

School Health Advisory Council Meeting Summary
American Lung Association of SE Florida
September 12, 2013

TOPIC	DISCUSSION	ACTION
Introduction	<p>Dr. Bernstein welcomed attendees and asked them to introduce themselves.</p> <p>Dr. Bernstein, Vice Chair, presided for the newly elected Chair, Dr. Charmaine Chibar, who was unable to attend at the last minute.</p>	
Approval of Agenda	Agenda was approved following motion by Dr. Cynthia Clayton, seconded by Sharon Tarlow.	Meeting agenda approved.
Approval of Summary – June 13, 2013	Summary notes approved following motion by Bud Tamarkin, seconded by Dani Fitzgerald.	Summary 6/13/13 approved.
Old Business	<p>Mental Health Committee – Dr. Bernstein/Sharon Tarlow</p> <p>Sharon Tarlow, Education Coordinator at the West Palm Hospital and co-chair of SHAC’s Mental Health Committee, noted that the committee with expert colleagues participating has now presented two Baker Act Trainings. The first was to about 150-200 school police and it was very well received by all. The second presentation was given to the school nurses at their School Nurse Education Day in August and also well received. Our goal, especially from the hospital setting, is to try to make sure the school nurses and school-based teams are aware as well.</p> <p>The committee plans to continue with presentations of the Baker Act Training to the principals, guidance counselors, and the community-at-large. Also part of the committee’s work has been supporting the review and updates to the Backer Act Decision Tree utilized by the school district. Finally, hot of the press are copies on the entry table of the PBC School District Calendars for SY 2013-14, compliments of West Palm Hospital.</p> <p>Comments</p> <p>It was noted that not all school nurses have a strong mental health background, so both the overview and the specifics in the Baker Act Training increased their knowledge and understanding of their role in the assessment, the Baker Act process and the follow-up needed.</p> <p>The stimulus for review of the Baker Act process/ training originated from a meeting for the Care Giving Youth Project; appreciation was expressed for the committee’s follow through on that concern.</p> <p>In response to a question about mobile crisis teams, Sharon stated that there are two organizations that have contracts for mobile crisis teams: one is South County Mental Health in Delray Beach and the other one is the Jerome Golden Behavioral Health Center, 45th Street, (former Oakwood Center of the Palm Beaches). Jerome Golden serves the northern part of the county plus the Glades. They are contracted to take calls and go out into the schools and the community for children and adults. Some schools are using them and other schools are not using them - that might be something for the committee to explore and get more information on. Mobile crisis teams can come in and perform an assessment but they can not Baker Act. Only a psychologist, physician, judge, law enforcement officer, licensed mental health counselor, or</p>	<p>Next SHAC Mental Health Committee meeting is October 15, 2013 at health department room 2219.</p>

licensed clinical social worker can initiate the Baker Act. The mobile crises teams are mostly staff by master's level therapists and don't have the credentials to actually initiate the Baker Act. It is used for kids that harm or threaten to harm themselves or someone else. School nurses, with their knowledge of the child or the situation and what they know about their recent behaviors can talk with the police officer about what they have seen and heard. The police officer does not need to observe it but can use a witness statement to initiate the Baker Act.

Kim Williams –Thursday, 9/19, launching Breaking the Silence curriculum for 4th and 5th grade with the elementary guidance counselors at their all day training/workshop. This has been sponsored by the Action Alliance, a group of people that have come together to break the stigma associated with mental health issues. It has been worked on for a long time and exciting that we are actually going to have an evidence-based curriculum with 4th and 5th and eventually to 6th grade. There are distinct groups of the Action Alliance in different municipalities. On Saturday, September 21st, in Boynton Beach there is an Action Alliance Workshop for the day at the Marriott with speakers.

