

School Health Advisory Committee Meeting Minutes

DATE: January 15, 2020

Call to Order:

The regular meeting of the Fairfax County School Board's School Health Advisory Committee was called to order on (January 15, 2020) at (7:03) pm by Phyllis Payne, Chairman. The meeting was held in room 5055 of the FCPS Gatehouse Administration Center, 8115 Gatehouse Rd., Falls Church, Virginia 22042.

Members in Attendance:

P	Bartus, Camille	P	Hemmat, Joanna	A	Pekarsky, Stella	P	Sheipe, Theresa
A	Chamberlain, Amber	P	Jacobs, Lori	P	Reynolds, Carrie	P	Smith, Ann
P	Danner, Kara	P	Johnson, Teresa	P	Silvia-Torma, Brenda	P	Stiller, Carol
P	Daugherty, Karim	A	Lyon, Libby	P	Sizemore Heizer, Rachna	P	Thompson, Joe
A	Durán, Francisco	P	Michelback, Richard	P	Skurpski, Lea	P	Trouton, Lorraine
		P	Nash, Diana	P	Spanier, Holly	A	Van Breda, Adriana
A	Garsson, Kate	P	Papneja, Shreya	P	Spears, Jennifer	A	Whiting, David
		P	Payne, Phyllis			P	Yo, Seung Je

P=Present A=Absent

1. Call to Order-Phyllis Payne
2. Public Comment: NA
3. Approval of Prior Meeting Minutes: Carol Stiller asked for amendment be made to adjust the minutes regarding Stop the Bleed. Motion made by Ann Smith to approve with amended minutes, seconded by Lorraine Trouton. Unanimously approved.
4. FCPS Updates:
 - a. FCPS earned CHESPRA Award – recognized for Vaping Website;
 - b. Wellness Newsletter for Winter-accessible on SHAC page;
5. Trauma-Sensitive Professional Development & Partnerships presentation: Deborah Scott, Director of Intervention & Prevention was introduced. Mary-Jo Davis, FCPS Coordinator Social Work Services; Laura Thieman, FCPS Social Worker Supervisor; Leigh Henderson, FCPS School Psychologist; Jenna White, FCCPTA Representative to the Fairfax Trauma Informed Community Network. Topics addressed include:
 - *Kognito-online simulation training program “Trauma-Informed Practices K-12”
 - *Trauma 101-Trauma & Resilience Basics
 - *Film Screenings & Facilitated Discussion: Resilience
 - *Trauma Academy Course-Building a Trauma Informed Classroom
 - *5500+school personnel have been trained including 235 principals
 - 2018-2019 Highlights
 - *Over 2000 staff in 54 trainings
 - *Building a Trauma-Informed Classroom Academy Course
 - *Early Childhood ACE Pilot & Education
 - *Trauma-Sensitive Schools: A Resource Guide

Phyllis Payne asked Jenna White and Mary Jo, “What’s your wish list?” Responses included:

- Add positions such as more FCPS Social Work Supervisors
- Don’t silo – make this a multi-disciplinary/multi-department responsibility to create buy-in
- Allow calendar time for training

- Teachers need more time for self-care and to integrate and process trauma-informed practices – to support one another
 - Allow a training option that is less time consuming than the full Academy Course, but more extensive than the brief “101 training”
6. Draft wording for inclusion in SHAC’s final report was presented:

Stop the Bleed

Stop the Bleed is one of our nation's largest public health campaigns to encourage bystanders to become **trained, equipped, and empowered to help in a bleeding emergency** before professional help arrives. It is essential that school nurses who are the first responders in schools, are aware of how to assess and control bleeding emergencies.

Uncontrolled bleeding is a major cause of preventable death. Approximately 4 in 10 trauma-related deaths worldwide are due to bleeding or its consequences, establishing hemorrhage as the most common cause of preventable death due to trauma. Traumatic injury is the leading cause of death for people below the age of 46. Thirty-five percent of pre-hospital deaths are due to blood loss. **Death due to traumatic bleeding can occur in less than five minutes. Emergency response times are typically longer than five minutes.** Of the 147,000 trauma deaths in 2014, 30,000 might have survived with appropriate care primarily control of bleeding.

Stop the Bleed training takes less than one hour. SHAC recommends that FCPS:

1. Ensure that all school nurses and at least three additional persons in each school building undergo *Stop the Bleed* training.
2. Include a Bleeding Control Kit in all school buildings (that includes a Combat Application Tourniquet and Hemostatic gauge) with every AED.
3. Include a CAT tourniquet in school nurses’ “Go bags.”

Committee and staff comments included:

- Fairfax County and FCPS are talking about Stop the Bleed. Lorraine Trouton shared she is currently working with other offices to gather that data. Joanne Hemmat explained that this is a multiagency task.

