



Summer 2024

Hi there,

Have you noticed that talking about what is on your mind and what has happened to you feels good sometimes? And that you have been able to help others through knowing what they are feeling and being an ally or friend?

You have good ideas and a story to tell. We are planning a video made up of conversations with kids I know talking about what is 'mental health' for you - how you can feel good, what challenges you have faced, what strengths you have discovered or relied on. I also think it will be interesting to talk about what teachers, parents, other adults can do to understand your needs.

If you feel comfortable talking on video about your experiences, I would like to set up a time and place to do a very relaxed interview. It should feel like more of a conversation that is recorded and then edited. Our conversation may include personal information, what you decide to talk about on camera related to mental health.

Your parents will be educated on what this involves and also give their permission if you want to do this. If you have specific requests, just let the production team know.

We are filming outdoors and it will be relaxed so that you can share what feel right to you. Let us know if you have questions!

Thanks for being you,

A Vermont Story team

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