

# Montgomery County

## School Health Council

### December 5, 2016 Meeting Minutes

#### 15 members attended:

Gail Warner Community Member, SHC Co-Chair  
Marla Caplon MCPS, Division of Food and Nutrition Svcs  
Cara Grant MCPS, Health & Phys Ed Dept  
Jenny Maher Community Member  
Karen Duffy EveryMind (Mental Health Assoc)  
Daniel Russ Mont Co Commission on Health  
Liz Elliott MCDHHS School Health Services  
Joan Glick Director, School Health Services  
Julianne Grothe Community Member/NAMI MC  
Guests: Mindy McCartin, MCDHHS School Health Services  
Laura Howard, Kaiser Permanente

Deborah Merke Community Member  
Elizabeth Rathbone MCPS  
Teresa Shatzer MCPS Dept of Curriculum & Instruction  
Abigail Russ Student Member  
Alice Youle Student Member  
Jennifer McDonald MCCPTA  
Katherine Wood MCCPTA  
Andrea Shore PTA Member  
Maya Lodish Community Member  
Kay Sophar, CFNP, Northwood HS SBHWC  
Sapna Hencinski, Maryland Assembly on School-Based Health Care

- The meeting was called to order by Gail Warner. The September 2016 minutes were accepted as amended.
- Joanie Glick provided an overview of School Based Health and Wellness Centers (SBHWC) in MCPS. There are 9 elementary and 4 high school Level three SBHWCs that provide both somatic/physical health and a mental health component.
- A briefing was provided on the Hallways to Health program at Northwood High School, one of the four high school SBHWCs in MCPS. Hallways to Health is a learning collaborative program coordinated through the Maryland Assembly on School Based Health Care. The grant funded program is sponsored by Kaiser Permanente, and was started in 2013 at 3 school sites in Maryland. Kay Sophar, Nurse Practitioner at Northwood HS SBHWC, and Sapna Hencinski of the Maryland Assembly on School Based Health Care shared the experience at this site. The purpose of the program is to support local SBHWC efforts to promote healthy eating, and social and emotional health and school and employee wellness. Staff at Northwood were identified as improvement champions and Nutrition Education and Fitness programs were started. Body Mass Index (BMI)s; the PHQ-9 depression screening tool; and a screening for drug and alcohol use were done for all students seen in the clinic. 78% of students at Northwood HS have ever received Free and Reduced Meals (FARMS). Based on research data showing the impact of breakfast in the classroom, staff at Northwood worked with community partners to provide food to selected classes. Absentee data at Northwood went from 19.9% to 17.5%; students made healthier food choices and vending machines were removed from the school. A Wellness Council was started at Northwood HS.
- Marla Caplon provided an update on the MSDE Wellness Report Card. The Report Card was provided based on regulations and did not include an on-site review. Data will be further discussed at an upcoming statewide meeting on December 19<sup>th</sup>. Additional information will be presented to the SHC at the March meeting.
- Elizabeth Rathbone shared that MCPS was reviewing draft Maryland State Department of Education (MSDE)/Department of Health and Mental Hygiene (DHMH) School Health Services Diabetes Guideline, that work continues on concussions in collaboration with researchers at Children's National Medical Center; and that mental health issues are increasing in schools.
- Joanie Glick reported that 95 School Community Health Nurses have been trained on how to use and administer Narcan; and that School Health Services is working with MCPS in the review of the MSDE/DHMH Diabetes Guideline.
- Jennifer McDonald provided the MCCPTA report. Discussion was held about health rooms in schools closing during School Health Services staff lunch breaks. Signage should be posted directing students to the main office if the health room is closed. Discussion was also held about opportunities for students in Middle and High Schools if they are not selected for Sports teams. There are other opportunities for physical activity for students such as intramural programs.
- Liz Elliott shared the SHC has reached out to committee members who have not participated in the School Health Council in over two years to determine interest in continued membership; the membership list will be updated.
- Topics of interest to SHC members include suicide prevention and mental health; seat belts on school busses; and alcohol & substance abuse and human trafficking. Additional topics of interest should be provided to Liz Elliott.
- The meeting schedule for the SHC for the remainder of SY 2016-2017: Monday May 8, 2017.