

SHAC Agenda 3/8/23, 4:00 pm

Speakers:

Courtney Parrott/Wendy Hamilton – Texas AgriLife Extension Agent  
Working with Coach Phipps to create a Healthy School Recognized Campus. They provided information regarding Walk Across Texas including what incorporates walking 832 miles, 8 health and wellness lessons, and a nutrition series with the parents sponsored at Boys and Girls Club. Increasing water intake of students is also a major focus of the program including education, and water intake for students. For the adults, this includes a “Fresh Start to a Healthier You” for a four series session through the Boys and Girls Club, and the staff of Coggin Elementary. Prizes including measuring cups, spoons, a thermal bag, and a Health and Nutrition magazine including healthy recipes, kid friendly, written at a second-grade level. Completed pre, post, and follow up survey, revealing a 100% growth in understanding of my plate. She shared information regarding meal planning, and feedback regarding one family with diabetes. Obstacles include parent interest and involvement, with 11 parents participating, and 6 completing the series as suggested. Every student got a water bottle, my plate, and a cup, and talking about “eating a rainbow” at Coggin Elementary, including an gifted apron. Newsletters went out to engage parents in parent/child communications. Students received activity dice, and reported that they participated with the dice at home during the time they were iced in during February. Coach Phipps got bicycles donated to engage students in participation, and students of every grade won bicycles in competition. Other information included washing hands and getting off the germs through an interactive lesson. Finally they talked about the importance of sleep, with a partnership with Center for Life Resources, so that every student was able to get their own books. The last topic covered was the dental hygiene ,and talked about evidence of the clean. Every student got their own toothbrush.

TXDot has free helmets.

Jami Bunnell – Oceans Behavioral Health, Abilene, TX – Oceans Behavioral Health has programs that work with PTSD with military veterans and with children. Ms. Bunnell shared information regarding the intensive inpatient and outpatient programs available through the programming. There is a focus on individual, group, and family therapy. Part of the challenges experienced by teens reflect struggles with effective management of attention to social media, and struggles with coping with various challenges of adolescent challenges of life. There is a partnership with CFLR, to continue to encourage services after initial treatment.

Food Service information – Mitch Moore discussed working with TDA to renew the contract with SFE, expected to be reviewed by April. He encouraged ideas and concerns to be shared with Linda Mora so that she may utilize feedback for future services. Linda and Mitch shared an experience of a group of 5<sup>th</sup> graders sharing suggestions for cafeteria/food service implementation. Linda shared information about a survey completed by Middle and High School students including what they do and don't like.

Nurse Helen Lacy – Nurse Helen talked about the opioid epidemic within the United States. She talked about the effects, and the statistics regarding its effect in our student. She shared information that TASBY has information that schools may hold NARCAN in stock, but there has to have pre-approved OPT-IN services. At the time, SRO's Firefighters, and local Ambulance providers are able to provide the services without OPT-In requirements. At this time, due to fast response, the existing policy is to rely on our first responders to provide NARCAN in the event of an obstacle.

A vote was held, and for now with the opt-in requirement, we will continue to rely on our first responders to provide NARCAN assistance as needed.

SHAC Survey – Information Completion – Will be going to nurses and coaches to get information needed for the survey.

Review of minutes

Old News:

SHAC update from last year New requirements

New laws

New News:

Upcoming meetings: CSC Big Room at 4:00 pm

**April 19, 2023**

## RELEVANCE

Texas youth continue to face health issues similar to those of adults. In fact, **17.3 percent of Texas youth ages 10 - 17 are considered obese**, with Texas ranking 12th among other states in regard to youth obesity status (<https://stateofobesity.org>). In addition to obesity, the top causes of death for youth ages 10-19 include unintentional injuries, cancer, suicide, heart disease, respiratory disease, and influenza. In response, Texas A&M AgriLife Extension has many resources that can be used in the classroom or as part of 4-H youth development project activities. These resources provided education and hands-on activities that encourage healthy food intake and best practices related to safety, mental health, and general health. In addition, there are opportunities for high school age youth to become trained Healthy Texas Youth Ambassadors which will equip them with the knowledge and skills to assist the County Extension Agent and adult volunteers in providing positive health educational activities for youth in the classroom and through the 4-H youth development program.

