

School Health Advisory Meeting: February 13, 2023

The meeting was called to order at 5:31 PM.

Members Present: Marissa Mendez, Lenaya Robinson, Jackie Keller, Stephaine Camarillo, Denise Manibusan, Josh Gilbert, Ken Elliott, Shelly Weber, Nicole Burnett, Sheri Moebes, Claudia Valle
Guest present: Ty Davidson, Assistant Superintendent of Curriculum and Instruction

Meeting Minutes

A motion was made by Jackie Keller to accept the minutes of the January 9, 2023 meeting as written, seconded by Ken Elliott. All in favor. Motion passed.

A motion was made by Denise Manibusan to accept the minutes of the January 17, 2023 meeting as written, seconded by Ty Davidson. All in favor. Motion passed.

Discussion of Suicide Prevention Education

Ken Elliott presented a curriculum for suicide prevention education called Youth Aware Mental Health (YAM) which is by the University of Texas at Austin Dell Medical Center. Dr. Elliott also mentioned that the district currently utilizes Texas Child Health Access to Telemedicine (TCHAT) which is also through UT Austin Dell Medical Center. Through TCHAT, a school administrator or counselor can assist a student that is having a mental health crisis receive a telemedicine visit with a counselor or psychiatrist. Parent consent is required. The recommendation is to present YAM to students in 8th and 10th grades. The program is administered by one trained certified facilitator and one trained helper in 5 45-minute sessions over 3 to 5 weeks. The curriculum is evidenced-based and research has shown that 1 out of 91 students has been saved from suicide or severe suicidal ideation after attending the program.

The district is looking at the possibility of having the Lockhart ISD social workers trained to present the program. The program presents real life practical situations and provides students with techniques to deal with stress management, anxiety or depression. The program is free. SHAC membership mentioned that it would be beneficial for the YAM program to be presented in additional grade levels as the program is implemented to make sure that all students receive the education and then move to the plan to schedule the training for 8th and 10th grades. A motion was made by Nicole Burnett to accept the YAM curriculum to be used for suicide prevention education for students, seconded by Sheri Moebes. All in favor. Motion passed.

Discussion of Puberty/Maturation Education

Shelly Weber notified the SHAC membership that historically the district has provided puberty/maturation education to girls and boys at the end of 4th grade. The updated TEKS require for this education to be covered in 4th and 5th grades for boys and girls. The curriculum from Marsh Media was presented to the membership and the following was recommended: for 4th grade, Meet the New You for Girls and Meet the New You for Boys; for 5th grade, Puberty: A Girl's Journey Through the Physical, Emotional and Social Changes and Puberty: A Boy's Journey Through the Physical, Emotional and Social Changes. Shelly Weber emailed the curriculum links and password to all the SHAC members to access the curriculum for review. A special meeting was scheduled for March 20th at 5:00 pm for continued discussion on this topic and vote. The meeting will be held virtually.

SHAC Officers

Shelly Weber notified the membership that Shalaina Walker volunteered to serve as SHAC secretary and called for a vote to be held. Nicole Burnett made the motion to accept Shalaina Walker as SHAC secretary, seconded by Lenaya Robinson. All in favor. Motion passed.

The meeting adjourned at 6:20 pm.

Next Meeting Dates: March 20, 2023 and April 10, 2023.