

SCHOOL HEALTH ADVISORY BOARD (SHAB)

January 17, 2025, 9-11 a.m.

Edward L. Kelly Leadership Center, Room 1101 A/B

MEETING MINUTES

Present: Ashley Ausborn, Jacob Edwards, Anthony Clark, Dr. Vanessa Gattis, Mavia Hardiman, Tate Jordan, Kelly Kaczmarczyk, Francesca Knight, Mallory McKnight, Shylea Michaelis, Melissa Laitinen, Dr. Miriam Saad Lender, Connie Meade, Brenda Miller-Dorick, Dr. Ronald Pannell, Cindi Sutton, Jennifer Wall, Linda Woods, Kristie Young, Monica Zoubek.

Call to Order: 9 a.m.

- Introduction: SHAB members were introduced, and new members were welcomed by Brenda Miller-Dorick, supervisor of Student Health Services (SHS)
- Voted to approve meeting minutes from September 20, 2024: All members approved the meeting minutes

New Business

- Ice Breaker:
 - If you catch me by the refrigerator at night, I'm probably sneaking what?

New Discussion

- The legal department created a by-laws template for all PWCS Advisory Committees. The template has been approved by the School Board for use by all Advisory Committees.
- We will email minutes for review prior to our next meeting and request approval of minutes during the April 11, SHAB meeting
- Immunization and physical update
- Secondary device update
- Substance abuse prevention and support in PWCS

SHAB Norms

- Regular meeting schedules
- Agenda
- Minutes
- Email reminders of the meeting, two weeks prior and two days prior to the meeting
- The meeting will commence and end on time
- Parking lot: No monopolizing a presentation just jot down your questions and then at the end of the presentation questions will be answered
- Full attention is needed during the meeting. Minimal use of laptops and cell phones to stay focused

Bylaws

The division council implemented a template for by-laws. These were approved by the School Board for all PWCS Advisory Committees.

The purpose of the School Health Advisory Board (SHAB) is:

- Advise the school division on broad topics or on specific aspects of the coordinated school health program.
 - mental health
 - school nutrition
 - health education
 - health services
 - physical education
 - staff wellness
 - school climate
 - dropout prevention
 - school safety
 - violence prevention
 - drug and alcohol prevention, and
 - family life education
- Provide guidance and serve as advocates for school health concerns.
- Assist with the development of health policy in the school division and the evaluation of the status of school health, school environment, health education, and health services.
- Enhance the working relationship between Prince William County Public Schools (PWCS), other governmental agencies, and the community on topics relating to school health.
- Provide reports on the status, need and recommendation of student health and the school division about any relevant schools, to the Superintendent, to the School Board, to the Virginia Department of Health, and the Virginia Department of Education.

Membership

- The committee shall be composed of voting and nonvoting members
- Eight voting members are recommended by the School Board (stakeholders, parents, teachers, administrators or students)
- The Superintendent will appoint seven voting members (school staff and teachers)
- Based policy 170, membership for the Student Health Advisory Board (SHAB) is a minimum of one full year
- If a member appointed is unable to attend, they are allowed to send a colleague to represent on their behalf
- Members appointed by the School Board shall have the option to serve as Chairperson, Vice Chairperson, or Secretary
- Meeting Frequency: Four times a year

Secondary Devices for Diabetic Students

Connie Mead, SHS Admin Coordinator and Brenda Miller-Dorick, SHS Supervisor

- 269 PWCS Students with diabetes
 - Type 1 Diabetes: 228 students
 - Type 2 Diabetes: 41 students
- Diabetes is a lifelong condition where the pancreas that produces little or no insulin
- Diabetes must be monitored 24/7
- Students with diabetes must balance their intake of food, exercise and medication.
- Students with diabetes must monitor their blood sugar throughout the day
- Advanced technology called Continuous Glucose Monitor (CGM) is a small sensor that monitors and transmits a student's blood glucose level to their monitoring device

- Parents can follow the data of the CGM through a follow app
- When a student's blood sugar is low or high an audible alarm will sound
- Teachers that are responsible for students with diabetes are trained to respond to audible alarms.
- A secondary device will provide another layer of safety for students with diabetes
- This secondary device will be located in a central location (front office area)
- Currently there are 9 students in PWCS who have a secondary device
- Each "follow app" on a secondary device will allow 10 separate students to be followed simultaneously
- Regulation 757-6 was updated to include a secondary device for all students with diabetes or other medical conditions requiring the use of CGMs. A timeline was created to track the planning process which included various PWCS departments to include but not limited to Division Counsel, IT, Communications and Student Health Services
- A parental agreement was created to outline the purpose and utilization of a secondary device
- Staff will receive training for the secondary devices (school nurses, Clinical Team Leaders)
- A parent feedback group will be created along with an informational session for School Principals
- The pilot for the secondary device will be March 3, 2025
- The goal is to implement secondary devices on August 18, 2025

Immunization Vaccine Clinics Update **Cindi Sutton, SHS Admin Coordinator**

- We are beginning our immunization campaign for 2025. We will continue to partner with Mason and Partners (MAP) Clinic and Prince William Health District (PWHD)
 - Starting February 21 through May 2025: We will collaborate with the PWHD to offer vaccine clinics to 11 High Schools
- A collaboration has begun with Sentara Community Care Clinic to offer vaccine clinics for our middle schools on the eastern side of the county.
- We are in the process of planning weekend clinics with MAP who will offer all required vaccines
- We also met with Safeway Pharmacy to discuss possible vaccine clinics. There is a cost involved for these clinics. Further collaboration is ongoing
- UVA Health has offered to provide vaccinators at our vaccine clinics if needed
- Dr. Gattis from the Prince William County Community Foundation paid for school physicals for 15 students at the AFC Urgent Care in Dale City. Dr. Gattis has also offered to pay for water and snacks for our students at each vaccine clinic

Substance Abuse Prevention and Support in PWCS **Mallory E. McKnight and Shylea W. Michaelis, Substance Abuse Prevention Specialist**

The PWCS Substance Abuse Prevention Program Provides support and resources to schools to prevent substance use among students. Aims to equip schools with tools and knowledge needed to identify risk factors, implement prevention initiatives, and connect students to community resources when necessary.

