

## **FBISD SHAC 2020-2021**

### **February 24th Meeting Summary**

**I. Welcome/Theme: Data-driven wellness initiatives** **Melanie Anbarci, SHAC Chair**

12:05 Melanie opened meeting, stating the focus would be data-driven wellness initiatives, including PRIDE survey and initiatives from the SEL arena of FBISD.

Padma Reddy, mindfulness exercises/ deep breathing

**II. Program:**

**A. SEL Pride Survey Results and Q & A**

**Dr. Bob Conlon, former SHAC Chair**

- Cooperative effort of FBISD, FBCPC (Fort Bend Community Prevention Coalition) and FBRC (Fort Bend Regional Council)
- Evidence-based prevention curricula in 23 FBISD schools (4 HS, 1 alternative, 7 MS, 11 ES)
- FBRC-helps with community-level intervention (protective and reduce risk factor events), i.e. 4/20/21-annual drug take back & “Not My Kid” underage drinking prevention component.
- FBISD-Profile of a Graduate: -promote strong character development & well-being, healthy members of society, profile of a graduate (healthy choices, accountability to one’s actions, dependability, responsible for one’s actions).
- PRIDE Survey: 30 minutes to complete. Collected by Safe & drug free school staff. 3500 students surveyed, 7<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, anonymous (kids can decline if they want.)
- Pride measures substance abuse, gangs, suicidal thoughts, attitudes and perceived risks of behaviors.
- Pride data helps district be better informed of goals, to support weaknesses & build on strengths.
- Since 1995, the district has administered PRIDE survey to sample of students for MS & HS students.
- All surveys done were pre-pandemic. We know that rates would be different now.
- See slide deck for details on the survey.
- Comments & Questions.
  - Makes a difference if teachers talk w/ kids about drugs.
  - Parents are all over the board talking about drugs & kids that participate (or reducing use.)
  - Could be evidence of SHAC for a PR campaign to encourage parents to have conversation regularly with kids.
  - Question: Does any of the data include THC and other edibles that students buy that are in candy or other snacks? Steve-doesn’t remember about food in edibles. Someone stated that yes, it was a question on the survey.
  - Question: Is the data is shared with students once it is analyzed? if yes, do you have conversations with them about how they feel about some of the trends? just wondering. Bob says at times in the past, has had the opportunity to do small focus groups & share info w/ students & get their reactions/feedback. Do share slides w/ health teachers and health teachers might’ve shared info w/ classes. Not sure what FBISD is doing now.
  - Question: do you think the girls may be more likely to tell the truth on the survey regarding usage than the boys? : Bob-fun to go back and talk to kids about that. They might be. Females are more likely to engage w/ therapist.
  - Question: Do you find this finding (kids who play sports are more likely to participate in drug use) across the state/country or just within FBISD. Bob- yes, the phenomenon is national.

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- Question: What happens with the district w/ how we use the data? Steve: really provides key foundation for work he's going to talk about next. Suicide data & prevention efforts; if it's having an impact. Part of superintendent evaluation and use it as a measure, are all the systems having an effect on students' key area. Bob-adds FBRC & coalition- do the same thing. Look at data & what kind of interventions to address the biggest concerns. When we assess again, we monitor whether what we did make a difference. Steve-have info by school, so look at info w/ principals. Target campuses w/ prevention supports, based on particular campuses w/ usages that stick out to people. Data is used by FBCR to apply for funding.

### B. FBISD Mental Health Supports

**Steve Shiels, FBISD Director Behavioral Health & Wellness**  
**Sarah Morvant, FBISD Assistant Director of Behavioral Health**

