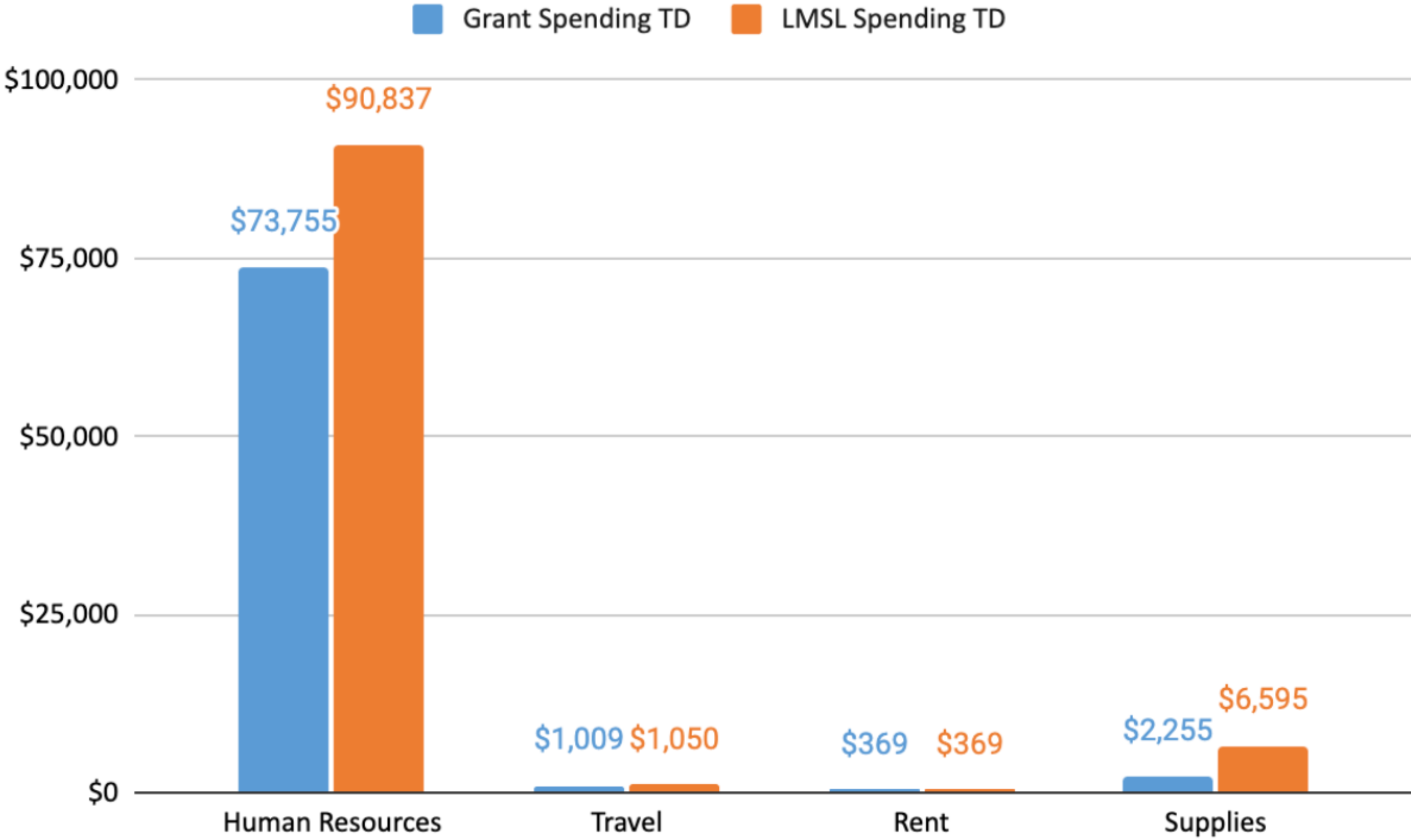


LiveMore ScreenLess advocates and promotes Digital Wellbeing for and with young people through a collaborative and comprehensive community approach.

Financial Reporting - Actual Grant Spending vs. Budget -> On Track ✓



Financial Reporting - Grant Spending vs. LMSL Total Spending -> On Track ✓





PROTECTING YOUTH MENTAL HEALTH

The U.S. Surgeon General's Advisory

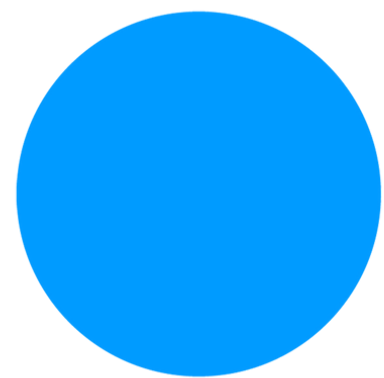
the facebook files



A Wall Street Journal investigation



**US youth are in a mental health crisis
— we must invest in their care**



**USA
TODAY**

**Teenage mental health crisis: I'm not counting
on my anxiety ever going away**

I managed my racing heart and my shortness of breath. Until it turned to depression and I couldn't manage it anymore.

OUR NETWORK OF PARTNERSHIPS

National

State

Schools

LookUp.Live

The Online Safety and Cyberbullying Network

The Wall Street Journal - Julie Jargon

The ScreenTime Action Network

St. Paul Foundation's Catchafire Program

NextGen

The Online Safety Institute

Faribault Public Schools

Hopkins North Junior High

Two Rivers High School & IDS 197

MN Department of Education

MN Association for Children's Mental Health

MN Department of Health

Spark and Stitch Institute

The Sanneh Foundation

Reach Out and Read MN

MINNDEPENDENT

YMCA's Equity Innovation Center

Girls Taking Action

Hazelden Betty Ford Foundation

Minnesota Association for Children's Mental Health (MACMH)

The Loppet Foundation

Education Minnesota

YouthPrise



January 25

Education Finance and Policy Committee
Testimony on Social Media and Student Mental Health

SENATE

THE FUTURE OF TECH

OCT 15 | 12 PM (CST) | Y4Y SUMMIT

