



## **SCHOOL HEALTH ADVISORY BOARD (SHAB) Meeting Minutes**

December 10, 2019 | 8:00 – 9:30am  
ACPS Central Office, 1340 Braddock Place, Room 510

### **I. Call to Order**

Meeting called to order at 8:03am

- Members: Debbie Bowers, Robyn Douglas, Stephanie Fellenberg, Karen Seaver Hill, Michael Humphreys, Arnecia Moody and Vivek Sinha
- Guests: Alan Lomax, Michelle Reif and Marcia Jackson
- Liaisons: Elaine McSorley-Gerard, Margaret Lorber
- Absent: Rachel Philpott

### **II. Procedures**

- A. Meeting agenda – approved without alteration
- B. November minutes -- approved with one correction noted
- C. SHAB is seeking a member to volunteer as Secretary

### **III. New Business | Discussion**

- A. SOW Item #1: Advocate in support of daily activity  
SHAB looked at multiple policies (IGAE/IGAF; JHCF-R) which span health, physical education and student wellness. Confirmed that the policy language is current and thorough; language reads as opportunity rather than requirement. Aspire to build a movement culture in ACPS. Group discussed that the challenge is in execution, awareness and fidelity to the policies in place.

- B. SOW Item #7: Evaluate ACPS policies unique to SHAB  
Currently slated to discuss 8 policies in January and February will discuss 8 policies. Members discussed what sort of prep they would need for informed discussion. Also discussed what sort of data would be helpful to understand policy impact and benchmark to other jurisdictions. Resolved to further split the policy review calendar so January will focus on fewer.

SHAB discussed a Draft Policy Feedback Survey (v1). Objective is to assess staff to test their level of awareness; the fidelity of the policy's application; any unintended consequences. Brainstormed ideas in how to distribute electronically to ACPS staff most relevant to the policy under review (Central office + line staff). Follow up discussions will clarify logistics and refine objectives.

- C. SOW Item #4: Define SHAB role in supporting mental health of students  
Members had a robust discussion of a this high-need topic. Many SHAB members and Central Office staff have professional expertise in mental health treatment, intervention and prevention,



which drove the conversation. Highlights include:

- Mental health vs mental illness. Should aspire to getting out of the reactive mode and be proactive in supporting mental health. Several national and local resources were mentioned to advance SHAB knowledge. Ms. Moody will secure a community expert to talk about ACEs at the January meeting.
- The group discussed other community agency representatives that may be a helpful resource to SHAB, specific to this topic (ie DCHS, emergency services at INOVA)
- Would benefit from understanding what are available city-wide resources and how do families access them. Similarly, what are ACPS services and gaps. Both could point SHAB to an area to engage.
- Mr. Lomax noted – Children and Youth Master Plan, Community Health Improvement Plan, Strat Plan 2025 all indicate a lack of understanding of the available resources. This is a frustration to not have a bridge to this.
- Some specific ideas/actions noted include:
  - Community screening of *Anxiety* with community circle discussions and follow up email to parents.
  - Do we implement a generalizes suicide screening question on the intake/daily visit?
  - State of Virginia has inserted language that mental health needs to be a part of the health curriculum. It will drive reframing of the education “health” concerns are as important as movement education. A watershed moment where taking care of body and mind is a critical skill to build
  - Speaking directly to kids at a young age about mental health removes stigma. How can ACPS best identify mental health needs, early and build a referral source or building in-school capacity.

#### **IV. General Updates**

Healthy Youth Healthy Families Town Hall Series: December/alcohol; March/tobacco use; May/marijuana

Community Health Improvement Plan: three workgroups have been launched and meetings are open

- Mental Health – January 9th
- Poverty – January 14th
- Affordable Housing

Meeting adjourned at 9:30 am