

SHAC Meeting Minutes_ September 12, 2023

Participants:

In person: Anila Deliu (staff, chair) Dr. Janelle Porter (staff), Shannon Tilsworth (staff) Dylan Nguyen (student), Dimitri Nguyen (student), Dr. Jacklyn Gentry (Liberty Hospital); Hospital), Frances Yang (parent), Monica Miller (CCPHC), Jeanene Morris (Tri-County), Erin Gabert (AHA), Andrea Wilhoit (staff).

Minutes

- ✓ **Meeting minutes** from April 2023 approved
- ✓ Introductions
- ✓ NKCS and Community updates
 - Anila and Shannon shared about the NKCS first health fair on August 31.
 - The fair had the goal to connect the families with school and community resources.
 - 160 people participated
 - vaccinations were provided at the site
 - families were connected with Sam Rodgers to apply and renew Medicaid applications,
 - vision screening
 - bags of fresh produce were handed out to families
 - Anila shared about summer projects:
 - **Food and Nutrition Services SHI – results:**
 - Access to school nutrition programs (increase free and reduce numbers)
 - Increase intake of fresh food
 - Local Food Resources Map (Help creating one)
 - **Employee health SHI – results:**
 - Mental Health support for teachers and other staff
 - Monica Miller with Clay County PHC shared about the food map project work. The goal is to create an interactive map of food related resources in the community including detailed descriptions of the organizations and eligibility criteria. She will keep us update on the progress of that.
 - Erin Gabert with American Heart Association shared that they are advocating for a ban on the sale of flavored tobacco in MO.
- ✓ We discussed the Mental Health as a priority issue and the focus of this Council on the Primary Prevention.
 - The members used a form to identify potential district wide intervention on mental wellness. Below is the link to the form they had to fill out.
<https://forms.office.com/r/npu5gmC1N6>
 - The two priority interventions selected were:
 1. Provide teachers with training on recognizing signs of mental distress in students and how to address these effectively

2. Host workshops for parents and caregivers to provide them with information about recognizing signs of mental health issues in their children and where to find support

- ✓ Participants worked in small groups to brainstorm the most effective ways such intervention could be implemented in groups. Then a big group discussion followed.
- ✓ Below notes form each small group:

1. Provide teachers with training on recognizing signs of mental distress in students and how to address these effectively

- Mental health first Aid
- Mental health first aid to be shared as video and be part of teacher on boarding process
- Training teacher to create safe and welcoming environments for students to feel free to address their concerns.
- Make sure staff is aware of the referral process
- Ensure that accurate diagnoses occur by connected with the right services

2. Host workshops for parents and caregivers to provide them with information about recognizing signs of mental health issues in their children and where to find support

- Connect with organizations that serve new incoming families such as JVC to provide parenting workshops (parenting in a new country – what new parents need to know, new country’s values, social and legal norms.)
- Create workshops based on students need at specific age range
- Offer online or in person (hybrid as well)
- Pilot first to see if more should be offered
- Workshops could cover topics not only related to mental health but other factors that impact mental health
- Short videos could be sent out via newsletters or post on social media
- Workshops should avoid mental health stigma could be title using positive words (avoid the use of “mental health” in the title)
- Workshops could be informational – including information about all school resources and how to connect with them. Create a road map – who do we talk to for specific issues. Inform them about what is available in school and that school could be the one to connect with them with community resources.

- ✓ Anila asked for volunteers to partner with for developing the agenda for the next meeting
- ✓ Next Steps:
 - Have all members input and suggestion before finalizing recommendations
 - Next meeting on November 14

✓ Meeting was Adjourned at 5:32pm.