

# Montgomery County School Health Council

## December 4, 2017 Meeting Minutes

### 19 members attended:

Gail Warner	Community Member, SHC Co-Chair	Deborah Merke	Community Member
Marla Caplon	MCPS Director, Office of the COO	Karen Duffy	EveryMind
Abigail Russ	Student Member	Patrice McLeod	Community Member
Maya Lodish	Community Member	Evelyn Toufanian	Community Member
Teresa Shatzer	MCPS Content Specialist/Health Education	Andrea Shore	PTA Member
Peter Park	MCPS Systemwide Safety	Sunil Dasgupta	MCCPTA Representative
Robin Brannan	Community Member	Lynn Sobolov	Collaboration Council
Elizabeth Rathbone	MCPS, OFSSE	Britt Jones	Collaboration Council
Daniel Russ	Community Member	Susan Milstein	Commission on Health
Liz Elliott	MCDHHS School Health Services		

- The meeting was called to order by Gail Warner. The September 2017 minutes were accepted as amended.
- Elizabeth Rathbone provided an update on suicide prevention and awareness in MCPS. Annual training is required for all MCPS staff. The Sources of Strength program is in place at selected schools as funding is available. Additional support and resources has been provided to schools impacted by recent events by MCPS in collaboration with EveryMind. The Signs of Suicide evidence based prevention program is under review to implement at all middle and high schools by next school year. SHC members were in support of the Signs of Suicide program, which will be led by school psychologists and counselors.
- Travis Gayles and Joanie Glick provided an update. The recent flu clinic immunized over 850 children, a decrease from last year. The clinic was held in the afternoon of an early release day rather than in the morning of a day off from school. There were additional requirements this year for flu vaccine transportation and refrigeration related to Vaccine for Children federal grant requirements. STDs are increasing in Maryland and in Montgomery County, which is an area of focus for DHHS.
- Karen Duffy distributed EveryMind fliers that outline mental health resources available in Montgomery County. The Youth Services Centers listed on the back page of the flier can be helpful to students and families. There has been a significant increase in suicide assessments done by staff on the EveryMind hotline. The EveryMind text and hotline number are on the back of all MCPS student IDs.
- Lynn Sobolov shared information about the recent Save A Life Forum. The purpose of the event was to educate the public about the Opioid Epidemic. 911 cards with cell phone attachments were distributed as resources.
- Marla Caplon provided a wellness report, and shared that schools were now in the assessment phase to identify gaps in wellness areas of health, PE and nutrition. There are 17 schools piloting programs in response to Wellness Regulations. Goals are to identify and share best practices. She distributed information about the Benefits of Connecting Children with Nature and outdoor learning.
- Peter Park discussed wood chips on playgrounds and how this surface can be difficult for students who use walkers or wheelchairs. Work is underway to identify possible alternate playground surfaces.
- Discussion was held regarding bullying in schools. The topic is included in annual training for MCPS staff, and is included in middle and high school health curriculums.
- Additional topics to consider include self-defense classes as an option for P.E. classes.
- The meeting schedule for the SHC for SY 2017-2018:
  - Monday September 25, 2017; Monday December 4, 2017; Monday March 5, 2018; and Monday May 7, 2018.
  - Meetings will be held from 6:15-8:00 p.m.