

**School Health Advisory Council Meeting Summary
American Lung Association of Florida
December 12, 2013**

TOPIC	DISCUSSION	ACTION
Introduction	Dr. Charmaine Chibar, Chair welcomed attendees and asked them to introduce themselves.	
Approval of Agenda	Agenda was approved following motion by Dr. Bernstein, seconded by Anne Kist.	
Approval of Summary – November 14, 2013	Approval of the November summary deferred to January's meeting.	
Old Business	<p>Mental Health Committee Dr. Bernstein informed: Efforts continue on gathering support for the SHAC Mental Health Proposal Pilot Project for the School District of Palm Beach County (PBC). This Pilot Project will include up to 15 schools; to focus on the following components: ✓ School-Based Team ✓ School Counselor (s) ✓ In-Home Family Counselor Have had several meetings with School District, looking for potential funding partners and exploring legislative options.</p> <p><u>Sharon Tarlow from West Palm Hospital informed:</u> West Palm Hospital at The Pavilion is offering a presentation and panel discussion from several community and school professionals on Baker Act (BA) at their LUNCH AND LEARN lecture, on Tuesday, January 14th, 2014, from 12:00 to 1:30pm. Lunch will be provided. It will be moderated by Dr. Seth Bernstein. This program will provide an introduction to the legal aspects of the BA and outline the public school process when a youth is considered for BA. This course offers 1.5 CEU credits for registered nurses, licensed marriage & family counselors, licensed clinical social workers, licensed mental health counselors and psychologists. Dr Bernstein informed that the school district will be sending out a school bulletin to the principals on BA Protocol. The Mental Health Association of Palm Beach County (MHAPBC) and its partners are launching a series of community conversations related to the mental health of young people for creating community solutions and keeping youth out of the judicial system. Admission is free. Refreshments are provided. First meeting will be held on Jan 24 @ Quantum Foundation, from 12- 2pm. On April 25, 2014, will be the culmination event designed for community leaders, professionals and consumers to present community solutions and action plan.</p> <p><u>Student Mental Health and Wellness - Michael Kane:</u> There is a need for services in mental health and wellness for the students and their families in Palm Beach County. Data tells us that 5000 children were victims to neglect (2009-2011); 6000+ are living in poverty; 10% students reported being in a physical fight and 25% students reported feeling depressed or hopeless (according to 2011 survey); 36% use computers more than 3 hours/day. Need to look at the children and families' needs from their perspective. Student and family connectedness to school is important. When we support students and families, connectedness and learning improve.</p>	<p>Michael Kane to send electronic version about 1st Annual Student mental Health & Wellness Conference.</p>

