

SHAB Minutes 10/11/2023

Attended: Lori Balaban, Gemila Boubier, Erin Callas, Kristy Davis, Christine Eagleson, Eileen Gomez, Mark Niehaus, Melissa Sabol, Diana Webb, Emily Pelliccia

Guests: Miles Nelson, Brooke Blankenship, Avery Bruen

EmpowerHER

Brooke Blankenship and Avery Bruen, AHS students, spoke about their program [EmpowerHER Charlottesville](#) whose mission is menstrual equity by improving accessibility and affordability of menstrual products to students as well as toiletry articles for women in need. They want to end the stigma, fear and shame associated with menstruation.

They explained how they obtain products via an Amazon wish-list and neighborhood drives. They provide products to high schools in ACPS, Charlottesville and Madison, and are looking to expand into Louisa and Fluvanna as well as into BMS, MJS and LMS. They also provide educational materials through stall-talk flyers

Future endeavors include plans to distribute products at:

- Middle schools
- Boys and Girls Clubs
- CATECH
- Shelters

As well as:

- Assemble and distribute at-home kits to students who may need them utilizing a Google form that the school nurses can use
- Holiday stocking drive
- Promote their program via the media and have already had stories in the Daily Progress, Dr. Haas's podcast, Ch 19 and WVTF
- Further promotion through podcasts, news, AHS's film club
- Develop a sustainability plan

Recommendations from SHAB members:

- Make sure to remind girls to wash their hands before and after using products
- Enlist assistance of "champions" at other high schools; perhaps increase the desirability by advertising, "Apply to be a champion."
- Look to other women empowerment clubs
- Consider ACPS warehousing
- Discourage the use of menstrual tracking apps due to privacy concerns

Community Emergency Operations

Emily Pelliccia, ACFR Deputy Chief - Community Risk & Resilience, described the information available through the [CUAECC](#) integrated emergency communications center, and demonstrated how the public can look at emergency calls through [Citizen's Connect](#). She showed data indicating that the majority of 9-1-1 calls are answered within 10 seconds and almost all within 40 seconds. She also described *Pulse*

Point where AED/CPR trained people sign up to be notified if someone needs CPR in a certain area nearby. Mark reported that he registered for a similar program but found he had to turn it off because the app drained his cell phone battery.

Emily showed the information on EMS calls from schools using *Tableau*. Eileen and Miles will try to obtain the program to be able to use the data for program evaluation.

LifeVac Follow Up

Emily reported that there was 1 call to EMS from a school reporting a choking incident in the past 6 years. She also reported that her team evaluated the Life-Vac choking relief device and did not think it generated enough suction to relieve an obstructed airway. Their literature review revealed scant evidence substantiating its effectiveness. Emily also reported showing the choking relief device to their medical director who was similarly skeptical of its claim of effectiveness. The board discussed that it may give school personnel a sense of reassurance if the device is available if BLS abdominal thrusts are not effective while awaiting EMS arrival. Gemila relayed that a member of her physician moms group reported that a LifeVac device was used successfully on her child who was choking on a piece of hard candy during a flight.

The company is now offering their [device free to all public schools](#), and the board concurred that having them on hand would not hurt as long as school personnel attempt to follow BLS protocol first.

Mental Healthcare Services in Schools

Miles Nelson, the Coordinator of School Counselling and Mental Health Services in ACPS, presented information about mental healthcare services in ACPS. He explained the magnitude of the need based on middle and high school student surveys:

| | |
|-------------------------|--|
| Middle School Students: | 29% report feeling sad or hopeless every day |
| | 9.4% report seriously considering suicide |
| High School Students: | 42% report feeling sad or hopeless every day |
| | 12.6 % report seriously considering suicide |

He described the services provided through school-based counselors and psychologists as well Region 10-provided SAPs and therapeutic treatment through a contract with *Health Connect America*.

- School-based counselors are the hub of triage of mental health services, they also provide academic and career counselling
- Miles will get the list of counselors to the SHAB members who would like to refer patients to school-based support
- Mental health first aid courses are offered to various school employees
- Physicians would like a means of being able to communicate concerns with schools and vice versa
- Consider using the VA-AAP form now in development
- Consider asking parents to sign a form in the beginning of the year to share information with PCPs.

