

McKinney ISD School Health Advisory Council
Meeting Minutes September 12, 2019

Attendance: Julie Blankenship, Jean Begala, Patricia Aranibar, Jennifer Akins, Heather Burress, Stephanie Cusack, Rebeka Ecker, Deidre Williams, Haylie Keller, Shane Clayton, Ryan Thomas, Jason Vickery, Amy Dankel, Jill Lueke, Craig Robinson, Inni Adenekan

Meeting was opened by Julie Blankenship at 6:33pm

The minutes from the May 9, 2019 meeting were reviewed. Jennifer Akins made a motion to pass as written, and Rebeka Ecker second that motion. Minutes were approved.

Jennifer Akin presented a review of MISD substance abuse sub-committee. Year in review. Launching a parent canvas course, to help parents learn at their own pace. A building community interest in addressing substance abuse. Piloting at Evans MS a curriculum on substance abuse lessons. Inviting students and parents as well to help build new insights within the community. See handout.

Mother-Friendly Worksite is something that we as MISD do very well as individual campuses. Will table this for now.

The CVS virtual program will be sent to committee as a on-line survey.

Deidre Williams introduced Ryan Thomas, Community Educator to talk about programs from Hope's Door. Ms. Williams would like for SHAC to review and consider topics for MISD.

Ryan Thomas gave a short overview of Hope's Door. Started in the 1980's as a call in help center for women being abused. Now it has grown and is helping many women of Domestic Violence. Ryan made a good point that abuse is not just physical. Free services of victims, family of survivors. 24 hr a day hot-line. 2 shelters, in Plano and Garland. Free counseling. Free legal services.

The emotional abuse is the hardest, and counseling and legal support are so helpful to the clients. There is a housing team that helps clients get out of shelter. There is a course, not free, intended for the perpetrator. To help them understand, heal and prevent further abusive behaviors.

Ryan spoke about a prevention program that helps teens learn healthy relationship skills in the schools. Helping give teenagers a voice. A presentation can be a large assembly or a small group. Texas has a higher percentage of abuse.

Primary Prevention is the focus. 3 levels of education, Level 1 Dynamics is one class for 1.5 hours. Level 2 Expect Respect is a 2 session class Level 3 is Safe dates, 10 sessions. Can do fairs, events and media opportunities to help spread the word. See handouts.

Ms. Williams stated they are trying to get Ryan's programs at the MS and HS campuses. Ms. Williams presented See Something- Say Something. This is a way to get information to the students. A business card sized paper that has helpful numbers for 911, Life Path, Tip411, suicide hot-line, Crisis Text Line. The cards are going to all MS and HS campuses for all students. There is a poster for elementary schools with information to ask adults to call for help.

Mental Health Bill just passed that has prompted schools to make sure they are implementing programs. MISD has already implemented ahead of this bill. Students in attendance tonight offered places to where posters would be most effective for students. Students in attendance at the meeting tonight suggested that small groups is better at a MS due to large assembly is difficult to focus and children creates a safer space to talk and get the most impact.

Group discussed where these programs would be most beneficial, Rebeka stated she feels that MS would be a very good place to do prevention talks and empowerment and understanding.

Julie opened the floor to pilot Level 1 program at MNHS through Psych and Sociology classes. Loei Mitchell would like to pilot this program at Evans MS as well. A motion was made by Deidre Williams and was seconded by Patricia Aranibar.

Rebeka Ecker invited everyone to follow Power Parenting on Facebook.

@mckinneyisdparenting Power Parenting

Heather Burress mentioned she would like to have presentations for PTA/PTO.

Next meeting is 10/10/19 12-1 pm at Central Office

The meeting was concluded and adjourned at 7:34 pm.