- District health supports for Mental Health Services
- Profile of a graduate-umbrella that district does, including student ownership of behavior, multi-tiered support systems, curriculum development
- Includes ALL the kids (especially those that are struggling.)
- Student ownership of behavior: + Behavior Interventions & supports, Trauma informed, Restorative Practices, Classroom environments
- Multi-tiered systems of support (I-level 1; 2-district threat, counselor response services, social workers, behavioral health facilitators, Safe & Drug Free school specialists & Tier 3: Mental Health Counselors)
- District saw need for expanded health services and BOT approved.
- Saw need for accessible & innovative services to meet the needs of our students.
- Reviewed data for mental health services.
- Reviewed campuses and counseling services at each campus.
- Questions and Comments:
  - Question: Why is counseling just for certain campuses? Is it a volume issue? Steve: Campuses that have outside partners were based on data (multiple sources)-risk assessment, anxiety/depression indicators. Data rubric helped determine which campuses had counseling. All students have access to Mental health counselors. All students have access to tele-health counseling.
  - 3-5-year goal: all schools have access to Tier 2 & Tier 3 services.
  - Question: Is FBISD on the cutting edge of programming compared w/ other local districts (KISD, LCISD?) Steve-there are some districts that have developed partnerships, but we are on the cutting edge of these services. Having campus-based MH services (accessible, convenient) overcomes barriers to families to have TH option makes easier access.
  - Definitely a need to identify students.
  - Melanie-district got ahead of this. Already having MH difficulties but we have developed accessibility & Covid provides for need for MH services.
  - Carlete Metoyer: connected to other districts' guidance counselors. Behavioral Health & wellness & Social Emotional Learning are all in 1 central hub so collaboration can be more effective, communication across departments.
  - Melanie-the more we get the info out, the better off we are.
  - Question: -has SEL been able to determine about needs of students of virtual vs F2F students? Steve- at this point we haven't tracked the data around that. Don't think they've divided the data between 2 groups.

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- Question- Are mental health services only for clinically diagnosed patients? Steve- no, not a requirement. ClearHope and InfoCare, state the high-level needs, but no, students do not need to be clinically diagnosed.
- Question- do the mental health providers address the needs of students that experienced stressed (i.e. academics, or other non-life threatening issues). Steve-students dealing w/ extreme anxiety around school, they do see those students. Try to find the relevant supports. Acknowledges it's a huge issue.
- LPC-Carlete : LPC work with clinical diagnosis or not. Same level of care, but doesn't require an LPC or a diagnosis, in order to provide services.
- Question: Any suggestions for helping campus community move pass the stigma they have about receiving counseling services? Steve: having the supports when students & staff sees that a school has campus-based services, that communicates that the school & district cares about. Maybe it's ok to get services. Campaign developing to decrease stigma & increase awareness in usage of services. Help & support varies, but it's on the forefront of our mind. {Comment from Chat: We are addressing mental health stigma by sharing testimonials. It helps when people are willing to tell their story, others can see that it's ok to seek those services.}

### Brain break-Stephanie

#### III. New Business/Membership vote:

##### A. Revised Wellness Policy

Melanie Anbarci, SHAC Chair

- Previous was voted on in December, but we are providing clarification.
- Subcommittees were consulted and recommend approval of the modification.
- Clarifying language for students to have enough time for lunch.
- Melanie suggests that we approve wellness policy w/ modifications.

Jigisha Doshi states that quorum exists. Meeting minutes requested to be approved. Lori Sartain made a motion to accept the Revised Wellness Policy with the current changes. Pearl Lam seconds. Motion is passed and Revised Wellness Policy approved.

##### B. Updated Bylaws

Nomita Bajwa, Pharm. D, Bylaws Committee

- Governing document for how we operate. Haven't changed them since 2012. Update was attached to Zoom Invites.
- Melanie- suggests we approve the bylaws on the whole, as opposed to item-by-item.
- Significant changes required by SHAC was incorporated into the bylaws, as well as including conducting meetings via telecommunications, and a new entry for calling a special meeting.

Quorum exists. Meeting minutes requested to be approved. Allison Thummel made a motion to accept the Updated Bylaws with current changes. Pearl Lam seconds. Motion is passed and Updated Bylaws approved.

#### IV. Approve Minutes from December 2, 2020

Allison Thummel, RDN, LDN, SHAC Secretary

Quorum exists. Meeting minutes requested to be approved. Pearl Lam made a motion to approve the Dec minutes. Krista Patlovich seconds. Motion is passed and December 2, 2020 minutes approved.