SHAC's Proposed Pilot - Dr. Fishbane

Drs Bernstein and Fishbane met with Chief Academic Officer, Cheryl Alligood, and Assistant Superintendent, Keith Oswald, to discuss SHAC's "Proposal on Supporting the Whole Student's Development". The concept was very well received; in fact, the CEO's past experience as a high school principal provided her with a clear understanding of the need for the services/staff/structure recommended in the proposal. The challenge acknowledged by all is the funding, but we wanted to be sure before we proceeded any further that we had the backing of the district administration regarding the proposal. There is also an opportunity to gather further support for the proposal this month at a Child and Youth Symposium planned as part of a tri-board meeting of the county commission, CSC and school boards. Following that meeting, the next step will be to set up a meeting with School Board Chair Chuck Shaw.

Wellness Promotion Task Force – Paula Triana excused today.

The next Wellness Promotion Task Force meeting is scheduled for October 16, 2013 at 8:30 -10:30 AM in the Main Board Room of the School District on Forest Hill Boulevard.

Health Education Committee – Eric Stern

Over the summer Dr. Fishbane, Dani, and I meet to discuss possible strategies to enhance nutrition education in schools. We planned next to meet with Paula Triana and Steve Bonino to learn about school food services and their programs and plans regarding nutrition education, workshops in schools. Regarding physical education in the elementary schools, we did training for PE teachers on August 15th on scholastic games that incorporate literacy and nutrition education. Over the last two years, we've trained 72 schools on this curriculum; this year we will train the remaining 36 elementary schools. We're trying to integrate nutrition into physical education without taking away from standards the state dictates that we must follow in PE classes. The other side of this is partnering with Stacy Lazos in HealthTeacher on a pilot study that will be featured within 3 schools.

Stacy Lazos – Last year, I was looking for some schools with a health focus to do a study with Go Noodle to determine its effectiveness. I approached 3 principals: Tara Dellegrotti at Everglades Elementary, Laura Green principal at Citrus Cove and Ms. Garcia at Alamanda and all of them liked the program but didn't

	<p>want to mandate any more requirements for their teachers. The plan, therefore, is to have two eight-week studies with three groups in each school. There will be a control group that will not use the program at all, a crossover group that will not use it for the first four weeks and will use the games for the second four weeks and there be an intervention group that uses the games all eight weeks. All teachers will keep a diary looking at exemplary behavior versus disruptive behavior. If successful in the classrooms, we hope all teachers will then be interested in using it.</p>	
<p>New Business</p>	<ul style="list-style-type: none"> • Proposed CDC Grant Advisory Committee – Dani Fitzgerald <p>The Grant from the Centers for Disease Control and Prevention (CDC) was refunded for the fourth time for five more years. This grant cycle just started August 1st. One of the requirements of the grant is for a School Health Advisory Committee or Council. Before we applied, I did speak with CDC and informed them that our county had an existing SHAC and requested permission to have a committee under our SHAC for the grant. That’s what I am here to propose: endorsement for a formal grant advisory committee under SHAC to meet the CDC requirement.</p> <p>Next week Dani noted that she and Pete would be attending the Funded Partners Convention in Atlanta and they learn more about the requirements of the grant and specifically the expectations for the advisory committee. At this point, they wanted to be able to state they had received support from their district for the advisory committee. A motion to formally endorse a committee under SHAC as an adhoc advisory committee for the CDC Grant was made by Dr. Seth Bernstein, seconded by Dr. Cynthia Clayton and approved unanimously.</p> <ul style="list-style-type: none"> • “School Health Nurses Speak Out” <p>Ginny Keller introduced the three school nurses and asked them to speak on what is a “typical day” at the respective schools.</p> <p>Joni Bouchard, RN, is school nurses in her first year at Marsh Pointe Elementary School in Palm Beach Gardens. She talked about starting off her day meeting with a teacher and a parent about a student who was having cardiac issues. He’d had open heart surgery, but would need further procedures. He currently had 1,500 extra heart beats a day and he will be having an ablation, which is working on the electrical conductivity and electrocautery of the heart. So the communication was how do we address the needs of the child, how do we make sure that we’re taking the best care of this student on campus, and educating staff on looking for what cardiac signs and symptoms are in heart failure. Also we talked about decreasing his stress, how can we keep him happy in school, and that moving along very well. This year we have numerous new ESE students, many with serious disabilities, at Marsh Pointe, but the teachers thankfully came with them from Allamanda Elementary so they are more use to the children. Everyone is working together toward keeping the classrooms functional well and keeping the children safe.</p> <p>Kathleen Glickman, RN, is a school nurse at Eagles Landing Middle School. On a typical day for middle school - an average day for us involves the (5) diabetic students in our school. That involves a lot of education for the children. We’ve had some students that don’t count carbohydrates and that’s a huge challenge to make them understand the importance of that by talking with the parents and the student. We did have a student last year who finally got it and that was really rewarding to see the difference in control of her diabetes after she learned how to count her carbohydrates. On a typical day in middle school, we get lots of headaches, stomach aches, sore throats, and colds. What I’m seeing though the last couple of years is related to mental health. I’m seeing so much more stress related - we have a lot of</p>	<p>Motion approved to establish CDC Grant Advisory Committee under SHAC.</p>