## RESPONSE

**Healthy School Recognized Campus (HSRC)** was created by Texas A&M AgriLife Extension to give schools an opportunity to show their commitment to promoting healthy lifestyle behaviors for their students, staff, and parents.

**HSRC** was a joint effort between the Family and Community Health (FCH) Agent and Better Living for Texans (BLT) Agent.

### Target Audience

This program was targeted towards **255 youth in PreK - 2nd grade** at Coggin Elementary students, plus parents and staff.

### Partnerships & Collaborators

- Coach Stefenia Phipps and Coach Dianna McDonald with Brownwood ISD and Coggin Elementary
- Emalee Parrott, Healthy Texas Youth Ambassador
- Kristi Karwell with TX DOT
- Kendra Bryan, Jennifer Goodwin and Dr. Robert Goodwin with Goodwin DDS Office
- River Crest Hospital
- Center for Life Resources (Mental Health Authority)
- Boys and Girls Club of Brown County

### Curriculum

- **Walk Across Texas!** is a program to help youth start moving more and increase their physical activity time, preparing for a lifetime habit. Classes compete together as a group, combining their miles to walk 832 miles - the distance across Texas.
- **Fresh Start to a Healthier You!** is a 4 lesson adult-learning series that teaches the importance of healthy nutrition with an emphasis on increasing fruit and vegetable intake, physical activity, food safety and food resource management.
- **Healthier Me!** is a fun 8 lesson series that teaches youth the importance of healthy living through interactive lessons and games.

## VALUE STATEMENT

### Youth Family & Community Health

Texas A&M AgriLife Extension Service youth programs provide valuable knowledge and skills within the scope of Family and Community Health. Through participation in projects or curriculum, youth are exposed to academic disciplines on topics ranging from food and nutrition, and health and personal safety.

**36%**

of Brown County  
 Adults are **obese**.

**36%**  
 reported

**insufficient sleep**

**30%**

reported **no leisure-time physical activity**.



# HEALTHIER ME!

Each lesson has three components: a **health lesson**, an **incentive item** to reinforce the lesson, and a **newsletter** to educate the parent about the lesson and encourage parent engagement by having the child show/teach the parent.

The health lesson topics and incentive items were:

1. Hydration - water bottle
- 2.5 Food Groups - MyPlate
3. Eat a Rainbow - MyPlate apron
4. Physical Activity - exercise dice
5. Pedestrian and Bicycle Safety - reflective drawstring bag filled with activity book and light-up bracelet
6. Proper Handwashing - hand sanitizer
7. Importance of Sleep - book
8. Dental Hygiene - toothbrush

## Newsletter 7

Parents, please remember to have your child wear tennis shoes on PE day.

Team Rankings (in miles)	
1. 1 <sup>st</sup> Grade	1126.5
2. PreK	763.5
3. Kinder	730
4. 2 <sup>nd</sup>	597

Center for Life Resources

Thanks to Center For Life Resources for providing books for all the kids.

**Tips for better sleep**

- Have a consistent bedtime
- Create a bedtime routine
- Encourage daily exercise

**Bedtime**

- pajamas
- brush teeth
- go potty
- read
- lights out

Ask your child about the bedtime routines we talked about last week.

I hope you enjoy reading your child's new book with them.



Girls squeeze fruit and learn how they can "eat water."

# EVALUATION STRATEGY

Two post-tests were utilized to measure knowledge gained through **Healthier Me!** with first and second graders after lessons 4 and 8.

- 107 students took the first test.
- 103 students took the second test.



# RESULTS

Students were given a 5 question multiple choice test that the teacher or agent read aloud to them.

## Test 1

- 102 out of 107 (95%) knew how much water they need to drink a day.
- 100 out of 107 (94%) knew when they need to drink water.
- 100 out of 107 (94%) understood what eating a rainbow means.

## Test 2

- 103 out of 103 (100%) understood the best way to wash hands to get rid of germs.
- 102 out of 103 (99%) understood that taking a bath before bed helped in creating a good bedtime routine.
- 101 out of 103 (98%) knew they need to wear a helmet when riding a bicycle to protect their heads.

## Fresh Start to a Healthier You!

- 11 adult participants
- 6 adults completed the 4-lesson series (1 person face-to-face and 5 online). There was a 100% improvement in the use of MyPlate. Survey results are pending for the online participants.

