



CHILD HEALTH ADVISORY COMMITTEE

Minutes

September 19, 2019 10:10 a.m. – 3:24 p.m. · Arkansas State Boards Association, Dan B. Farley Board Development Center

Meeting called to order: 10:10 a.m.

Attendees: Melinda Kinnison, Michele Brown, Mike Motley, Patrick Casey, Rosa Hatch, Tamara Baker, Robert Poole, Carole Garner, Dan Breshears, Dave Oberembt, Debra Stewart, Elaine Prewitt, Jerri Clark, Loretta Alexander, Lucas Harder, Debie Head **Absent:** Charles Hervey, Paula Rawls, Matthew Nix, Cheria Lindsey

Staff: Shannon Borchert, Ashley Williams

Guests: Josh Hall, Aaron Nooner, Ariel Schaufler, Chenell Tucker, Lisa Mundy, Sue Owens, Vickie Wingfield, Amber Bobo, Laura Taylor

Review of August 2019 Minutes: Dan Breshears motioned to approve minutes; Carole Garner seconded motion. Motion passed.

Act 1220 & Coordinated School Health Reports: Dan Breshears motioned to adopt reports; Loretta Alexander seconded motion. Motion passed.

Act 1220 Report:

Shannon Borchert & Ashley Williams

- August 9, 2019: Shannon Borchert (and Laura Abbott) provided Youth Mental Health First Aid training to eight individuals associated with Pulaski County Court Appointed Special Advocates. The eight-hour training required participants pass an exam for which six participants were present. All six passed the exam.
- August 28, 2019: Shannon Borchert and Ashley Williams partnered to present Assessing Wellness in Your School. The hands on training provided opportunities for participants to work on the School Health Improvement assessment, School Health Improvement Plan, and Indistar reporting as a newly formed wellness committee. There were about 120 number of attendees.
- September 3, 2019: Shannon Borchert and Ashley Williams met with a team to update the BMI Height and Weight Measurement and Data Entry Training Manuals to reflect changes in BMI data collection.
- September 21, 2019: Shannon Borchert will present at the Healthy Active Arkansas Ambassador training at Arkansas Department of Health's Dr. Joseph H. Bates Professional Education Auditorium.
- Beginning reviews on health and wellness annual reports

CSH Report (Lisa Mundy and Ariel Schaufler)

- August 28, 2019: The first quarterly coordinated school meeting was held at Heifer Village. 107 school personnel representing 67 school districts were in attendance. The day's work centered on the school health index, timeline for SHI completion, wellness priorities, and wellness committee responsibilities.
- August 29, 2019: Five of the priority schools met Thursday morning for review of their year 1 achievements and barriers. Year two budgets, work plans, and performance measures were shared. Vivian Nicholson from the Arkansas Hunger Relief Alliance presented on smoothies as



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part of the reimbursable meal pattern. The districts each received a blender, cutting boards, and racks to take their food service director.

- August 29, 2019: The School Health Coalition met Thursday afternoon. The district needs and the coalition resources related to the 10 components of the Whole School Whole Community Whole Child (WSCC) model was presented. As the coalition has grown since last October, this gave new members an opportunity to view these components and how they fit into the model. The new Arkansas Health Education standards were presented to the members. A google document was created for coalition members to input their educational resources for schools to better assist with health education. (link to document: <http://adecm.arkansas.gov/ViewApprovedMemo.aspx?id=4139>)
- September 4-6, 2019 Traveled to New Mexico to plan the upcoming national professional development for Healthy Schools Conference
- September 9-10, 2019: Project Officer Visit; Mr. Chris Kissler, project officer for the CDC's 1801 Healthy Schools funding, conducted a site visit. The site visit included meetings with the School Health Services, key partners, and a visit to a priority district.

Sue Owens, Champions for Health & Mike Motley, ACHI: Champions for Health Program Project at Morrilton Intermediate School and Results:

The 2018-2019 Program Report was provided. Mr. Motley provided an overview of measured components. Additional information can be found: <https://achi.net/newsroom/champions-for-health-pilot-project-shows-positive-results-at-morrilton-intermediate-school/>.

Adjourn for lunch: 11:30-12:30

Strategic Planning (New sub-committee recommendations)

Hot Topics Activity: Participants, including guests, were given the School Health Index Components to organize up to three childhood obesity related concerns that need development in Arkansas schools. Those concerns related to the CHAC Mission were briefly discussed, are paraphrased below, and will be addressed at the October CHAC meeting.

