

Montgomery County School Health Council

September 23, 2019 Meeting Minutes

Gail Warner	Community Member, SHC Co-Chair	Daniel Russ	Community Member, SHC Co-Chair
Marla Caplon	MCPS Director, Office of the COO	Diana Barney	EveryMind
Elizabeth Rathbone	MCPS OSFSE	Liz Elliott	MCDHHS School Health Services
Deborah Merke	Community Member	Minthu Phan	Community Member
Joanie Glick	MCDHHS School Health Services	Drew Warner	Student Member
Travis Gayles	Chief, Public Health Services	Teresa Shatzer	MCPS Health Education
Guests:	Nancy Austin & Ryan Conlon		

- The meeting was called to order by Gail Warner, and the May 2019 minutes were approved.
- Dr. Travis Gayles shared information to the group on Vaping. In February of 2019, a work group was convened on vaping after episodes last year involving students unconscious at school. Three students received naloxone last school year. A Public Health alert was recently issued, especially vaping that involves substance other than nicotine. Legislation is being considered by the County Council to set limits on the sale of JUUL and other vaping products within ½ mile of MCPS high and middle schools. Now 19 of 22 vape shops in the county are within ½ mile of a high school or middle school. On October 1, 2019 tobacco products will not be able to sold to people under the age of 21. There was a town hall meeting on vaping last week, and Cara Grant from MCPS participated. A PSA contest for students focusing on vaping will be announced this week. Early nicotine use impairs brain development; and respiratory illness and death related to vaping have increased across the country. Vaping should be included in conversations about substance abuse in adolescents and young adults.
- Teresa Shatzer shared information on the Health Education curriculum. Vaping is in the alcohol, tobacco and other drugs unit. Professional development information was sent to teachers about devices such as highlighter look-a-likes. Health classes are held each year in grades K-8, and there is a half-year health class in high school. An increased focus on skills based decision making and goal setting is included in the curriculum. Dental health effects (sores, dry mouth, caries) are associated with vaping. Mental health and substance use can be co-occurring. Current practice for students caught vaping is to treat the problem as a mental health issue and to provide recovery support options. Efforts are underway to engage both parents and students in substance abuse programs. A Mental Health Awareness fair will be held on November 9th at Gaithersburg High School.
- Elizabeth Rathbone of MCPS shared information about the BeWell 365 initiative. The initiative seeks to make health and wellness part of the everyday fabric of the school day. Restorative Justice is also a focus on alternative pathways.
- Diana Barney of EveryMind shared that September is Suicide Awareness Prevention month. The School and United Partnership (SCUP) conference will be October 4th.
- Marla Caplon provided information on Student Wellness Initiatives. Schools are developing wellness programs, and are working at both identifying already existing programs and in developing frameworks to support additional programming. Outside funding opportunities are also leveraged to secure grants or mini-grants to enhance wellness in schools. The Alliance for a Healthier Generation is now partnering in 5 schools. Currently, about half of schools currently have an active wellness council.
- Joanie Glick, Senior Administrator with School Health Services, shared an overview of School Health Services at the start of the school year. The School Health Council supported additional School Community Health Nurses last year in a letter to the County Executive and the County Council. As demand for nursing services continues to increase additional positions have not been funded. Last school year, most of the 880,000 visits to the health room were unplanned. Over the past 5 years, the number of health room visits has increased by over 100,000 visits. School Health Services and MCPS worked together to support required immunization requirements for incoming 7th grade students, and as of today there were 176 7th graders excluded due to missing vaccinations. Evening clinics were held at 6 middle school sites with additional availability at Montgomery County clinics.
- Proposed topics – Safe Routes to School; Early Childhood Education; LGBTQIA and Chronic Absentism
- Meeting schedule for SY 2019-2020. Meetings are held from 6:15-8:00 p.m.
 - Monday December 9, 2019; Monday March 23, 2020; Monday May 11, 2020
- Meeting adjourned.