

PISD

School Health Advisory Council

Agenda and Minutes

Hybrid - Zoom (virtual) and In-person

Date: Tuesday, October 21, 2025 @ 6:00 - 7:00

Debra	Nash
Kayla	Walling
Amber	Evans
Hallie	Mendez
Briana	Jensen
Raquel	Pastrana Rodriguez
Maria	Stiney
Wendy	Cain
Sara	Trammell
Billiejo	Adams
Allison	Gonzalez

Agenda

Presenter	Description	Time
WAC	Call to order / Begin recording meeting through Zoom	5 min
All	Roll Call / Introduction of any new attendees	5 min
KW	Approve previous meeting minutes - 9/9/2025	5 min
WAC	Old Business - 1. Yearly goals for SHAC 2. Discussion of research for EAP for district staff 3. Texas Mobile Imaging possibility for district employees 4. District Updates a. Health Services b. Nutrition Services c. Counseling Services	10 min

All	New Business - 1. Continue research for a possible Employee Assistance Program (EAP) for district staff. a. On 10/1/2025, Wendy Cain had the opportunity of reconnecting with PsychPlus i. an online provider that could offer a certain number of sessions for either in-person or virtual therapy through their provider ComPsych b. EAP Services at a Tier One Level: i. Possible 5-6 sessions for each employee ii. Would also include household members iii. After sessions - ready access to further resources iv. Additional support would then be based on employee insurance v. Currently 1600 employees vi. Good starting point for balancing affordability to the district with meaningful employee access c. They provide the following: i. In-person therapy and psychiatry at nationwide locations ii. Virtual/video services available iii. Hybrid models for flexible care delivery iv. 24/7 crisis support & immediate access to care d. Care Journey typically involves: i. Self-referral or EAP referral to ComPsych ii. Psychiatry-led evaluation to determine care plan iii. Immediate scheduling of therapy sessions iv. Assigned therapist who specializes in individuals' unique care needs v. Progress tracking vi. Care modifications as needed vii. Incorporation of PsychPlus wellness tools and resources 2. Parent Information Nights (PINs) a. Collin County Child Advocacy Center - Wednesday, October 22nd @ 6:00 - 8:00 (PSHS Auditorium) - Protective Parent Program - Workshop format seeking to empower parents and caregivers in keeping their children better protected from abuse. The training will discuss the conversations that should be held with children including questions that should be considered to make their environment safer, and common offender	32 min
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	behaviors. b. Other Topical Ideas? i. Self-Harm and Suicide Ideation - possible presenter through the Suicide & Crisis Center of North Texas - "Signs of Suicide - Awareness Training ii. YMHA offerings taught by PISD Counselors iii. ACEs 101 Training - through Cook Children's iv. Gaming Safety Quest - PACT - focusing on Gaming and Trafficking Awareness (grades 7-12) 3. School Employee Wellness - Potential Offerings a. TX Mobile Imaging for screenings b. Employee Survey - next step? c. Types of Offerings i. Activity or Event - individual or group classes, challenges, gatherings or events ii. Benefits - insurance coverage, flex time, incentives and reimbursements, EAP and other benefits (usually through HR) iii. Healthy School Environment - infrastructure, policies, practices and norms that support healthy behaviors iv. Information and Awareness - awareness campaigns, resources and educational materials 4. District Updates a. Health Services b. Nutrition Services c. Counseling Services	
WAC	Announcements - • Next Meeting - Tuesday, November 18, 2025	2 min
WAC	Adjournment • Time Started - pm • Time Stopped - pm	1 min

Action / Future Items

Owner	Description	Date Due
All	Research on other topics for Parent Information Nights	TBD

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Minutes

Call to Order at: 6:01 pm
Recording Started at: 6:01 pm

Roll Call /Introduction of any new attendees

- Debra Nash
- Maria Stiney
- Amber Evans
- Raquel Pastrana Rodriguez
- Wendy Cain
- Kayla Walling
- Billiejo Adams
- Sara Trammell