Comments for consideration in revision to the draft language included the following:

- Joanna Hemmat shared that nurses are not first responders in the schools due to FCPS not having a nurse at every school;
- Lorraine Trouton described that currently each school has many more than three required staff to respond to anaphylaxis and mentioned staff training requirements;
- Lea Skurpski shared that Stop the Bleed Kits are around \$75 and there is an expiration and replacement cycle; Teresa Shiepe multiplied this number by the number of schools noting that the expensive is relatively small when considering the overall budget.
- Carol Stiller suggested we refocus on where kits would be located because in an emergency the students and staff might be locked down in the classrooms;
- Rachna Sizemore Heizer suggested that it would be helpful to have data with regard to bleeding injuries that occur in school buildings/on school grounds.

Phyllis Payne moved to table consideration of the draft wording for a future meeting when SHAC has additional information about Fairfax County and FCPS plans. SHAC members concurred.

Vaping Prevention or Cessation*

Results from the National Youth Tobacco Survey (NYTS) 2019 demonstrates that an estimated 27.5 percent (20.8 percent in 2018) of high school students and 10.5 percent of middle school

students self-reported use of e-cigarettes in the past 30 days. FCPS youth survey data from 2018 demonstrate that **one of every five students (19.8 percent) in grades 8, 10, and 12 have used e-cigarettes in the last 30 days**, which is relatively on par with national numbers.

These increasing numbers are concerning because **the adolescent brain is particularly susceptible to nicotine addiction**. At this point there are limited FDA approved age-appropriate pharmacologic resources. Addiction resources are also limited.

SHAC recommends that **FCPS prepare to address the coming larger problem of nicotine addiction** from the increasing rate of e-cigarette use in our community.

Prevention

- 1) Use prevention efforts as a first line of defense, including **health lessons** about the dangers of vaping **starting in elementary school**.
- 2) Include outreach and education of parents/guardians so they can be part of the prevention efforts and conversations.

Screening and Cessation

- 1) Identify youths who are at risk for nicotine addiction or who are already addicted. Administer screener such as “Hooked on Nicotine Checklist” to identify youths at risk and those who have already become addicted.
- 2) Develop a plan to help our students with cessation. (Focus on punitive discourse is not likely to help our students however there is room for integration of this within cessation programming.) There are 5 As of smoking cessation put out by the CDC. Those are:
 - a. ASK about tobacco use,
 - b. ADVISE smokers to quit,
 - c. ASSESS the readiness to quit,
 - d. ASSIST in creating a quit plan,
 - e. ARRANGE follow-up
- 3) Provide resources for students who are ready to quit. Offer programs for smoking cessation. Methodologies thus far deemed helpful include: Cognitive Behavioral Therapy and Mindfulness -integrated programs. Individual/group programs and other professional resources to help would include psychiatrists (pediatric and/or adolescent focused), and pediatricians.
- 4) Lessons can help students who aren't ready to quit by having them start thinking about quitting, providing reassurance and encouragement.

*In the previous meeting, Phyllis Payne asked if FCPS staff could add a list of current FCPS activities related to vaping to SHAC's year-end report. Comments on the above draft, included:

- FCPS and Fairfax County Health Department are collaborating to address vaping in our schools.
 - Holly Spanier proposed that we postpone revision of the language to allow the county and school system staff to report back closer to SHAC's deadline for reporting to the school board.
 - Deborah Scott shared that FCPS is looking at who is being caught vaping and trying to catch students ahead of time. She said she and Stefan Mascoll would be happy to bullet current practices.
7. Discussion of action steps and/or language for committee to consider
 - *Follow up on Stop the Bleed
 - *Follow up on Vaping Prevention or Cessation Proposal
 - *Phyllis Payne outlined plans to allow SHAC members time to work in smaller subcommittee groups on issues that fit under an umbrella of social emotional wellness:
 - Brain Breaks: Middle School Students
 - Screen Time
 - Sleep is foundational to health

Committee members discussed the subcommittees suggesting that:

- February meeting would include a short summary of FCPS' current activities with regard to emotional wellness.
- "Brain Break" should include high school students as well. Shawn DeRose would be a wonderful resource to share creative ideas implemented that also provide opportunities for social interaction; breakfast break; cafeterias as welcoming places could be an element of this group; students making connections with adults in the building (3 to Succeed).
- Screen time group could consider the following: Social Media & Depression Link; Cell phones in classrooms; Cyber Bullying; Timing of when homework is due.
- Sleep is foundational to health group could consider drowsy driving and middle school start times and collating the existing elements of policy and regulation that relate to sleep health.

Adjournment: 9:00pm

Meeting Handouts:

- Packet: Trauma-Sensitive Schools: Professional Development & Partnerships 2020
- ACEs Adverse Childhood Experiences: Special Presentation "Creating Resiliency by Understanding ACEs FCCPTA General Mtg; 1/5/2020 6:30pm Gatehouse Café
- Meeting Notes Drafted by: (Karim Daugherty)
- Draft wording about vaping and "Stop the Bleed" for consideration by SHAC