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, February 2, 2026**, beginning at 4:00 p.m.

1. **Welcome & Introductions**

   Dr. Nixon provided an overview of the SHAC's purpose and emphasized that the committee reviews and receives information about programs/resources connected to student wellness, mental health, and prevention education before those resources are used with students.

   Dr. Nixon noted that student needs differ across grade levels (elementary, middle school, junior high, high school), and the district aims to provide counselors with a variety of developmentally appropriate options to best meet campus and student needs.

   Dr. Nixon introduced the meeting's two guest presenters:

   - Jenna Fondren, Crime Stoppers
   - Alexis King, ADAPT Prevention Programs

   Dr. Nixon also recognized Dr. Coryat-Hahn, Student Support Counselor from Pearland JH West, for providing counselor perspective on district needs and the value of the programs.

2. **Crime Stoppers Program Presentation – How Crime Stoppers Programs support Senate Bill 9 requirements related to human trafficking, teen dating violence prevention, bullying, digital safety, and substance abuse prevention.**

   Jenna Fondren, representing Crime Stoppers, presented an overview of the Crime Stoppers Safe School Institute and its role in supporting school safety through prevention education and anonymous reporting. Ms. Fondren explained that Crime Stoppers has a long-standing history as an anonymous tip line and has expanded its work since the 1990s to include comprehensive, prevention-focused programming in schools across Texas.

   Ms. Fondren described the Safe School Institute as a proactive approach to school safety that emphasizes student empowerment, recognizing that students are often the first to observe potential safety concerns on campus. She emphasized that Crime Stoppers' goal is to reduce victimization, deter delinquent behavior, and provide students with clear tools to report concerns safely and anonymously.

   The presentation highlighted age-appropriate programming available for elementary, middle, and high school students, with a primary focus on middle and secondary campuses. Topics include digital safety, bullying prevention, substance use, mental health awareness, teen dating violence, and

human trafficking. Ms. Fondren noted that programming is prevention-focused, avoids scare tactics, and is designed to be relatable and engaging for students while emphasizing informed decision-making.

Ms. Fondren reviewed Senate Bill 9 requirements, including the requirement for parent opt-in for certain presentations. She described options available to districts to support transparency and compliance, such as parent preview Zoom sessions, advance sharing of presentation materials, district-ready parent communication resources, and the ability to adapt content based on district feedback.

Specific presentation goals for teen dating violence and human trafficking were outlined, including identifying warning signs, understanding applicable laws (such as consent-related laws), recognizing grooming and manipulation tactics, and providing clear reporting procedures and local resources. Ms. Fondren emphasized the importance of ensuring students are not only informed about risks but also understand how to seek help for themselves or others.

Questions from members included clarification regarding consent laws and the impact of substance use on the ability to consent. Dr. Coryat-Han shared positive feedback regarding prior Crime Stoppers presentations, noting strong student engagement, relevance of content, and the organization's ability to tailor presentations to time constraints and campus needs.

3. **ADAPT Prevention Presentation – How ADAPT Prevention programs focus on increasing awareness, building life skills, and strengthening family connections to help prevent risky behaviors, substance use, and address issues before they start.**

   Alexis King, Director of ADAPT Prevention Programs, presented an overview of ADAPT's prevention-focused services, and explained that the organization serves both youth and adults through education and early intervention. Ms. King defined prevention as addressing risk factors before problems begin and emphasized that ADAPT's work is centered on helping individuals make informed, healthy decisions.

   Ms. King outlined ADAPT's prevention priorities, which include alcohol and underage drinking, marijuana and other cannabinoids, illicit drugs, prescription drug misuse, tobacco and nicotine products, and behavioral health. She explained that behavioral health programming addresses mental, emotional, and physical well-being and supports the development of self-regulation and coping skills.

   ADAPT offers all services at no cost and is funded through state grants. Ms. King described three primary service areas: positive alternative activities, prevention-based health presentations, and curriculum-based programs. Positive alternatives include structured, substance-free activities such as sports events, vision board workshops, and other creative engagements designed to promote healthy choices. Prevention-based presentations are tailored to meet the specific needs of schools

or communities and may address topics such as substance use education, self-care, self-image, and decision-making skills.

Ms. King also described ADAPT's longer-term curriculum offerings, which require a commitment from participating schools or families. These include Curriculum-Based Support Groups for students experiencing trauma or other risk factors that increase vulnerability to substance use. These groups meet weekly over approximately 12 weeks and focus on building protective factors through guided discussion and support. The Strengthening Families program was also highlighted as a structured curriculum that supports parents and children together by improving communication, strengthening family relationships, and promoting stable home environments.

Counselors and SHAC members shared positive feedback regarding the presentation and expressed strong interest in partnering with ADAPT to provide additional support for students and families and to supplement required prevention education efforts.

4. **Review District Wellness Plan**

   Dr. Nixon provided an overview of the District Wellness Plan and asked members to review the document and provide feedback or suggestions. She noted this year marks the three-year audit cycle and that results from the district and campus audits will be presented at the April meeting prior to any updates.

5. **Discussion of Future Topics**

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

   - Review and update of the District Wellness Plan for the 2026 – 2027 school year
   - Review of the District Wellness Plan Implementation Audit

   Overall, SHAC members agreed that both the Crime Stoppers and ADAPT programs were appropriate, relevant, and valuable resources to support student wellness and prevention efforts across the district.

6. **Next Meeting – Monday, November 10, 2025**