

PISD

School Health Advisory Council

Agenda and Minutes

Hybrid - Zoom (virtual) and In-person

Date: Tuesday, November 18, 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 - 10/21/2025	5 min
WAC	Old Business - 1. Update on District Employee Assistance Program (EAP) for staff mental health w/ PsychPlus 2. Reviewed information on Parent Information Night (PIN) for 10/22/2025 a. Brief discussion on what might be some other topical needs for district i. Self-Harm and Suicide Ideation - Suicide & Crisis Center of North Texas - more	10 min

	information to come ii. YMHFA offerings to community by PISD Counselors iii. Adverse Children Experiences (ACEs 101) Cook Children's iv. Gaming and Trafficking Awareness for grades 7-12 - Gaming Safety Quest (PACT)- more information to come 3. School Employee Wellness Potential Offerings a. TX Health Resources for mammograms for staff and community b. Discussion about using the NACDD Guide to Improving School Employee Wellness to highlight potential offerings that the SHAC would like to focus on 4. District Updates a. Health Services b. Nutrition Services c. Counseling Services	
All	New Business - 1. Employee Assistance Program (EAP) for Staff Mental Health a. After further discussion, the district presented the PyschPlus program to the Board 11/17/2025 b. Starting in January for a partial year roll out from Jan to Aug. c. Employees and their families would have a total of 6 available sessions for that 8 month period d. Contract would then start over again in Sept for the 2026-27 school year 2. Texas Health Resources a. On 10/29/2025 - D.N. and I had the opportunity to speak with Lisa Rose, who oversees the Mobile Health Imagining units b. Discussion of bringing the unit(s) out for next school year i. Maybe once in the fall and once in the spring c. Offering mammograms to both staff and community w/ separate days for each d. Possibly offering 4 days total (if their schedule allows) to have it parked in various locations in the district) 3. Update on Parent Information Night - 10/22/2025 a. Collin County Child Advocacy Center presented their Protective Parent Program b. Unfortunately, only 4 parents came	32 min

	c. Counselors outnumbered parents d. Discouraging when parents say that more offerings are needed, but then the turn out is not what we hoped for 4. Suicide & Crisis Center of North Texas a. Met w/ Lavidia Davison on 10/31/2025 to discuss their offerings and a potential partnership w/ the district i. Ms. Davison is able to offer parent training on the signs of suicide ii. Hour long training that could be done virtually iii. Focuses on effective identification, intervention strategies and appropriate steps to take when a person is showing warning signs b. Life Squad training for students i. Focus on establishing a peer mentor network for middle and high schools 1. Important since the PALS program is now only focusing on elementary schools ii. 2 month training for students that are chosen by the campus 1. How would the campus schedule this? 2. Maybe training could be done as a club? iii. More information would be needed how this would work on campuses 5. Counselor Curriculum a. Counselors are beginning the process of reviewing counseling curriculum and making any needed adjustments for the 2026-27 school year. b. I don't believe that there will be any major changes as nothing new has been mandated through this last session of the legislature. 6. Potential Wellness Offerings - can we discuss the items that we each thought (from the NACDD - Guide to Improving School Employee Wellness) a. Possible targets for further discussion 7. District Updates a. Health Services b. Nutrition Services c. Counseling Services	
WAC	Announcements - • Next Meeting - Tuesday, January 13, 2026	2 min

WAC	Adjournment • Time Started - pm • Time Stopped - pm	1 min
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Action / Future Items

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

Minutes

Call to Order at: 6:01 pm Recording Started at: 5:59 pm
Roll Call /Introduction of any new attendees • Debbie Nash • Maria Stiney • Amber Evans • Allison Gonzalez • Raquel Pastrana • Kayla Walling • Wendy Cain • Sara Trammell
Approval of Previous Minutes of 10/21/2025 meeting Previous Meeting Minutes: Read by Wendy Cain Motion made by: Raquel Pastrana , Seconded by: Allison Gonzalez / Amber Evans
Old Business - 1) Old business was discussed District Updates: A) Health Services B) Nutrition Services C) Counseling Services