## Walk Across Texas!

- 255 students logged almost 4,000. They walked across Texas almost 5 times!

# FUTURE PROGRAMMING

Brown County FCH and BLT agents will continue implementation in area ISDs as part of the Healthy School Recognized Campus designation.

- We will return to Coggin Elementary in the spring semester to evaluate long term knowledge attained.
- Expansion will include schools in Brownwood and possibly Bangs ISD.
- Partnerships will continue with the coaches to reach the youth audience of early elementary grades using the same **Healthier Me!** topics.
- To best meet the adult audience, we will implement **Walk Across Texas!** at BLT qualifying campuses.

# ACKNOWLEDGEMENTS

We would like to express our gratitude to all of our partners and collaborators with Brown County Extension.

# TESTIMONIALS

## Youth

"I'm so thirsty; I sweated out all my hydration." 1st grade boy

## Adult

"I am now buying canned vegetables with no sodium and canned fruit with no added sugar."

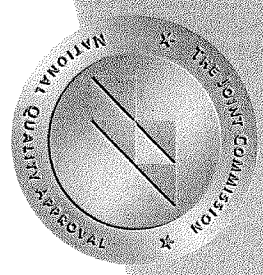
Aubree, a 2nd grader loves to use her water bottle everyday.



For more information:  
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 Family & Community Health  
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Action Edge Industrial Blvd  
 Citizens Bank  
 Equipment Co., Ltd  
 Fox NDE  
 Industrial Blvd  
 McCarty  
 4225 Woods Place  
 Somewhere  
 Abilene  
 Concho B  
 Solutions



Oceans Behavioral Hospital Abilene  
 accepts referrals from family members,  
 physicians and other organizations  
 involved in the care of adolescents.

Accepting referrals 24-7 from  
 anyone caring for an adolescent.

**(325) 437-6699**



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 4225 Woods Place  
 Abilene, TX 79602

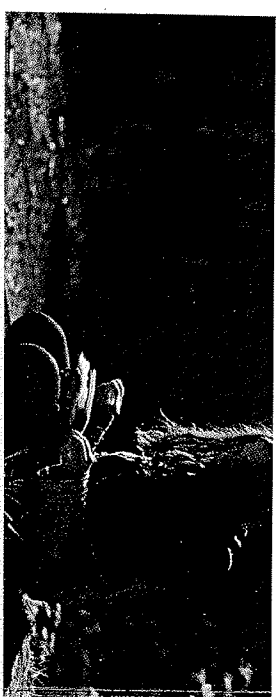
**ADOLESCENT  
 INPATIENT PROGRAM**



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the journey to  
**HEALING BEGINS HERE**



## BEHAVIORAL HEALTH SERVICES

Pre-teens and teenagers deserve special attention. Our adolescent program for individuals age 12 to 17 is based on the strong belief that mental health treatment is not one-size-fits-all. Caring for a teen requires unique services and support, and our experts at Oceans Behavioral Hospital Abilene offer specialized care and attention to meet individual needs.

### INPATIENT PROGRAM FEATURES

- Individual, group and family therapy
- Therapeutic interventions that incorporate mindfulness and expressive arts
- Therapeutic community interaction
- Chemical dependency and recovery education therapy
- Trauma therapy that involves understanding, recognizing and responding to all types of traumatic events
- Skill groups focusing on self regulation strategies
- Daily monitoring with medical physician oversight to ensure overall health and well-being
- Discharge planning and continuation of outpatient care

Through our inpatient program, we support patients in a structured environment with positive reinforcement, constructive relationships and skill building. Our uniquely designed treatment plans include individual, group and family therapy, as well as therapeutic recreational activities. Patients are not only supervised by our Board-certified or Board-eligible psychiatrists but are also closely monitored by a medical physician to ensure overall health and well-being.

### ADMISSION CRITERIA

- Adolescents age 12 – 17
- Previous expression of suicidal ideation or homicidal intent
- Recent, serious and intentional self-injury
- Inability to regulate behavior or emotions
- Past, unsuccessful alternatives to inpatient treatment

We accept voluntary and involuntary referrals, however a psychiatrist must approve as part of the admission process. Our Board-certified or Board-eligible psychiatrists must accept patients prior to admission.

