

Montgomery County School Health Council

March 7, 2016 Meeting Minutes

20 members attended:

Abe Brown	Community Member, SHC Co-Chair	Laura Allen	DHHS School Health Services
Jack Yanovski	Community Member, SHC Co-Chair	Cara Grant	MCPS Health & Physical Education
Ulder Tillman	DHHS, Health Officer	Robin Brannan	Community Member
Joan Glick	Director, School Health Services	Daniel Russ	Mont. Co. Commission on Health
Deb Berner	MCPS Director Student Services	Abigail Russ	Student Member
Jeffrey Mehr	MCPS Department of Curriculum & Instruction	Karen Duffy	Mental Health Association
Marla Caplon	MCPS Food & Nutrition Services	Andrea Shore	Community Member
Peter Park	MCPS System Wide Safety	Gail Warner	Community Member
Katherine Wood	MCCPTA Member	Liz Elliott	DHHS School Health Services
Stefania Clerici	MCCPTA Health & Safety Cmte	Alice Youle	Student/MCCPTA Member
Guest Speakers:	Julianne Grothe & Stephanie Rosen, National Alliance on Mental Illness (NAMI)		

- The meeting was called to order by Jack Yanovski. The December 2015 minutes were accepted.
- Julianne Grothe & Stephanie Rosen, from NAMI Montgomery County, presented information on the Sources of Strength program that is now active in eight middle and high schools in MCPS. The program is made up of adult advisors and peer leaders at each school that undergo 2 days of initial training, and meet as a team twice a month for planning, sharing and connecting as group. Schools with programs are BCCHS, Wootton HS, Springbrook HS, Churchill HS, WJHS, Whitman HS, Lee MS and Gaithersburg MS. Sources of Strength is an evidence based program that has been implemented at over 700 schools, and reduces suicides, substance abuse including smoking and bullying. The goal of the program is to build resilience before a crisis among students. The program takes approximately 3 years to take hold and create a real culture change in schools. Costs of the program (\$750 for the program and \$2500 for sub teachers) have been provided through PTAs and through grants. Anecdotal evidence from Gaithersburg Middle School, where the program is grant funded, have been really encouraging.
- Joanie Glick updated the SHC about the upcoming MSDE visit in April, and passed out a draft of a SHC brochure to members. The draft brochure will be e-mailed to SHC members to facilitate providing input to Joanie, so that the brochure can be finalized before the MSDE visit. Joanie is now sitting on the Child Fatality Review Board.
- Deb Berner updated the SHC regarding mental health resources in MCPS. In addition to the Sources of Strength program, MCPS has worked with the Mental Health Association to develop and launch crisis deployment work groups. The School to Prison pipeline was discussed, along with goals to reduce suspensions. In April, 11 schools will receive restorative justice training that aligns with the MCPS Code of Conduct. Child Abuse and Neglect training has been implemented, and there has been good feedback from associated student lessons.
- Cara Grant and Jeff Mehr provided SHC members with a draft policy updating Comprehensive Health Educational Instructional Program (IGP-RA). The revisions will align MCPS curriculum with current regulations and COMAR guidance. Parents can opt out of family life modules in grades 5,6,7,8 and in HS health class.
- Stefania Clerici is the new MCCPTA Health & Safety Committee Chair. There are four subcommittees: Food and Nutrition; Safe Technology; Portable Safety; and Drugs & Alcohol. Discussion was held regarding internet routers.
- Sub-committee reports: Membership: There is a need for additional physicians on the SHC: Mental Health: Karen Duffy handed out materials about a text and chat hotline coordinated by the MHA. SHC members are interested in hearing more about this program at the next meeting. Nutrition: Marla Caplon shared that Watkins Mill HS and Shady Grove MS now have universal breakfast in the classroom. This program is now at 80 schools with a baseline FARMS rate of 40% or greater.
- The next SHC meeting is Monday May 9th at 401 Hungerford Drive. Jack Yanovski is in his last year as co-chair of the SHC. A new co-chair will be elected at the next meeting.