

Minutes of the Regular Meeting
School Health Advisory Council (SHAC)
Pearland Independent School District

A Regular Meeting of the Pearland Independent School District School Health Advisory Council (SHAC) was held on **Monday, November 4, 2024**, beginning at 4:00 p.m.

1. Welcome & Introductions

- a. Dr. Nixon began the meeting with a summary of the September meeting and reviewed the feedback received from the SHAC questionnaire. The feedback indicated a strong interest in learning more about student mental health. Dr. Nixon shared that the focus of today's meeting is to get a better understanding of the specific concerns parents and community members have regarding student mental health.
- b. Dr. Moore welcomed the school counselors that joined the SHAC meeting – Crystal Bryant (Massey Ranch Elementary), Amina Jarvis (Sablatura Middle School), Xochil Hinshaw (PJH South), Dr. Dawn Coryat-Hon (PJH West), Lisa Cudd (Pearland HS), and Chris Daniel (Dawson HS).
- c. Dr. Moore shared several conversation starters from Character Strong including Take 5, Tell Me More, and Click On Family Character Dares. These activities can increase conversation and connection with family members.
- d. Dr. Moore then provided an icebreaker activity for SHAC designed to create an environment that prepares the group to discuss mental health issues. There was a school counselor at each of the SHAC table groups. Dr. Moore gave the group time to think about and respond to one of the following questions, "What is something that makes you feel positive and proud?" and "My favorite way to spend free time is . . ." Table groups then had time to discuss their responses.

2. Guided Discussion – Student Mental Health

- a. Dr. Moore discussed the importance of having good mental health. Focusing on the positives has many scientifically proven benefits such as lower rates of depression, lower levels of distress and pain, better psychological and physical well-being, and increased life span (Mayo Clinic).
- b. Dr. Moore asked participants to write responses on sticky notes and post them on the chart paper for each of the following questions:
 - i. What do you think of when you hear the words **mental health** (positive/negative)?
 - ii. What are the **barriers** and **stigmas** associated with seeking mental health support?

- iii. What specific **needs** to you see in young people?
 - iv. What can schools and the community do to **support** young people?
 - c. After the group had an opportunity to write their responses and post them, Dr. Moore facilitated a discussion of each of the four questions. She shared the individual responses and asked for feedback and insights from the panel of school counselors throughout the discussion. SHAC members also contributed insights and asked additional questions.
- 3. Mental Health Panel Discussion with School Counselors
 - a. Dr. Moore also facilitated the panel discussion with the School Counselors. The School Counselors shared the mental health challenges that are prevalent at their grade level and how they are currently addressing the mental health needs of students.
- 4. Discussion of Future Topics
 - a. Dr. Nixon shared that another area of interest that came from the SHAC questionnaire was social media and the impact on our students, and digital safety.
- 5. Next Meeting – Monday, February 3, 2025