

Minutes of 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, September 22, 2025**, beginning at 4:00 p.m.

1. Welcome & Introductions

Dr. Nixon reviewed the SHAC survey results from the previous meeting, identifying the top three priority areas for the 2025–2026 school year:

- Mental health, stress, and coping skills
- Bully prevention and social skills
- Healthy relationships and conflict resolution

2. Introduction of SHAC Parent Co-Chairperson for 2025 – 2026

Dr. Nixon recognized and thanked Ms. Tracy Chiappetta, representative from Pearland Junior High South, for volunteering to serve as the SHAC Parent Co-Chairperson for the 2025–2026 school year.

3. Review Erika's Lighthouse Program – Katie Conklin, Vice President of Programs from Erika's Lighthouse

Ms. Conklin provided a comprehensive overview of Erika's Lighthouse organization and its mission to promote adolescent depression awareness, reduce mental health stigma, and support suicide prevention efforts. Key components included:

- Program Mission and Background: Erika's Lighthouse was founded in 2004 following the death of an 8th-grade student, with the goal of providing free, evidence-informed mental health education to schools.
- Program Structure: The organization offers four core pillars for schools:
 1. Classroom Education
 2. Student Empowerment Clubs
 3. Family Engagement Resources
 4. School Policy and Staff Training
- Curriculum Resources: Three tiers of student lessons (Levels 1–3) cover mental health awareness, depression education, and suicide awareness. Lessons include videos, slide decks, workbooks, exit tickets, and self-referral opportunities.

- Family and Staff Support: Parent workshops, conversation guides, workbooks, and staff training modules are available in English and Spanish.
- Texas Implementation: More than 100 Texas campuses used Erika's Lighthouse materials last year, impacting over 56,000 students.

Ms. Conklin emphasized the program's fully free access, turnkey design, and alignment with national health education standards.

4. Implementation of Erika's Lighthouse at Turner College and Career High School – Melissa McDavid, Student Support Counselor

Ms. McDavid shared Turner's extensive use of Erika's Lighthouse materials over the past several years, highlighting:

- Classroom Education: Annual implementation of the one-day suicide prevention and mental health curriculum, which has been positively received by students.
- Student Empowerment Club – "Cats Care": The club conducts monthly schoolwide activities promoting mental wellness, including:
 - Stress-management walls and gratitude trees
 - Affirmation posters and coping-skills tables
 - Aromatherapy dough activities
 - Collaboration with NAMI and the Houston Suicide Prevention Coalition
 - Participation in local mental health awareness events
- Family Engagement: Materials are routinely shared at Open House, parent nights, and conferences.

Ms. McDavid noted that the ready-to-use resources make the program accessible and impactful on her campus.

5. Discussion of Future Topics

Dr. Nixon previewed upcoming agenda items and shared plans for:

- A Crime Stoppers presentation at the November meeting
- Districtwide sharing of Erika's Lighthouse materials with school counselors on November 20, 2025
- Expansion of mental health resources at all grade levels
- Continued SHAC collaboration to support student emotional well-being

Members expressed support for districtwide implementation of Erika's Lighthouse resources.

6. Next Meeting – Monday, November 10, 2025