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## V. Open Forum - comments, suggestions, requests

- Melanie-her tenure as chair has been very interesting. One of the things she's like to do is to get input from moving forward. Other meetings for other communication, sharing ideas, subcommittees, more regular contact.
- Ideas/Comments about future meetings:
  - physical activity update for FBISD students
  - could we have an update on how the district is looking at data around social determinants of health and any disparities?
  - You can send suggestions and ideas to me Melanie Anbarci @ Chairfortbendisshac@gmail.com
- Escape the Vape Trivia Night!! Register in advance for this meeting: [https://zoom.us/meeting/register/tJEtc-qvpz8vGNGilqNzj8Gwnpb1vAWcqExx](https://zoom.us/join/zoom/register/tJEtc-qvpz8vGNGilqNzj8Gwnpb1vAWcqExx)
- Dexter-jumping in: great opportunity to mention. Series for SHAC & great work to support students.
- Angst-movie: Dexter expressed gratitude to Stephanie for securing grant funding. Invite more people into SHAC & the great work. Flyer & promotional data to community.
- Viewing of Angst: SHAC & Student Wellness Coalitions will be in the 1<sup>st</sup> group. March 24<sup>th</sup> . Open up to community in April (1 in East side, 1 in West side) & engaging student organizations, parent groups, as many people as possible. April 12-East, April 14-West.
- Melanie- Legislative Advocacy committee meets tomorrow (Friday, Feb. 26) at 3pm. For SHAC Legislative Advocacy information, please contact Rocaille Roberts @ fortbendisshacadvocacy@gmail.com. This committee is a good way to learn how to advocate for the changes we want to see happen.
- Allison Thummel and Briana Garcia discussed FBISD Foodie Cookoff {Winner: TEXANS Football player come into virtual classroom as a prize!} & National Nutrition Month Toolkits-going out to campuses. Encouraged parent liaisons and other campus administrators to disseminate the info out.
- National Nutrition Month Toolkit is all about mindful eating! Email me if you want to toolkit ([julia.jarrell@fortbendisd.com](mailto:julia.jarrell@fortbendisd.com))
- Child Nutrition Calendar: <https://www.fortbendisd.com/CNDCalendar#calendar230/20201210/month>

## VI. Upcoming Events & WSCC Wellness Recognition Awards

Stephanie Kellum, United Healthcare

- AFHK: [Celebrating Together: Every Kid Healthy Week 2021](#)
  - February 25<sup>th</sup> from 2:30pm-3:30pm
- FBCPC: [Self Care Share](#)
  - March 3<sup>rd</sup> from 1pm-1:45pm
- Live Smart Texas: [World Obesity Day Summit](#)
  - March 4<sup>th</sup> from 10am-2pm
- [Healthy Living Matters Collaborative](#)
  - March 4<sup>th</sup> from 2pm-4pm
- FBCPC: [Escape the Vape Trivia Night](#)
  - March 15<sup>th</sup> from 4pm-5pm

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- AFHK: [Caring for the SELf: Self Management and Responsible Decision Making](#)
  - March 19<sup>th</sup> from 11:30am-12:30pm
- AFHK: [SHACs in Action Part 1](#)
  - March 30<sup>th</sup> from 11am-12:30pm
- AFHK: [SHACs in Action Part 2](#)
  - March 31<sup>st</sup> from 11am-1pm
- FBCPC 6<sup>th</sup> Annual Drug Symposium
  - April 20<sup>th</sup> (Registration opens March 20<sup>th</sup>)
- *FBISD Foodie Cook Off Contest Deadline: March 1<sup>st</sup>! NNM Toolkit releases March 1<sup>st</sup>!*
  
- At Home Resources:
  - <https://openphysed.org/activeschools/activehome>
- GoNoodle: <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>
- NFL Play 60: <https://aha-nflplay60.discoveryeducation.com/videos>
- ABL: [www.Choosykids.com](http://www.Choosykids.com)
- FitBoost:
  - <https://fit.sanfordhealth.org/resources/fitboost-activity>
- The Learning Station:
  - <https://www.youtube.com/user/TheLearningStation>

- [Experts say school closures are hurting teens' mental health](#)
- [CDC officials say evidence indicates schools can reopen if precautions are taken](#)
- [5 ways schools are addressing pandemic-induced mental health issues](#)
- [Measuring the impact of the coronavirus on teachers, students, and schools](#)

