

**School Health Advisory Committee Meeting Minutes**  
**DATE: February 19, 2020**

**Call to Order:**

The regular meeting of the Fairfax County School Board's School Health Advisory Committee was called to order on February 19, 2020 at 7:03 pm by Phyllis Payne, Chairman. The meeting was held in room 1600 of the FCPS Gatehouse Administration Center, 8115 Gatehouse Rd., Falls Church, Virginia 22042.

**Members in Attendance:**

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

1. Call to Order Phyllis Payne

2. Approval of Prior Meeting Minutes (1.15.20) Committee

The committee agreed to adjust the style to increase the font. Motion to approve the minutes made by Lorraine Trouton, seconded by Holly Spanier. Unanimously approved.

3. Public Comment- NA

4. FCPS Updates Teresa Johnson

Wellness survey will go out to principals. Required report of our progress is expected.

5. FCPS and social emotional wellness Jenn Spears

Packet provided which reflects school based mental health resources for students through a tiered system of support. A Tiered Intervention Reference table was shared via a pyramid graphic, with less intensive services at the bottom and the most intensive services at the top tier.

Tier 1, or universal services are available to all students, Tier 2 services are typically presented via group counseling using evidenced-based curricula, and Tier 3 services are individually based and the most intensive. The tiered services described were not exhaustive of all supports available and are representative of what staff may elect to do across schools.

Question was posed regarding how this document aligns to the Wellness Policy. Ms. Spears shared it reflects many components of the Wellness policy, many of the school-based services described are requirements of other FCPS regulations/policies. The

committee reviewed the packet. The Mental Health and Wellness Conference is a representative event of the FCPS Wellness policy. More people are being reached at the conference as a result of the partnerships between INOVA Health Systems, Kaiser Permanente and FCPS, and bringing both medical and educational resources into the community in a school setting. Tenth grade students are required to take the online "Friend2Freind" Kognito training this year. Schools are encouraged to select other interventions and wellness activities each year based on reviewing their Fairfax County Youth Survey data results. FCPS expectation is all schools have wellness events and awareness events on a yearly basis. Kognito: Educators are taught signs & symptoms via online simulations, to help with adult/student interactions and offer appropriate resources. Kognito modules are online and available to all Fairfax County residents by setting up an account. Topics include building resilience, supporting military connected youth, bullying prevention, suicide prevention, and trauma informed practices.

In response to a question on Trauma Informed Training, Ms. Spears responded that given the scenarios, the behavior can be reviewed so it can be 'understood'. Ms. Johnson gave an example of the interactive nature of the program as the program goes step by step, what did you see?, how do you respond?, what would you do?, etc. Mr. Thompson shared an educator perspective, stating an educator can respond proactively, help diffuse a patterned behavior style, to help prevent escalation of behavior. The Trauma Informed Training is a new FCPS purchase this year. OUR MINDS MATTER CLUBS, a growing program in high schools, is student led and the hope is to have this group in every middle school over the next few years by adapting the curriculum for middle schoolers. The goal of the Our Minds Matter clubs is to foster connectedness, resources and mental health education to all students. Enrollment in the student strand at the Mental Health and Wellness conference climbed from 35 to about 90 participants this year. Last three entries listed in the packet for Tier 1 are website related resources.

Tier 3- Ms. Johnson shared about Short-term Behavioral Health Services available in 14 schools that provide 8-10 counseling sessions for students in the school setting. Three more schools (Whitman, Glasgow, Mt. Vernon Woods ES) will be receiving these services with a goal of getting to all schools in FCPS. She described how schools may refer or connect schools to the community services.

Ms. Spears shared information and resources described in the packet and presentation are is not exhaustive. Multi-tiered System of Supports (MTSS) helps across all components of student success; social emotional, behavioral and academic related concerns.

Ms. Chamberlain requested clarification of Collaborative for Academic, Social, and Emotional Learning (CASEL), it was described as the leading edge of social emotional learning. A violence prevention grant was awarded to FCPS and additional trainings will be developed to expand to more stakeholders-to include parents, students, and staff. The purpose of the trainings is to identify behaviors of concern or that might lead to violence earlier in students, before a behavior occurs. The stakeholder trainings will be piloted in grades 8 and 11 next year in 10 middle and 10 high schools. The trainings will be rolled out to the division in the 2021-22 school year.

The George Mason University Consortium provides free trainings to community, private, and school system mental health clinicians in evidence-based practices. The goal of the consortium is to expand the use of evidenced-based practices and increase the fidelity of services provided to the children and families in Fairfax County.

Question on depression awareness, is it available for younger elementary ages? Ms. Reynolds said the 7<sup>th</sup> grade resources will soon be available.

Ms. Sizemore-Heizer asked about screening tools. Ms. Spears indicated we use the Signs of Suicide prevention screener in middle and high schools and that students can be screened anytime, not just during a grade-level screening, by school-based mental health clinicians.

Ms. Chamberlain commented about her reflection of the data, from FCPS Kids. One fourth of 6<sup>th</sup> graders reported feeling hopeless in the last 2 weeks. She asked how the school uses this information, what occurs. Ms. Spears indicated that all sixth grades have access to the Signs of Suicide prevention program via the closest middle school. One third of 8<sup>th</sup> graders felt the same way. Fifteen percent of students considered suicide. Ms. Johnson shared the data is reported out by pyramid, which the superintendent supports school reported data, to help with more direct reporting. Ms. Spears was asked who drives decisions about particular topics and needs. Ms. Spears shared her department supports with resources and trainings, yet each school via school counselor, social worker and psychologist. Mr. Thompson responded with example of reaching out to Dr. Bailer and others to review data with K12 principals to align the PTA/PTSA presidents to address issues by community. Across race, Ms. Chamberlain indicated Hispanic students are at highest risk for symptoms of depression and suicidal thoughts and LBGBQ data gets much worse. Ms. Spears shared that LGBTQ youth without family support are at higher risk of experiencing mental health issues and suicidal thoughts and feelings.

Ms. Payne suggested we consider factors such as welcoming environments, positive supports, and emphasizing positive student interactions as a way to support connectedness as we work in our smaller work groups. Ms. Spears indicated it would be ideal to narrow our focus in our work groups to be able to allow the committee to address the various concerns, otherwise the scope is very broad. Ms. Chamberlain suggested the committee focus on the social work and psychological supports in schools. Ms. Sizemore Heizer reminded the committee about concerns around secondary trauma, to be mindful of that possibility coming out of any work on these topics. Ms. Spears validated that sentiment and shared examples of how students are taught to help with minimizing that possibility. Ms. Chamberlain asked about how to offer more support/resources via CSB. Ms. Johnson stated Healthy Minds Fairfax as a suggestion for one way to assist with this area.

#### 6. Working Groups:

Committee members can work independently or in groups of twos.

Facilitator, note taker and what questions and ideas would you want to look into.

- **Brain breaks** for middle and high school students
- **Screen time**
- **Sleep**

The working groups plan to meet at the beginning of the March SHAC meeting to prepare to report out on their respective discussions.

7. Report from working groups and next steps

**Meeting Handouts:**

- TIERS OF SUPPORT - School-based Mental Health Resources