

SHAC Meeting Minutes-May 3, 2022

Attendees: Eladia Moore, Ashley VanHorn, Michelle Gardner, Ashley Bough, Christy Willis, Anne Stever, Lacey Ross, Marcy Easterly, and Rolanda Lawler

Eladia Moore from Webster County Health Unit discussed Mental Health First Aid for Youth from the National Council for Mental Wellbeing. Course objectives include teaching how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. She recommended this course because through lots of practice, a person can learn how to get comfortable talking to young people about difficult topics in their lives. The Webster County Health Unit offers free classes. Group discussed ways to utilize this training in the school setting, since an increase of mental health challenges has been seen this year, and how to connect the youth with help.

Eladia also discussed meningitis caused by Meningococcal B. In Missouri, Meningococcal vaccines (covering ACWY strains) are required in public schools. Most of the recent meningitis outbreaks are strain B. There have been 2 cases of Men. B meningitis in Webster County in the last 4-5 months. Statistically, approximately 10% die and 15%-20% have severe side effects after contracting meningitis. Healthcare workers can educate parents about the importance of the Men. B vaccine, especially in 16-18 year olds. Some colleges, but not all, require Meningococcal B vaccinations. Unfortunately, the Men. B vaccine wears off in about 2 years.

The Webster County Health Unit has seen a record number of immunization exemptions in the past year. Greene and Christian County Health Departments no longer hand out immunization exemptions. The military and some colleges require immunizations and some parents are not aware of that.

Information regarding sports physicals will be sent out to parents. We will encourage parents to have annual physicals by a PCP. We will send information through the team app and facebook. We will suggest Ashley VanHorn with Mercy if families have Mercy insurance or Medicaid. Ashley said Mercy is going to set a week aside for her to do them. Walmart clinics take Cox insurance. OCH from Marshfield will do physicals for \$