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VII. Meeting Closure

Melanie Anbarci, SHAC Chair

NEXT FBISD SHAC MEETING: April 22, 2021, 12:00 pm-2:00 pm, Location: ZOOM MTG

## FBISD SHAC 2020-2021

### SHAC Attendance from 2/24/21 from zoom chat.

1. Maria Johnson- Fort Bend ISD
2. Rocaille Roberts, SHAC parent member
3. Allison Thummel, SHAC parent
4. Jigisha Doshi, SHAC Membership Chair
5. Lauren Ibekwe - Fort Bend Community Prevention Coalition
6. Sandy Bristow Oliver Foundation
7. Rizvan Quadri, Principal @ Austin HS
8. Ashley Dedmon, Susan G. Komen, HQ
9. Grayle James, Trustee
10. shavonda watkins Goodman Elementary
11. Christina Santibanez, FBCPC
12. Victoria Ralls- MD Anderson Cancer Center
13. [Mary.Baumann@drumfit.com](mailto:Mary.Baumann@drumfit.com)
14. Reba Cook, FBISD Collaborative Communities
15. Natalie Bostic RN, James Reese CTC Campus Nurse
16. Bob Conlon, Fort Bend Regional Council on Substance Abuse
17. Krista Patlovich, Vice Chair SHAC
18. Julia Jarrell, FBISD Child Nutrition Dept
19. Sandra Castro, Dairy MAX, Community Member
20. Beth Garcia, FBISD Child Nutrition Department
21. Natalie Rivera, Fort Bend ISD Communications
22. Dimpy Koul, FBISD Parent
23. Cholly Oglesby, Principal, Sartartia Middle School
24. Sharon Seiler, Common Threads - Cooking for Life! Community Member
25. Shannon Bandish Nash, FBISD- BHAW, Wellness Specialist
26. Matt Antignolo, Director of Child Nutrition
27. Benjamin Bostick, Dean Blue Ridge Elementary
28. Adrienne Towns, Dean (P-TECH), Hightower H.S.
29. Carlete Metoyer- FBISD
30. Sarah Morvant, Assistant Director of Behavioral Health
31. Emily Paul, American Heart Association
32. Steve Shiels, Director of Behavioral Health and Wellness
33. Doug Earle community member
34. Stephanie Kellam Community Member
35. Pilar Westbrook Executive Director of SEL and Comprehensive Health
36. CJ Stevens- Parent (Meadows Elem, Dulles Middle), Chevron Corporation (Health Promotion)
37. Briana Garcia, Fort Bend ISD Child Nutrition
38. Doug Turner Heritage Rose Elementary
39. Kim Taylor Coordinator Health, PE and Wellness
40. Padma Reddy, Shac member
41. Dana Tran, SHAC membership
42. Melanie Anbarci, SHAC Chair
43. Carmen Maciel/Heritage Rose Elementary
44. Kelly Rhodes , Barrington Place Elementary
45. Troy I. Hodge Assistant principal LOMS
46. Lakshmi Koppolu.SMS PTO, VIPS

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47. Pearl N. Lam, parent (DHS and QVMS)
48. Shaneka Richardson, Parent Educator, LAE
49. Carla Jones HRE nurse/Counselor/CCC Assistant
50. Fidel Wells, JSES Principal
51. Lori Sartain - Assist Dir Health & Wellness
52. rosa baker from Holley elementary
53. Rick Garcia, Oakland PTO and FBISD Board Leadership Alumni
54. Shanteria Johnson-Burton Elementary
55. Deena Hill, Executive Director, Student Support Services, FBISD
56. Sonya Copeland, OCE Nurse
57. LeKeya Weir, MSN, RN, CPN (parent Sienna Crossing Elementary)
58. Nomita Bajwa Wellness geeks consultants
59. Jenna Ross, Parent
60. Dexter L. McCoy, Asst. Director of SEL & Enrichment Programs

Here are the people who did not type in their attendance

61. Amanda Kennington
62. Courtney Skiles
63. Gary Hajdasz
64. Jamila Steen Rogers
65. Kara
66. Krystal Norman
67. Tami Stout
68. Timika Keller
69. Toni Scott

