

# Maryland State School Health Council: Executive Board Meeting

## MEETING INFORMATION

Date: 11/18/2020

Attendees:

Time: 2:30pm-4:00pm

Attendees: Erin Hager, Louise Fink, Ann Kuhn, Beth Marshall, Michelle Caruso, Jason Semanoff, Marla Caplon, Denise Garman, Dawn Berkowitz, Lea Jaspers, Tina Backe, Nana Donker, Jamie Perry, Alicia Mezu, Brian Griffith, Kristi Corona



## AGENDA

### I. Introductions (10 minutes)

### II. Goals & Action Planning for 2020-2021 (Erin; 70 minutes)

1. Overview of activities (Erin, 10 minutes)
2. Activity #1
  - i. Goal: Grow membership in the Executive Council of Local School Health Council members
  - ii. Breakout Room (15 minutes) – Council broke into four (4) separate breakout sessions to discuss this topic
  - iii. Discussion (15 minutes)
- Takeaway items from breakout session #1:
  - Networking:
    - Interaction between locals and state level is valued.
    - In-person or live conference, if possible, to encourage networking.
  - Sharing information
    - Start google drive to bring shared resources by WSCC topic for LSHC to access.
    - Highlight members who are not from state or school level and what they can do to support schools perhaps in the same shared google drive forum.
    - Report back to LSHC to keep informed of MSSHC happenings and remind locals of they are welcome to attend
    - Create a tangible product from MSSHC.
    - Streamline messaging of what we do as a council.
  - Consider changing name of groups to encourage membership– Executive Board to MSSHC Membership Meetings
3. Activity #1
  - i. Goal: Promote WSCC components during pandemic-schooling (in-person or online)
  - ii. Breakout Room (15 minutes) Council broke into four (4) separate breakout sessions to discuss this topic
  - iii. Discussion (15 minutes)
- Takeaway items from breakout session #2:
  - Components to prioritize:
    - Promote all of the WSCC model components necessary for recovery – perhaps a tangible product.
    - Mental Health of Staff (and students):
      - Social and Emotional School Climate

- Counseling, Psychological, and Social Services
- How can we support them as we move forward in this new environment?
- Physical Activity
- Family Engagement – how we are marching forward with reopening plans to ensure families are engaged in this process.
- Increased substance use (overlaps with many components)
- Employees
- **All components are crucial**
- Approaches to push:
  - Could be doing more marketing for MSSHC, sharing webinars from past months
  - Webinars are a key way to reach others – perhaps find an interactive tool to engage.
  - Find good resources to share and support school staff
  - Create tool to promote how essential for schools to prioritize WSCC model because it's can support mental health

<b>WSCC Components</b>	<b>Relevance to Mental Health</b>
Health Education	Lots of overlap in content and skill building... Lea
Nutrition Environment and Services	Healthy diet and food security = better mental health
Employee Wellness	Major concern regarding employee mental health
Social and Emotional School Climate	Clear connection...
Physical Environment	**may need to be creative**
Health Services	Clear connection...
Counseling, Psychological, and Social Services	Clear connection...
Community Involvement	Community support=better mental health
Family Engagement	Family support=better mental health
Physical Education and Physical Activity	PA=better mental health

### III. Other New Business/ Open Mic (10 minutes)

- Alicia – MSDE working to develop guidelines around administering medical cannabis in schools with Medical Cannabis Commission for Annotated Code of Maryland Education Article 7-446. Will be available on website as soon as they are finalized.
- Dawn – Working on implementation of YRBS/YTB. Usually done in even calendar years but must be done in person. MDH is currently working to finalize survey questionnaires and adding questions around COVID-19 and mental health. Hoping for spring semester for implementation. Trying to have some kind of data collection in the Spring even is virtual.

## 2020-2021 MSSHC Executive Board Calendar

Month/Date	In-Person Meetings (general topics)	Webinar Topic	Speaker ideas/ comments
<b>September 16<sup>th</sup></b> <b>2:30-4:00pm</b>	Recap/ set goals for 2020-2021		Dawn Berkowitz – vaping and YRBS data
<b>October 26<sup>th</sup></b> <b>1:00-2:00pm</b>		Health Education	Lea Jaspers
<b>November 18<sup>th</sup></b> <b>2:30-4:00pm</b>	Goals/ Action Planning		
<b>December 17<sup>th</sup></b> <b>1:00-2:00pm</b>		Mental Health/WSCC	How Mental Health Connects to all components of the WSCC model in schools + 2021 Legislative Session Overview
<b>January 20<sup>th</sup></b> <b>2:30-4:00pm</b>			
<b>February</b> <i>Date TBD</i>		Food Services	Erin Hager
<b>March 17<sup>th</sup></b> <b>2:30-4:00pm</b>			
<b>April</b> <i>Date TBD</i>			
<b>May 19<sup>th</sup></b> <b>2:30-4:00pm</b>			
<b>June</b> <i>Date TBD</i>			
<b>July</b>	No meeting		
<b>August</b>	----- <i>State-Wide Meeting at SHIP</i> -----		