

# Montgomery County School Health Council

## March 6, 2017 Meeting Minutes

### 15 members attended:

Gail Warner	Community Member, SHC Co-Chair	Deborah Merke	Community Member
Marla Caplon	MCPS Division of Food and Nutrition Svcs	Robin Brannan	Community Member
Teresa Shatzer	MCPS Dept of Curriculum & Instruction	Abigail Russ	Student Member
Maya Lodish	Community Member	Karen Duffy	EveryMind
Monica Martin	MCDHHS Linkages to Learning	Jennifer McDonald	MCCPTA
Daniel Russ	Mont Co Commission on Health	Vernon Spriggs	MVSC Prevention Coordinator
Joan Glick	MCDHHS School Health Services	Liz Elliott	MCDHHS School Health Services
Elizabeth Rathbone	MCPS Office of Student & Family Support		

*Guest Speaker: Ben Stevenson, Prevention Specialist, MCDHHS Behavioral Health & Crisis Services*

- The meeting was called to order by Gail Warner. The December 2016 minutes were accepted.
- Ben Stevenson, Prevention Specialist with the MCDHHS Behavioral Health & Crisis Services, provided a briefing about substance abuse in Montgomery County. Highlights included current trends, a review of alcohol & marijuana use; synthetic drugs and vaping. Often, opioid use occurs after people are prescribed drugs including oxycontin, Xanax and Vicodin. There are several contracts that provide resources focused on substance abuse prevention, including community awareness, prescriber education and formal prevention programs. The Many Voices, Smart Choices Coalition attends health fairs, group presentations and school based programs. Information provided is guided by Maryland Prevention Strategic Planning resources.
- Ben Stevenson presented information about Child and Adolescent Behavioral Services available through MCDHHS. Screening and Assessment Services for Children and Adolescents (SASCA) offers free mental health and substance abuse screenings and referrals for youth up to the age of 18. Mental health clinics are in 3 locations in Montgomery County, and provide services for the uninsured and for youth with medical assistance. Therapists are also available to travel to schools.
- Discussion was held about substance abuse in the MCPS curriculum. In grades K-5, information is provided by the general education teacher. In grades 6-8, and in 10<sup>th</sup> grade health class, information is provided by certified health teachers. Legislation has been proposed in Maryland that would mandate Narcan/naloxone in public schools. School nurses were trained in naloxone use and were issued this emergency overdose medication through a State grant.
- Elizabeth Rathbone outlined MCPS initiatives focused on substance abuse prevention. The topic is addressed as a component of the Comprehensive Health Education program; schools often reach out to community resources such as Ben Stevenson or the State's Attorney's office; and there are annual trainings for MCPS staff. MCPS refers students to SASCA for screenings and assessments. Students must have an appointment and be accompanied by their parents to SASCA. MCPS staff will be attending a regional substance abuse summit on May 9<sup>th</sup>.
- Elizabeth Rathbone shared that the Phoenix Rising recovery program was discontinued several years ago, and a proposal is in further development to open a similar program for MCPS students.
- Joanie Glick updated the group that the MSDE/DHMH School Health Services Diabetes Guideline is coming out soon. The guideline will outline required additional training about students with diabetes to school staff. In the fall of 2016, there were students with diabetes in MCPS, at 123 of 204 schools.
- Jennifer McDonald provided the MCCPTA report. A subcommittee is evaluating physical activity opportunities for students who are not selected for school athletic teams. Water quality in some schools is another concern. Safety belts on charter busses and on school busses is of current interest. The MCCPTA asks that schools consider asking charter companies to rent busses that have seatbelts. WiFi continues to be a concern to some parents.
- Karen Duffy shared information related to increasing anxiety and mental health concerns for recent immigrant families. EveryMind is providing immigration workshops. Discussion was held about schools as designated safe zones. There has been a decrease in people attending Fun Centers and other community resources. Child Welfare Services is in need of foster parents, for both immediate relief and long term placements. EveryMind has finalized a revised one page resource sheet, and it is available in English and Spanish.
- Topics of interest to SHC members should be provided to Liz Elliott.
- The meeting schedule for the SHC for the remainder of SY 2016-2017: Monday May 8, 2017.