PWCS Substance Use Data Infractions

- Pre-Covid: 2018-19 = 864
- Post-Covid: 2022-23 = 1,800
- Currently: 2023-24 = 1,476

Code	Infraction	2018-19	2022-23	2023-24
TB2	Electronic Cigarettes	303	639	473
DG8	Marijuana Possession	101	245	289
DG7	Marijuana Use	107	189	171
DG5	Synthetic Marijuana Use/Possession	6	162	175
D11	Other Drug Possession/Paraphernalia	34	128	77

PWCS Tiered Prevention & Support for Students

- Tier I Universal
 - Grades K-5 students receive prevention education lessons from school counselors.
 - Grades 6-10 students receive prevention education lessons from HPE teachers.
- Tier II Targeted
 - Secondary students with a first-time substance use infraction can be referred to “Stop and Think”: Vaping, Marijuana, and Opioid Education Program.
- Tier III Intensive
 - In partnership with Prince William County Community Services, New Horizons counselors work in each high school to support students with substance use, mental health, and co-occurring concerns.

PWCS Substance Abuse Prevention Curriculum Topics (K-10)

Grade	Title of Lesson	Grade	Title of Lesson
K	Safe/Unsafe Choices	3	Stop, Think, Choose: Decision-Making and Substance Awareness
1	Medication Safety	4	Peer Pressure and Substance Awareness
2	Healthy and Unhealthy Choices: Substance Awareness	5	How Substances Affect the Brain
6-10	Researching different substances and trends. Identifying consequences of substance use and abuse. Understanding the social aspects of substance use.		

Stop and Think: Vaping, Marijuana, and Opioid Education Program

- Virtual, one-session educational program for secondary students who have a first-time substance use infraction.
- Focuses on mental and physical effects of substance use.
- It provides students with the opportunity to gain accurate information, honestly assess their involvement with substances, and make personal decisions about behavior changes.

School-based New Horizons Program

Referral	Assessment	Individual/Group Counseling	Outreach and Collaboration
Students may be referred by family members, school staff, or they can refer themselves	The New Horizons therapist will conduct an initial assessment to determine the appropriate level of service needed	Students can be recommended to participate in individual and/or group counseling based on the students' needs.	New Horizons counselors can make referrals for outpatient services. They also collaborate with other school-based staff on prevention initiatives and intervention services

Stop and Talk

- A new initiative tailored for parents of students enrolled in the Stop and Think program.
- Sessions encourage parents to participate in discussions while offering a comprehensive overview of the information their teens have received, along with valuable resources and practical tips for addressing substance use.

Parent Presentations

- REVIVE Trainings
- Drug Trends and Resources
- Hidden in Plain Sight
- Substance
- Use and Mental Health
- Recognizing Early Warning Signs of Substance Use
- Talking to Kids about Drugs and Alcohol
- Building Resilience in Children
- The Science of Addiction
- Family Engagement Series

SAPS can also provide resources at school events including health fairs, back to school nights, etc.

Collaboration

Internal

- Schools
- Cross-departmental
- Health and PE
- Athletic Directors and Coaches
- PWCS Opioid Task Force
- PTO

External

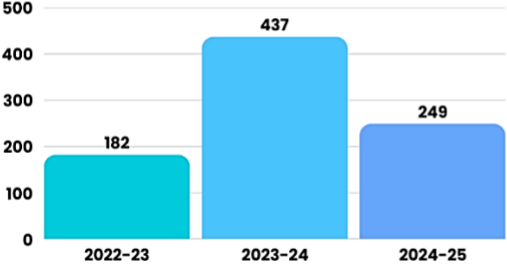
- Northern Virginia SAPS Group
- Prince William Community Services
- Treatment Providers
- Coalitions
- Law Enforcement
- Health Department

Staff Professional Development 2024-25

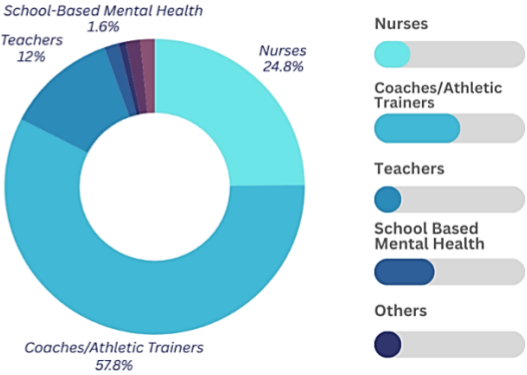
- DC/MD/VA Drug Trends
- Overview of Caron Prevention Presentations for Students
- Substance Abuse and The Impact on The Community
- The Intersectionality of Drugs Laws on Race and Class
- Vaping 101: Understanding Youth E-cigarette Use, Cannabis, And Other Available Resources
- Hope And Healing for Children Impacted by A Family Member's Substance Use Disorder
- Revive! Training

PWCS REVIVE! TRAINING

NUMBER OF PWCS STAFF TRAINED



TRAINING ATTENDEES



Closing Remarks/Meeting Adjourned:

- Brenda Miller-Dorick, supervisor of Student Health Services (SHS)
- The meeting was adjourned at 10:57 a.m.
- Next meeting scheduled for April 11, Room 3011