### **Membership attendance for 2/24/21**

Grayle James BOARD,

Ashley Dedmon Community,

Doug Earle COMMUNITY,

Kara Ihedigbo Community,

Mary Baumann COMMUNITY,

Padmaja Reddy COMMUNITY,

Sandy Bristow COMMUNITY,

Sandra Castro Community,

Stephanie Kellam COMMUNITY,

Briana Garcia District,

Carlete Metoyer District,

Courtney Skiles DISTRICT,

Dexter McCoy District,

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Julia Jarrell DISTRICT,  
Kelly Rhodes DISTRICT,  
Kim Taylor District,  
Lori Sartain DISTRICT,  
Maria Johnson DISTRICT,  
Pilar Westbrook District,  
Steve Shiels District,  
Allison Thummel PARENT,  
Dana Tran PARENT,  
Jenna Ross PARENT,  
Jigisha Doshi PARENT,  
Krista Patlovich PARENT,  
Melanie Anbarci PARENT,  
Pearl Lam PARENT,  
Rocaille Roberts PARENT,  
Tami Stout PARENT

## CHAT

11:58:52 From Allison : Hi Everyone! Glad you can log on!

12:03:23 Can we record it in case anyone can't make it?

12:08:28 From Jigisha Doshi : Hello everyone, Please sign in by writing your name and your affiliation so I can keep track of attendance!

12:26:03 Does the tobacco use include the vaping?

12:30:45 Does any of the data include THC and other edibles that students buy that are in candy or other snacks?

12:39:19 From Jigisha Doshi : We have quorum!!

12:44:49 I apologize if you mentioned this already, but I'm wondering if the data is shared with students once it is analyzed? if yes, do you have conversations with them about how they feel about some of the trends? just wondering.

12:45:09 Curious- do you think the girls may be more likely to tell the truth on the survey regarding usage than the boys?

12:46:21 Do you find this finding (kids who play sports are more likely to participate in drug use) across the state/country or just within FBISD. That is quite interesting.

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12:48:47 Hello everyone, Please sign in by writing your name and your affiliation so I can keep track of attendance! Thank you to all who have already shared it. I am still missing 22 people :))

12:49:31 The data is shared with campus principals and they choose how to utilize the info on the campus.

13:16:16 : Any suggestions for helping campus community move pass the stigma they have about receiving counseling services?

13:17:08 We are addressing mental health stigma by sharing testimonials. It helps when people are willing to tell their story, others can see that it's ok to seek those services.

13:18:39 : here is another program we have used in Chevron's Australian locations: <https://www.ruok.org.au/>

13:23:22 From Lori.Sartain : I make a motion to approve the Wellness Policy with changes

13:23:34 From Allison Thummel : I make a motion.

13:23:36 From Pearl Lam : I second

13:23:36 From Jigisha Doshi : I second the motion

13:27:48 From Natalie Bostic : There is a typo Article 2 #7.

13:28:30 From Pearl Lam : second

13:28:31 From Stephanie Kellam : I second

13:28:32 From Allison : Allison Thummel, motion to

13:28:32

13:32:01 From Allison Thummel : For December's SHAC summary, please see the file shared at 12:31 today (in the chat.)

13:32:03 From Jigisha Doshi : If anyone has still not shared their name and affiliation then please do so in order for me to record attendance! Thank you to all who have submitted their names already

13:33:09 From Pearl Lam : I motion to approve the Dec minutes

13:33:17 From Krista Patlovich : I motion to approve

13:36:30 I think the idea of the Exec Committee meeting in between full SHAC meetings. We used to do that and I thought it was helpful for communication and connection.

13:36:50 From Nomita Bajwa : equity issues

13:38:27 For SHAC Legislative Advocacy information, please contact Rocaille Roberts @fortbendisshacadvocacy@gmail.com

13:38:30 agree about the interest in equity issues; could we have an update on how the district is looking at data around social determinants of health and any disparities?

If we would like to submit topics/ideas for presentations or discussions, who do we need to send the request to?

From Melanie Anbarci : You can send suggestions and ideas to me Melanie Anbarci @Chairfortbendisshac@gmail.com

From Fort Bend Community Prevention Coalition : Escape the Vape Trivia Night!!

Register in advance for this meeting:

<https://zoom.us/meeting/register/tJEtc-qvpz8vGNGilqNzj8Gwnpb1vAWcqExx>

## **FBISD SHAC 2020-2021**

After registering, you will receive a confirmation email containing information about joining the meeting.

National Nutrition Month Toolkit is all about mindful eating! Email me if you want to toolkit  
([julia.jarrell@fortbendisd.com](mailto:julia.jarrell@fortbendisd.com))

<https://www.fortbendisd.com/CNDCalendar#calendar230/20201210/month>

From Melanie Anbarci : Thank you all for your engagement and contributions!

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