1. Health Education:

- a. E-cigarettes
 - i. Include a position statement from CHAC
 - ii. Provide information on services to aid students in cessation including the Be Well Helpline
- b. Incorporating health and wellness standards in science standards
- c. Integrating health, nutrition, and physical activity concepts into all academic areas
- d. Healthy choices in relationships and in regarding the use of drugs, alcohol, and tobacco
- e. Science-based health education for tobacco, e-cigarette, obesity, prescription drug abuse, and pregnancy prevention

2. Community Involvement:



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- a. Community involvement to support the health and nutrition education provided in schools
- b. Local business participation in (non-financial) supporting physical activity equipment, Fresh Fruits and Vegetables Program, etc
3. **Family Engagement:**
 - a. Incorporating healthy foods and beverages into the 9 special days schools are allowed
 - b. An assessment of parents to address parent needs
 - c. Encourage training or professional development to school personnel so that they are better able to recruit family participation in (physical) activity after school hours to include concepts expressed as needs by parent needs assessment
 - d. Encourage and provide necessary trainings to school staff so that parent and or staff meetings and committees better utilize available technology
 - e. Provide parents with information on the school health services available on campus through open house, orientation, extracurricular activities, etc to reinforce healthy choices
4. **Counseling and Psychological Social Services:**
 - a. Identify scopes of practices for professionals that can provide counseling and psychological services
 - b. Provide information for schools to on how to most effectively fund mental/emotional support counselors in schools
 - c. Support and enhance access to school-based mental health services through implementation of telemedicine
 - d. A protocol for schools to follow if students (family) have been assessed to need support in addressing a social determinant of health
5. **School Health and Safety Policy and Environment:**
 - a. Recommend schools complete all 11 modules of the School Health Index
 - i. Current module requirements are 1-4, 10, 11
 - b. Include inclusive playground equipment and play opportunities
 - c. Provide resources for schools striving for required security, accessibility, facility standards, and staffing to best support the mental, physical, emotional, and social wellbeing of students (staff wellbeing closely linked to student wellbeing).
6. **Physical Activity and Physical Education:**
 - a. Recommend organization with oversight of ESports provide health and safety guidelines for participation as a physical inactivity is a leading factor in obesity
 - b. Encourage participation in the Coordinated School Health Program and school involvement to use the services available to them through the School Health Services programs
7. **Nutrition Environment and Services:**
 - a. Limit sugar at breakfast through the Maximum Portion Size update in January
 - b. Recommend schools provide students access to water through water-bottle filling stations, water stations, and other methods that ensure students have access to drinking water throughout the school day in an efficient manner
 - c. Support nutrition services promotions that highlight good nutritional practices
8. **Health Services:**
 - a. Improve coordination between schools and local health care providers both before and after school



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- b. Wellness/fitness program for students
- 9. **Employee Wellness:**
 - a. Encourage the use of employee wellness programs such as CHELP (Community Healthy Employee Lifestyle Program) available through the Arkansas Department of Health (free) or other private options available in the state
 - b. Mental Health Day for staff
- 10. **Physical Environment:**
 - a. To increase water consumption, provide re-useable cups in the cafeteria and/or add water-bottles (with school specific guidelines) to school supplies list
- II. **Social and Emotional Climate:**
 - a. Districts/schools to allow staff to attend a professional development on classroom management skills that are focused on a trauma sensitive approach on an annual basis

Member Updates

Melinda Kinnison: Arkansas has had three PTAs apply for the National PTA Rethink Your Drink Grant; all three of which meet eligibility requirements.

Jerri Clark: The Substance Abuse and Mental Health Services Administration (SAMHSA) AWARE Grant provided trainings to become Youth Mental Health First Aid certified to individuals across the state during its first year. These individuals will be required to provide a minimum of three trainings to groups of 5-30 individuals in an effort to increase the number of Youth Mental Health First Aiders in the state of Arkansas. Contact your local educational cooperative for additional information or School Health Services at DESE (501-683-3604) or ADH (501-280-4061).

McGehee School District was chosen to be a part of the Youth Mental Health First Aid for Teens pilot. They will train teens in Youth Mental Health First Aid.

Joint-Use Agreement grant applications have been released.

Non-member Updates:

Shannon Borchert: Student Wellness Advocacy Group Competitive Bid is available on the ADH website under “Grant and Bid Opportunities.” It is a \$2,000 funding opportunity for schools to engage and adult advisor and youth in health advocacy in their schools and communities.

Adjourn: 3:24 p.m.

Next Meeting: Thursday, October 17, 2019 from 9:00 a.m. – 12:00 p.m.
Freeway Medical Building, 5800 W. 10th, Boardroom 906, Little Rock, AR 72205