

## SCHOOL HEALTH ADVISORY COUNCIL (SHAC)

### *Minutes 5-15-18*

In Attendance: Wendy Duemmler, Kathie Fenner, John Giampaolo, Jay Jones, Denise Lamar, Karen Lanier, Wendy Nielsen, Lucinda Ourant, Ashton Petty, Christine Skrutowski, Mark Strickland, Candice Sturdivant, Blaire Traywick, Mitzi Webb.

#### Business:

- 4:01 pm- meeting opened on 5-15-18.
- Wendy Nielsen, School Nurse Supervisor, introduced new members: Karen Lanier- UCPS parent, Candice Sturdivant- UCPS Board Member District 1, John Giampaolo- Cardinal Innovations, Jay Jones- Weddington High Principal.
- John Giampaolo, Cardinal Innovations (CI), Community Engagement Specialist for Union and Davidson County discussed what Cardinal Innovations does. They are involved in trainings such as Introduction to Trauma and Mental Health First Aid for adult and youth. They did QPR (Question-Persuade-Refer) training for EUMS staff. They do suicide prevention training as well. Cardinal Innovations manages a network of providers that render care under the behavioral health umbrella. They serve the Medicaid population in many regions. Licensed Social Workers and Counselors answer their 800# and work with individuals as needed for those referred or calling in.
- Wendy Nielsen, Nurse Supervisor, added that Cardinal Innovations has supported UCPS by participating in the series of safe school community opioid discussions presented. Reid Thornburg from CI has also reached out to Jarrod McCraw to show the film Resilience in the Monroe area. The movie is a documentary that delves into the science of Adverse Childhood Experiences (ACE's).
- All UCPS nurses had "Stop the Bleed" training and all the kits are in the schools. The training involves tourniquet use and wound packing for an unforeseen catastrophic event.
- Blaire Traywick, District Administrator for Arts and Humanities, discussed that the Reproductive Health and Safety curriculum will be reviewed and shared with the Board of Education Instruction Committee on May 31. It will align standards to the available curriculum. June 13-21 all the resources and VHS material will be updated using Discover Education and more current, streamed resources.
- Wendy Nielsen, Nurse Supervisor, reviewed the collaborative effort it takes from several members of the team to fill out this year's Healthy Active Children's Survey. It is due September 15, 2018. It includes documentation about PE, School Nutrition, and Principal input and comments.
- Lucinda Ourant, School Nurse, Marvin Ridge High, discussed the role of the School Nurse in behavioral health. Given the current national, state, and district focus on mental health and school safety, it is important to clarify the role of the School Nurse as an integral student focused resource. The NASN (National Association of School Nurses) position statement on The School Nurse's Role in Behavioral Health of Students,

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adopted 6/17, served as a basis for the dialogue. It is important not to fragment the “whole child” student into School Nurses addressing physical needs and others on the behavioral health team (School Counselors, Social Workers, Mental Health Therapist, School Psychologist) focusing on emotional health. Anxiety, depression, and family problems are often root causes of academic disengagement, poor performance, truancy, and disciplinary issues. School Nurses are educated to identify somatic complaints and co-occurring behavioral health concerns. School Nurses are often the student’s first point of contact or entry into behavioral health services. Students come to the nurse complaining of symptoms, such as stomach and headaches but nurses assess and identify that the symptoms are attributable to anxiety and depression. Nurses are found to be non-threatening, easily accessible, approachable, with minimal stigma. In a 2013 The American Nurse journal study, it was reported that School Nurses spend 1/3 of their time on emotional health issues. If we were to look at 2018, it is most likely much higher as the incidence of mental health issues has grown. CDC reports 13-20% of children in the US experience a mental health disorder in any given year, with increased prevalence each year. The NC State End of Year Report 2016-17 reported approximately 18,000 individual counselling sessions across the State by School Nurses. It is recognized to be much higher but the End of Year Report has very specific criteria for reporting a session.

- Introduced Mitzi Webb, Monroe Middle School, Licensed Social Worker. She discussed a recent meeting where collaboration with the team is part of the Student Services goals.
- SHAC started with 3 goals for the 17-18 school year.

GOAL 1: Expand community awareness regarding opiates and heroin.

GOAL 2: Continue efforts to have UCPS promote and utilize the Whole School, Whole Community, Whole Child (WSWCWC) as adopted by the NC State Board of Education last year.

GOAL 3: Create a Youth Board of Health to get involved in wellness, health promotion, and incorporate the WSWCWC model.

We will continue with goals 1 and 2 for next year, but at this time, not including Goal 3. Jay Jones, Weddington High Principal, shared his concern with vaping use in the schools. It is the number one reason for disciplinary action. It was discussed to include further education about vaping for parents, students, and staff. Due to lack of time, we did not finish discussing goals but can include either e-cigarette use into Goal 1 or as a separate goal.

- Minutes from meeting on 3-20-18 presented and approved.  
Meeting adjourned at 5:05 pm