	<p>The goal is to engage in a cross-silo approach; everybody walking the same path, we are all working to help children develop mental health and wellness. But we do not have a robust system of cross training. Therefore, Dave Ramos, psychologist and himself, have decided to work in developing a mental health and wellness conference; not to be limited by job category. This conference is in the works; so far, they have had 2 planning meetings.</p> <p>1st annual Student Mental Health & Wellness Conference will be a full day. Attendees will learn how to apply evidence-based, proven practices that support student mental health and wellness.</p> <ul style="list-style-type: none"> · Sessions: (Tentative) Whole school wellness, trauma informed care, mental health and wellness across cultures, community collaboration and referral, bullying prevention, breaking down silos in schools. · Audience: Certified school counselors, school psychologists, SBT members, school nurses, administrators and any educator that works in support of student mental health and wellness. · Confirmed Stakeholders: The School District of Palm Beach County (Psychological Services, School Counseling, Single School Culture Initiative, Student Intervention Services, and Wellness Promotion Task Force). Community partners: Action Alliance for Mental Health, Boys Town South Florida, Children’s Services Council, Health Care District, etc. <p>Looking for feedback from key groups as the SHAC. SHAC members very supportive of this effort. They suggested including the pediatricians.</p> <p>Wellness Promotion Task Force (WPTF) Paula Triana not present. Dr Bernstein shared that the 3rd Annual “Wellness Celebration”, held on December 5, 2013, was a great event. Good turnout of about 350 people. Dr Fishbane received the Lifetime Achievement Award, and Dr. Bilger was recognized with the Wellness Advocate Award.</p> <p>CDC Grant Advisory Committee Dani Fitzgerald not present and no update at this time.</p>	
<p>New Business</p>	<p>Allamanda Elementary School – Presentation: Marilyn Garcia, Principal; Deborah Feinsinger, Health and Wellness Program Coordinator; Kathryn Gorman, Health and Wellness Teacher.</p> <p>Palm Beach Gardens’ Allamanda Elementary School is a public school serving 623 students in grades K-5 including 103 students with autism. Allamanda’s Health and Wellness Campus is the first and only Choice Program of its kind in the School District.</p> <p><u>Highlights:</u></p> <ul style="list-style-type: none"> · Students participate in daily physical activity and receive weekly lessons in the Health and Wellness lab. · Clubs and after school activities focus on a healthy life style like running, nutrition, gardening, dance, walking, healthy cooking and Girls on the Run. · Parent involvement activities revolve around health and fitness education for the whole family. · The Health and Wellness program helps each child develop life-long habits of health and fitness through exercise and diet. It has received great support from business partners, school district and the community. <p><u>Activities:</u></p> <ul style="list-style-type: none"> · Dozens of FPL interns and employees from around the country volunteered at Allamanda Elementary August 8th, to help the school prepare for the new Health and Wellness Campus. Teams of FPL staff did a variety of tasks, including beautification of the school’s Nature Area 	

	<p>garden, working on the outdoor walking trail, an indoor fitness trail, classroom and book readiness and much more. Deborah Feinsinger was the program coordinator.</p> <ul style="list-style-type: none"> · Partnered with the Palm Beach Gardens Green Market to kick off the school year and Allamanda's new Health and Wellness Initiative. Select vendors from the Green Market came to the school's Open House on Friday, August 16 and parents and students were able to buy fresh fruits and vegetables to get a healthy start in educating the whole child and meet the teacher. · As a result of the district's participation with the Commit 2B Fit program, the Miami Dolphins visited Allamanda Elementary for its second Fins Friday of the 2013-2014 school year. Over 600 children participated in the event on Friday, September 20, 2013. Dolphins Youth Programs Director Twan Russell led the event, explaining to the children the principles of being Dol-Fit, while engaging them in a dance contest. Dolphins' mascot T.D. also made an appearance. <p><u>After School Activities/Clubs:</u></p> <ul style="list-style-type: none"> · Girls on the Run – It is a national non-profit program for girls in the 3rd through 8th grade; to inspire girls to be joyful, healthy and confident. It is a 12 weeks after-school program; meets twice a week. Running is incorporated in the lessons. The Allamanda Elementary School Runners completed their second 5K run of the school year on November 10th. · Walking Club · Dance Club · Cooking Club – Whole Foods sponsors Allamanda's Healthy Bees Cooking Club for more than 40 students, underwriting the expense of certain foods, materials, including cutting boards, bowls, pots and pans, and utensils. · Gardening Club · Recycling Club. <p>Allamanda Elementary School is starting an Advisory Board on January 2014. Allamanda Elementary School is putting together a 10-point survey about health issues. Upcoming event: Healthy Life fundraiser on Saturday, December 14 at Berry Fresh Café in Jupiter.</p>	<p>Inviting SHAC members to participate in the Advisory Board 2014.</p>
<p>Announcements</p>	<p><u>Upcoming events</u> MyClinic, Jupiter: It is an independent, non-profit organization that provides non-emergency medical services for adults by appointment only. This clinic is staffed by qualified health care professionals who volunteer to provide services to those unable to afford medical care. It opens every Saturday, from 9am to 1pm.</p>	
<p>Adjournment</p>	<p>Meeting adjourned at 1:30 PM. Next meeting is January 9, 2013</p>	