### FOR REFERRALS OR MORE INFORMATION, CALL (325) 437-6699.

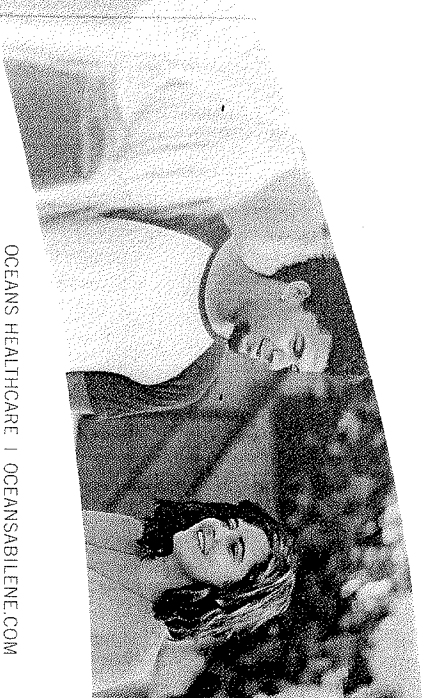
We accept Medicaid, TRICARE and most private insurance.

### SIGNS & SYMPTOMS

Is your pre-teen or teen struggling with:

- Frequent sadness, tearfulness and crying
- Low self-esteem, increased irritability and/or anger
- Difficulty with relationships
- Constant worries and concerns about family, friends, school or activities
- Frequent physical complaints not attributable to a specific illness
- Extreme mood changes and repeated high-risk behavior
- Withdrawal from friends and family
- Decreased interest in favorite activities
- Extreme increase or decrease in eating and/or sleeping patterns
- Thoughts or expressions of suicide or self-destructive behavior
- Self-injury and/or cutting

If you note any of these signs or symptoms, please call. Oceans provides confidential assessments performed by highly trained clinical staff.



# SHAC MEETING SIGN-IN SHEET

<b>Project:</b>	SHAC Meeting	<b>Meeting Date:</b>	03/08/23
<b>Facilitator:</b>	Brownwood ISD	<b>Place/Room:</b>	CSC Board Room

Name	School/Company	Phone	E-Mail
Wendy Hamilton	TAMU Agri Life Extension Service	646-0386	Wendy.hamilton@ag.tamu.edu
Courtney Parrott	"	"	courtney.parrott@ag.tamu.edu
Helen Laicy	BISD	647-2724	Helen.Laicy@brownwoodisd.org
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Jarvis Brunell	Oceans	214-2291	jarvis.brunell@oceanskayfishing.com
Joe Young	BISD		
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Jessica Benson	CES	325-232-0195	Jessica.benson@brownwoodisd.org
Chad Evetts	NW		
Mitch Moore	CSC		
Ginger Atford	BHS		
Jacob Stephenson	WHE	325-330-3422	jacob.stephenson@brownwoodisd.org
Sandra Skrhak	Woodland		
Leah Lee	Woodland		Leah.Lee@brownwoodisd.org

SHAC Agenda 12/14/22, 4:00 pm

Speakers:

Denise Fletcher – Hidden in Plain Sight

Denise Fletcher shared information about Hidden in Plain Sight. It is a parent informational session that allows parents to be proactive in knowing how to identify items that may be hidden from them to know how to hide drug paraphernalia. Presenting idea to present this for parents, possibly at a major event such as a basketball game. See attached information.

Denise also talked about involving Sergeant Amy Gonzalez to speak about internet safety as well. Obstacles currently involvement.

Molly Wright Amanda Huffley – American Heart Association – The complete Kids Heart Challenge and American Heart Challenge, formerly Jump Rope for Heart. They may participate with a QR code to evaluate vaping, and physical education, covering all the TEKS within the physical education setting. They also have a healthy/wellness plan for staff they they shared. They discussed the district health challenge, including email challenge including theme for the months of stroke awareness, heart attack, moving, mental health check in, etc. See attached information.

Food Service information – Linda Mora (Not available)

Many of the district are currently ill and some are at a RAPTOR training meeting, and some are at a meeting at HPU with a Senator.

Review of minutes

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**February 15, 2023**

**April 19, 2023**