

# Montgomery County School Health Council

## March 5, 2018 Meeting Minutes

### 19 members attended:

<b>Gail Warner</b>	Community Member, SHC Co-Chair	<b>Deborah Merke</b>	Community Member
<b>Marla Caplon</b>	MCPS Director, Office of the COO	<b>Karen Duffy</b>	EveryMind
<b>Abigail Russ</b>	Student Member	<b>Abe Brown, IV</b>	Student Member
<b>Julianne Grothe</b>	Community Member	<b>Evelyn Toufanian</b>	Community Member
<b>Maya Lodish</b>	Community Member	<b>Sunil Dasgupta</b>	MCCPTA Representative
<b>Teresa Shatzer</b>	MCPS Content Specialist/Health Education	<b>Britt Jones</b>	Collaboration Council
<b>Peter Park</b>	MCPS Systemwide Safety	<b>Joan Glick</b>	MCDHHS School Health Services
<b>Elizabeth Rathbone</b>	MCPS, OFSSE	<b>Robin Brannan</b>	Community Member
<b>Travis Gayles</b>	Chief, Public Health Services	<b>Daniel Russ</b>	Community Member
<b>Liz Elliott</b>	MCDHHS School Health Services	<i>Guest Speaker, Hannah Feuer, student, Whitman HS</i>	

- The meeting was called to order by Gail Warner. The December 2017 minutes were approved.
- Sunil Dasgupta shared information about an upcoming MCPS-MCCPTA Mental Health & Wellness Forum on Sunday April 22<sup>nd</sup>.
- Travis Gayles discussed the importance of mental health and concussion awareness and response for school age children and youth. There has been an increase in documented sexually transmitted diseases in Montgomery County in youth ages 15-19 in recent years, and a comprehensive sexual health plan is in development. The plan will include increased access to screening, treatment and contraception.
- Joanie Glick shared a student with undiagnosed diabetes was identified at a school based health and wellness center. Discussion was held about ways to increase access for all students to diabetes screening tools such as glucometers and/or urine glucose/ketone strips.
- Hannah Feuer briefed members on exploring options to provide Self-Defense in Physical Education classes in high schools. Teresa Shatzer shared that sexual assault will be a topic at the upcoming MSDE State Educators conference in April. The Student Member of the Board of Education could be a resource to promote greater awareness of the topic in the school community. Abby Russ shared information from an informal survey done at Wootton HS exploring student interest in a karate self-defense course.
- Elizabeth Rathbone updated members on the research-validated Signs of Suicide prevention and awareness program. The program consists of 3 lessons that provide direct instruction to students about the signs of depression and suicidality; assists schools in addressing depression and suicidality; and supports the school community by education on warning signs. MCPS is implementing Lesson 1 of the program in HS this Spring, and content has been provided at Whitman HS and Churchill HS. In SY 2018-2019, the program will be implemented in all high schools and middle schools and the three lessons will be phased in over several years. The program teaches students and school communities to ACT: Acknowledge, Care and Tell a trusted adult.
- Marla Caplon provided a wellness update. Work is now underway with principals to identify Wellness Councils in local schools.
- Peter Park shared that funding was secured to provide annual safety inspections by contractors of high school theatre riggings systems this school year. Next school year, the program will be expanded to include HS and MS lighting systems.
- Liz Elliott shared that this year is Abe Brown's last year as SHC co-chair. Marla Caplon, Liz Elliott and Britt Jones will serve on the nominating committee. Additional correspondence will be done through e-mail.
- At the May SHC meeting, Britt Jones will provide a briefing on vaping in school age children and youth.
- 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 are held from 6:15-8:00 p.m.