Approval of Previous Minutes of 9/9 /2025 meeting

Previous Meeting Minutes: Read by Wendy Cain

Motion made by: Kayla Walling , Seconded by: Raquel Pastrana Rodriguez

Old Business -

- 1) SHAC goals for the 2025-26 school year
 - a) Community activities (bootcamps, dance lessons, etc) being provided to staff once a month - special rates/discounts
 - b) Self-defense / self-protection lessons / training for employees / families? (Debbie Nash will research and bring back info)
 - c) Campus teams - check-ins with a buddy / coffee talks for staff / mental-health check-in for staff (Kayla Walling can bring more info back)
- 2) Employee Assistance Program (EAP) research for possible inclusion in 2026-2027 school year
 - a) 9/2/25 WAC visited with PsychPlus who will create a proposal
 - i) Online provider - can offer so many sessions in person or online
 - ii) Virtual therapy
 - iii) 24/7 phone support
 - iv) Work life support
 - v) Critical incident support
 - vi) Mindfulness, meditations, sleep & focus exercises
 - vii) Interactive workshops, webinars, etc.
 - viii) Follow-Up meeting on 9/17
 - b) EAP Will be at a cost to the district
 - c) Could there be Nominal fees for employees to implement this?
 - d) Hesitation - CareSolace was brought in for district wide use and we had very

few take advantage of this

District Updates:

A) Health Services

- a) Jumped into November numbers EARLY because of the size of campuses;
- b) Balancing new consents and new way of approaching
 - i) Fluid and moving pieces and layers

B) Nutrition Services

- a) New after school feeding program - currently at 9 campuses
 - i) All secondary campuses & 4 elem that have B&G clubs
 - ii) Qualifying program - tutoring
 - (1) Can be extended to any student that are staying
 - (2) Free to all students, 18 & under
 - (3) Meal pattern is compliant for "supper" - all the food group components
 - (4) Grab and go but have to eat it on campus
 - (5) Could expand and can focus on heavy tutoring days
- b) F/R Applications: still have 701 students that will lose benefits if parents do not complete applications - anyone can apply for F/R at any time - those that lose status will have to pay the charges that accrue

C) Counseling Services

- a) Postsecondary planning at HS
- b) Elementary - a lot of big feelings - transitioning covid babies to Kindergarten

New Business:

A) Continued research for PISD EAP

- a) PsychPlus(EAP provider) /ComPsych (online provider of services)-Wendy met with on 10/1 - providers that could provide online MH sessions
 - i) Different tiers of services
 - (1) Tier I - 5-6 sessions for each employee (just under \$25,000 per year) \$1.45/employee for 5 sessions and \$1.70/employee for 6 sessions - includes employee & household
 - (a) Allows time to see some notable change
 - (b) Could go up to as many as 12 sessions - annual total would be around \$30,000
 - (c) After sessions ended, then the cost would flip over to employee's insurance
 - (d) 24/7 crisis support and access to care
 - (e) Self refer or EAP referral
 - (f) Evaluation for care plan
 - (2) Tier II -
 - ii) Mr. McIntyre was interested in this / Ms. Powell believed it would be a good request
 - iii) Possibility of starting in the Spring
 - iv) ROI - shows on average \$3000 / employee through reduced turn over, absenteeism, and other costs

B) Topics for possible Parent Information Nights (PINs)

- a) 10/22 - Child Advocacy Center is presenting their Protective Parent Program
- b) Cook Children's has some things - ACEs 101 Training

- i) There are pre-recorded trainings available as well
- c) 180 Degree program - offering parent training on Aces, media Usage guidelines, Social Media and the Developing Brain
- d) Self-Harm & Suicide Ideation - "Signs of Suicide" awareness training for parents
 - i) Could we find something specific to self-harm & eating disorders?
- e) Gaming & Trafficking Awareness - online course that parents and their students (7th -12th) can complete online - Amber will try it out with her students to see what it is like
- C) School Employee Wellness
 - a) Tx mobile Imaging for Screenings - good resource, but is it best resources?
 - i) \$150 cost - for screening / get a note that says concerns - go to PCP
 - b) TxHealth Resources meeting next for Debbie & Wendy - has potential for wider reach
 - c) Healthy School , Health Staff, Healthy Students
 - d) Types of Offerings
 - i) Preventive services - flu shots, etc
 - ii) Next meeting - discuss appendix I - what are some helpful things that we could offer to staff? Each person give top 3 / top 4
- D) District Updates
 - a) Health Services
 - i) Immunizations are up
 - ii) Vision / hearing testing is underway
 - (1) Referral to eye dr for glasses
 - iii) Not seeing many infectious diseases at this time
 - b) Nutrition Services
 - i) Celebrating National School lunch week - international options every day
 - (1) This can help incorporate more diverse food options into our lunches
 - ii) Gearing up for Thanksgiving
 - c) Counseling Services
 - i) Working on postsecondary planning
 - ii) Elementary schools are working towards Red Ribbon Week
 - iii) PIN tomorrow night

Announcements - Next meeting - Tuesday, November 18, 2025

- Hybrid format

Adjournment at: 6:53 pm