

Minutes of SHAC/Ounce of Prevention for DLSISD, Pewitt, Hughes springs, and Chapel Hill
9-12-23 12 noon.

Attendance: 24 Agencies 43 School 0 FB=67 Total

Link to view the meeting:

<https://us02web.zoom.us/rec/share/XolrMJECwfTHrwBMZ70sRkyWkXGvnCPcbxRIJ1HYTKQnjxfCFzfNkHfNBtNilvRv.Zjg3lBOktNe-mIB->

Passcode: E=+*&TRO

The meeting was called to order with a prayer from Martha Baker, SHAC Chm., DLSISD. Ms. Baker stated that the SHAC/ Coordinated School Health members reviewed and voted to approve the Bylaws and the prevention calendar for SHAC were approved in an earlier meeting, and the all the school Wellness Policies were updated last year.

Sept. is suicide awareness and prevention month. The Suicide hot line number is 1-800-273-8255 or text 988. Resources can be found at TexasSuicidePrevention.org. Every school was reminded to place a special emphasis on the topics during the prevention weeks that are set aside.

Suicide Prevention-Karen Gage, LPC, with Lakes Regional Mental Health Center in Mt. Pleasant, but is housed at Region 8 ESC. Her contact information is kgage@reg8.net reviewed Suicide Prevention statistics, warning signs, and how to get help. See PowerPoint Suicide Prevention attached. Karen will also present on the importance of Mental Health and Wellness at the Daingerfield Area Health Fair Sat. Sept. 16, 2023.

Campuses were encouraged to review their "suicide protocols." TASB policies are easy to review if you go to the school websites and enter the words "suicide".

DLSISD Assistance Principal at High School brought 3 students who are in their second year in the "**Sources Of Strength Program**". Each student took time to state how the program has helped them. Other staff who work with this program are Denise Ingram and Trisha Carey. The program is offered to a certain number of students from each grade level and attempts to have representation from a cross section of the student body. They have adult leaders who train peer leaders to focus on mental health, suicide, violence, and substance abuse.

The question was asked to the students if they felt what they are learning will carry on after they go into their careers and they all were in full agreement.

Youth Mental Health First Aid-Lakes Regional- Peyton Russell- See flyer with info.

ETCADA- "Positive Action"-Denise Day, Youth Prevention Specialist, P: 903-753-7633 ext 233

The Youth Prevention Universal and Youth Prevention Indicated programs utilize an evidence-based curriculum called Positive Action and is facilitated by a certified instructor in its fidelity for students elementary through high school. The Positive Action Program is listed on the Texas Education Agency's elite list of approved evidence-based programs for Drug and Alcohol Awareness and Character Education. Drug and Alcohol Abuse Prevention Education and Character Education are both required to be facilitated by individual school districts.

Emotions and Building Skills -Children's emotions in school are connected to their learning and academic achievement. There is a large and growing body of evidence as well as available programs to integrate into classrooms to teach social and emotional competence. Building skills related to managing emotions, establishing and maintaining positive relationships, and making responsible decisions shape the future of not only individual students, but families and communities.

Positive Action Curriculum has eight sessions containing a variety of interactive lessons which address the underlying causes of substance abuse and provides students with the life skills needed to make healthy choices and reinforces the intuitive philosophy that you feel good about yourself when you do positive actions. The eight sessions may be taught at a maximum of twice per week completing the program in only four weeks. Positive Action curriculum is a Culturally-Sensitive Trauma-Informed Care program. Positive Action effectually provides trauma-informed assessment and intervention that acknowledges, respects, and integrates students' and families' cultural values, beliefs, and practices

Announcements:

9-16-23 Daingerfield Area Health and Resource Fair at Daingerfield High School from 9-1. 70+ agencies have registered. This is a SHAC event and includes, staff wellness, community health, education on diabetes, heart, stroke, drug and alcohol prevention, and many more resources.

Oct. is Breast Cancer, Red Ribbon Weel, Domestic Violence, and Bullying prevention.

Next meeting- WED. Oct. 11th ETCADA, Prev-Net, Next Step, and TRMC-Breast Cancer