New Business:

- A) EAP - Psych Plus has been in discussion; We will not be moving forward with PscyhPlus - There are two alternatives
 - a) 1 is through our insurance - 2 plan options cover mental health / one does not
 - i) 700/1700 are covered by insurance
 - (1) Only 400 are covered through insurance
 - (2) \$0 copay for telehealth for mental health
 - (3) Only for those with coverage through PISD insurance
 - b) 2nd EAP is through American Fidelity - All Employees covered (and immediate family (kids up to 26)) at no cost to district - 100% of employees
 - i) Calling / live chatting with counselor
 - (1) Call / text / email / live chat
 - (2) Can schedule appointment ahead of time
 - (3) Online group available as well
 - ii) Unlimited - 24/7/365
 - (1) Cover a plethora of concerns
 - (a) Care plan - primary concern - next step to care
 - (2) Legal & financial planning assistance
 - (3) Other assistance as well
 - (4) Some bilingual content - English / Spanish
 - (5) Some self-guided options as well
 - (6) Do have a referral list of community resources with openings
 - c) Information will be going out to employees tomorrow (11.19) about the programs available
 - B) 10/29 - WAC & DN spoke with TX Health Resources about mobile units for wellness / screenings
 - a) Once in fall for 2 days - employees / community
 - b) Once in Spring for 2 days - employees / community
 - c) Can usually only do about 20 screenings in 1 day
 - i) Really for those who cannot get access to primary care doctors / etc.
 - d) We will start with mammograms
 - e) We will advertise, but people would sign up with TX Health Resources
 - f) Trying to target on our work days for staff
 - C) 10/22 - Protective Parent Program with Collin County CAC - only 4 parents attended
 - a) What if we provided child care? Could this help with attendance?
 - D) Potential partnership with Suicide & Crisis Center of North Texas
 - a) Willing to do 1 hour presentation VIRTUALLY!!
 - b) Focuses on effective identification, intervention strategies and appropriate steps to take when a person is showing warning sign
 - c) Has a program called Life Squad training for students - FREE
 - i) Focus is on training peer mentor network for middle and high school students
 - ii) 2 months training for students chosen by campus
 - (1) Active Minds club at PSHS?
 - iii) More information is needed
 - E) Counseling Curriculum

- a) Not many major changes foreseen
- b) Nothing mandated through the last legislative session
- F) Potential Wellness Offerings
 - a) On-site cancer screenings
 - b) Healthy Staff meeting policy
 - c) Provide PD on SEL, Trauma Informed Approaches, and Resiliency
 - d) Sleep resources and information
 - e) Exercise Challenges / Nutrition Challenges
 - f) Promote local fitness opportunities
 - g) Recognizing staff contribution and achievement
 - h) Cooking /Nutrition Classes
- G) Social Identity Quest from PACT & HardRock
 - a) Amber tested this out - very interactive for parent; good information; has good potential for student usage / learning
 - b) Information has the potential to be beneficial for parents and students - worth sending out as resource to students and parents - you do have to put a district / organization affiliation
- H) District Updates
 - a) Health Services - Just finished state report for Immunizations; seeing a lot of stomach bug; usually see this - so nothing out of the norm; Science camp is going on right now - doing great; Only a day camp @ Camp Wisdom
 - b) Nutrition Services - Thanksgiving lunches are in full swing this week; halfway done; going well - positive feedback so far! Serve over 1,000 meals on thanksgiving meals and usually only feeding about 400-450 / day
 - i) After school feeding program - free to all students - as long as the student is staying for "a" reason - middle schools are doing pretty well; LHS/PSHS are not using it so much; open from 3:05 - 3:30
 - c) Counseling Services - course requests beginning in December for LHS / PSHS; individual conversations with students; upcoming 9th graders - Jan 22 - 30th - choose graduation plans;

Announcements - Next meeting - Tuesday, January 13, 2026

- Hybrid format

Adjournment at: 7:05 pm