- The board recommends that ACPS be permitted to participate in [Handle with Care](#) where schools would be alerted to a student who experienced trauma without necessarily being informed of the nature of the trauma.
- Teens are considered [emancipated](#) for the purposes of pursuing mental health services at age 16
- ACPS encourages the use of *Peer Nominations* and [Anonymous Alerts](#) for students to report mental health concerns regarding other students.

Chronic Absenteeism data available through the [VDOE](#). ACPS is undertaking a concerted effort to reach families with students who are chronically absent called [Every Day Matters, Every Moment Counts](#) (see message to families) to try to maximize school attendance.

Latino Health Initiative Health Fair at AHS on 10/14

Eileen described the effort behind organizing a health fair to bring a wealth of services and information to all members of the community. Services include sports physicals, eye/vision evaluation and referral, health screenings, etc.

Back to School Bash: Mark reported participating in the August 19th event by performing a series of sports physicals. He reported good participation.

Epi-pens for Athletic Trainers Eileen reported that the ATs requested being able to access undesignated epinephrine to administer to athletes believed to be experiencing anaphylaxis even though they declined the offer to be able to use albuterol for students having an asthma attack, which they are much more likely to encounter. Since epinephrine can be purchased for less than an exorbitant amount, and sting allergies can occur unpredictably, the board supports ATs being able to access epinephrine, being mindful of the [climate conditions for the devices' excursions](#). See AAP's recommendations [here](#).

(Autoinjectors should be stored in the carrier tube provided at a temperature of 20-25 °C (68-77 °F); however, temperature excursions between 15-30 °C (59-86 °F) are permitted.^{1,2} EPIPEN, EPIPEN JR, and Epinephrine Injection, USP Auto-Injectors should not be stored in refrigerators or in a vehicle's glove box.^{1,2} EPIPEN Auto-Injectors and their authorized generic auto-injectors should not be exposed to extreme heat or cold and should be protected from light).

COVID Update

Eileen reported that schools experienced a number of COVID cases during the first few weeks of the semester, but that cases numbers have tapered off. She reported that the eventual goal is to move management to the point that students and staff stay home when they are sick and go to school when well. Current practices include:

- a) Per CDC guidance students and staff who test positive are instructed to isolate for 5 days irrespective of symptoms and can return if they wear a well-fitting mask on days 6 through 10 provided they are fever-free and their symptoms have improved.
- b) Schools are still tracking cases reporting outbreaks (6 classroom outbreaks identified to date) to BRHD, notifying families of outbreaks and shifting to more stringent exclusion for students who have symptoms at school from classes experiencing outbreaks.

Eileen reports learning that ACPS is the only school division in the health district still tracking cases and that when outbreaks are declared, families are notified and students in those classes who experience

symptoms are recommended to test. The board recommends that schools continue with their current management strategies through the end of the first semester when the onset of winter and family gatherings for holidays may bring another surge, and the matter can be re-evaluated in January.

ACPS COVID Cases SY 23-24

| Week of | Students | Employees | Total |
|--------------|------------|-----------|------------|
| 1-Sep | 50 | 19 | 69 |
| 8-Sep | 88 | 15 | 103 |
| 15-Sep | 34 | 11 | 45 |
| 25-Sep | 18 | 10 | 28 |
| 2-Oct | 19 | 3 | 22 |
| 10-Oct | 11 | 3 | 14 |
| Total | 220 | 61 | 281 |

Health Care for Low Income Students Eileen reported being able to tap into some community resources to provide some healthcare services to underserved students. She also reported receiving some funds from Sentara Martha Jefferson *Sentara Cares Foundation* as well as applied for a grant. She has been arranging dental care for specific students experiencing dental pain.

Proposed Physical Exam Clinics for Late Spring or Summer

- 1) Consider scheduling a clinic for rising kindergarten students to offer physicals as well as educational information about the importance of establishing a primary care provider.

The physicians think preschool physical exams may need a quieter and more controlled environment since the exam and history taking can be more involved. It may make sense to try to set aside some time for providers to see prospective students at their own practices. Diana can look into seeing if Sentara MJH can sponsor this effort.
- 2) Also consider scheduling a sports physical clinic prior to the Aug. 1 fall sports tryout, as previously discussed also emphasizing the importance of primary care and the superiority of obtaining an annual physical exam from a PCP.

School Health Services Data Since the meeting ran past the scheduled ending time, Eileen will present the data at the next meeting.

Upcoming Meeting Dates Meetings will be 6:30 to 8:30 pm in room 320 of the McIntire COB

1/17
3/20
5/15

