

## SHAC Meeting Minutes

September 23, 2021

4:06

Dalen Kirchner introduced himself and members of the SHAC. He called the meeting to order.

4:07

Erin N. nominated Jessica Lutz to be chair of the SHAC committee this year. John Willome seconded the motion. There were no oppositions to the motion.

4:08

Student Ambassadors Carson and Lexi spoke of the dangers of drinking and driving and texting and driving. They are also working on the vaping presentation to speak to the dangers of vaping. Shea Nebgan said that AgriLife Extension has a Watch your back program called "When Shawn Speaks" about a person who was in a collision with a driver who was intoxicated and how it has affected his life. He travels across the state talking about the dangers of drinking and driving. Harper ISD is interested in this program, and he can be brought to Fisd if they are interested.

Dalen Kirchner mentioned that the city does a terrible job leading by example discouraging drinking and driving with alcohol available at youth events throughout the community.

John Willome asked how we can address this specifically to make a difference.

Officer Chris Ayala said they were looking at doing "Shattered Dreams" again this year with the mock crash and funeral around drinking and driving- Shea asked for a date for this so she can get "When Shawn Speaks" booked for the same time.

4:15

Officer Ayala reports that there are 3 School Resource Officers assigned to schools this year. Trying to do more interaction and classes about drug awareness. There is a disadvantage of patrol being short staffed and they are being used there as well.

12 of 13 students in alternative school are related to vaping. School cannot issue citations to students caught vaping on school campus, on the 3rd strike they have the potential of going to court.

The question was asked about what we can do about education: Officer Ayala said that that one problem is that some parent are aware their child is vaping and are more upset they brought it to school and not about them actually vaping.

Students are also vaping products containing THC which is illegal in the state.

Wanda Detmar spoke about Love and Logic and offering it to parents of students who are vaping and/or who have other concerns. – it was offered to have this as a requirement after the first offense. Ron Sutton was on board with helping with this

4:25

Brooke Bodenhamer introduced the mental health well-being program as a switch from the social worker's previous role. The program will be able to provide individual counseling to meet students' individual needs by someone trained in counseling. She shared the goals of the program. She is currently focusing on suicide prevention outreach on each campus, to help get students referred to appropriate individuals to meet their needs so they don't fall through the cracks.

Dear Evan Hansen, a movie coming out about a suicide and then a viral post and following by other people was discussed

Brooke said to be aware of movies and media about suicide

Brooke said that anxiety and depression is rampant and had increased when COVID hit has not yet hit a downward slide. Logan Minshew said he is talking to student daily about depression and anxiety.

Wanda Detmar says she hears about depressed and anxious children from parents daily.

4:37

John Willome spoke about the Good Samaritan, a low income medical, dental, mental health clinic in Fredericksburg. They see few people under the age of 18 because if they see qualify economically they would qualify for Medicaid/CHIP. They also help with referrals. They have a medical outreach program to help people get access to specialists. They also have a prescription assistance program and for \$20 a year they will fill out paperwork to help get their chronic medications. They serve Gillespie, Blanco, and Kimble counties, as well as the city of Comfort and city of Mason.

4:41

Dalen introduced Desiree Bermudez, the lead nurse for the district. Desiree gave a COVID update. COVID hit the district hard at the beginning of the school year. Household exposures are now quarantining. Trying to balance keeping kids at school and keeping kids safe. Numbers are declining. District is still testing employees and children of employees to keep staff at school is possible and quarantining if needed.

4:44

SHAC Committee vote to focus on one or two topics to promote change. Vaping, anxiety/depression, social media/gaming, bullying, and suicide were all mentioned

Jessica asked if Mental Health could be the topic and then all the above topics could be addressed. Brooke said that would be a huge topic and would need to be narrowed down.

John Willome said parent support and input should be brought in.

Logan Minshew said he wanted to focus mainly on anxiety and depression, Jessica Lutz said she also liked that topic

Topic of depression and anxiety was voted as topic of focus

Sub- committee will be formed to gather materials

4:57

There were no other topics or questions needing discussions

4:57

Logan Minshew motioned to adjourn the meeting and Wanda Detmar seconded the motion.