

Montgomery County School Health Council

March 4, 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	Peter Park	MCPS Systemwide Safety
Diana Barney	EveryMind	Sunil Dasgupta	Community Member, MCCPTA
Sandy Salzburg	Community Member	Abby Russ	Student Member
Abe Brown	Community Member	Liz Elliott	MCDHHS School Health Services
Robin Brannan	Community Member	Elizabeth Rathbone	MCPS OSFSE
Joanie Glick	MCDHHS School Health Services	Drew Warner	Student Member
Abe Brown IV	Student Member		

- The meeting was called to order by Gail Warner, and December 2018 minutes were approved.
- Discussion was held regarding a letter sent from the School Health Council supporting the need for additional School Community Health Nurses. The letter was sent to Marc Elrich, County Executive and Nancy Navarro, President of the Montgomery County Council, and copied to members of the Health and Human Services Committee on the Montgomery County Council. The letter indicated strong support for a highly trained School Community Health Nurse in all high schools, middle schools and the largest elementary schools.
- Elizabeth Rathbone provided an overview of Interim Instructional Support. The program is designed to provide short-term support for students who are unable to attend school due to physical or mental health needs. IIS may be extended if services are needed longer than 6 weeks. IIS provides up to 6 hours/week of face-to-face instruction. Students may also access on-line learning, and concurrent delivery is available to support students with conditions such as sickle cell, PANDAs, and depression. The application requires health care or mental health care provider approval. Schools provide accommodations to students with an IEP or 504 plan and to students without a formal plan in need of accommodations (i.e. flash pass, modified schedule). This fall, MCPS is piloting Handle with Care in the Gaithersburg Cluster. The program that started in West VA. First responders notify the school system if a child is present at a potentially traumatic event. The school system sends a message to the principal that the student is "TLC."
- Sunil DasGupta shared an overview of the second annual MCPS/MCCPTA Mental Health forum held on Jan 12th at Wood MS. Some 350 people attended, including many providers and the Student Member of the Board of Education. The MCCPTA continues to focus on bringing additional mental health resources to communities.
- Joanie Glick reported that over 300 SHS staff were trained in the Emergency Preparedness program Stop the Bleed, in collaboration with the MCPD. SHS managers assisted in training MCPS Security staff. The goal is for Stop the Bleed kits to be available in school health rooms and elsewhere in school buildings.
- Marla Caplon shared a briefing on Wellness Councils and initiatives in MCPS. Wellness efforts utilize the CDC Whole School, Whole Community, Whole Child model. The MCPS Wellness regulation includes guidance about avoiding food-based fundraisers; and partners with grant funding groups such as the CDC and the Alliance for a Healthier Generation. Marla provides an assessment of each school's Wellness initiatives, including physical and nutritional health, in a 1:1 meeting with the principal. Goals unique to the school are created, such as yoga classes, exercise and PE equipment, and water bottle filling stations. Work is ongoing to reach remaining schools.
- The SHC discussed Lead in Drinking Water, and information was provided about State and County initiatives to lower the allowable limit from 20 parts per billion to 5 parts per billion.
- Subcommittee Reports
 - Mental Health & Substance Abuse: Diana Barney of Everymind shared information about increases in self-harm related to anxiety, depression and trauma. Younger children are engaging in behaviors such as cutting. Work is ongoing with providers to provide training to meet increased need. MCPS is exploring grant funding to support parent's knowledge about teen behaviors surrounding substance abuse.
 - Peter Park shared work is ongoing to provide training for teaching staff about safety protocols for high-risk areas such as science labs and construction.
- Proposed topics - Lead levels in drinking water in schools; the impact of social media on teens.
 - Remaining meeting schedule for SY 2018-2019. Monday May 13, 2019 from 6:15-8:00 p.m.
- Meeting adjourned.