	<p>children coming in for stomach issues. The parents are mentioning that they are having stomach aches and having to get check out with medical procedures and they end up on the medicine. Mostly its stress related; we're seeing students with anxiety who will come and say they don't feel good and they are in a panic mode. We provide a quiet place for them to sit and relax. We also have asthma issues. There was a kid who could not get on the school bus because he was having an asthma attack. However, it was actually a bullying issue but he was breathing kind of shallow and he was really upset. Another issue is educating the students and the parents because a lot of our parents use the inhaler inappropriately (not as a rescue device but for everyday use). Kathleen oversees about 1,300 students, some with asthma related issues, and she sees about 40-80 students a day.</p> <p>Tricia Marinella, RN - I moved to Florida 5 years ago and my first assignment was at Lake Worth High School. Some of the major obstacles there were language barriers, under-insured, and teen pregnancy. I learned more about teen pregnancy that year than all my other years in nursing. After two years I moved to Parke Vista High School. We have about 3,000 students and there are two school nurses at the school. I don't think there ever is a typical day - you never know what you're going to see so it makes the job exciting. This year we have 16 diabetic students; 11 of those come to the clinic at lunchtime and I oversee their care while the other nurse is busy seeing other kids coming in during lunch. I have a mental health background and I think that maybe gives me a little more knowledge in asking the right questions and finding things out from students that maybe might not have been asked. Dealing with mental health issues is collaborative process - usually I or the other nurse and several assistant principals, school police officer and I have crisis mobile response on speed dial. We have great relationship with West Palm Hospital and work very well concerning students that have been there. One of the obstacles is the family - the parents are in denial and it's really hard to contact a parent to let them know that there is an issue and they need to come to the school so we can talk. We also see a lot of anxiety issues, nervous coming to school or about a test, not eating. We see about 60-80 kids a day mainly with sore throats, coughs, and flu.</p>	
<p>Announcements</p>	<p>Andrew Cuddihy – I would like to thank everyone for coming here today. You probably knew my colleagues Kristina Havelos and Dr. Mike Feinstein. I wanted to introduce myself to the group. I have been the program director for American Lung Association in Miami Dade and Broward counties for many years and now will be taking over in the Palm Beach area. I will make attending SHAC meetings a priority. You're always welcome to use our facility and I am looking forward to getting to know the community.</p> <p>Kim Williams shared with the group information about the State LGBT Symposium at Safe School Institute in Boca Raton, February 5, 2014.</p> <p><u>Upcoming events</u> September 21, 2013 - Action Alliance FREE Workshop at the Marriott September 25, 2013 - Child & Youth Forum at the Convention Center October 9, 2013 – "International Walk Your Child to School Day" October 16, 2013 – Wellness Promotion Task Force Meeting</p>	
<p>Adjournment</p>	<p>Meeting adjourned at 1:30 PM. Next Meeting is October 10, 2013</p>	