

AGENDA

School Health Advisory Council

April 3, 2023

PISD Administration Building, Board Room 120

6-7:30pm

Welcome & Opening Remarks

Called to order by Ms. Houston at 6:02pm

Information & Discussion on Mental Health Related Topics

- Tristen Hubert & Kendra Houston, Prosper ISD Counseling
- Ms. Hubert began the presentation by clarifying that school counselors do not work as licensed mental health providers in the school setting. PISD has hired some student support counselors to provide more support for students' mental health needs. Counselor to student ratios were discussed briefly as it was noted that counselor case loads are quite large (e.g., 1 counselor for entire elementary campus, 1:~450 at high school). No law that requires each campus to have a school counselor. Several parent members expressed concern with the counselor to student ratio and expressed desire to improve. Discussion around ways that counselors become aware of a student in need (GoGaurdian alerts, Tip411, peer, teacher, or parent report). Discussed process of contacting parent, meeting with student, providing resources as needed. The Crisis Response Team was discussed, with Ms. Hubert noting the team's role in providing support to students and staff following a significant event. This support may include 1:1 check-ins, parent notification, structured questions to guide processing and reflection, and group meetings- but each situation is unique. Parent member shared her perception of the "process" failing her child following the death of a friend, in that no one contacted her or has reached out to him. She noted that sometimes a child may appear to be coping well but is struggling internally. This led to discussion about how males are less talkative about what they are feeling/going through than female students- and therefore may need a different approach [than Hope Squad, or relying on them to say something] to support them through difficult times. Hope Squad was discussed briefly. Parent member expressed frustration that there was very little male representation at the recent Hope Walk event [speakers, student performers], noting that she felt it made the initiative [mental health awareness and support] less relatable for male students. Group discussed possible ways to improve this. Parent member asked about teacher training for awareness of concerning behaviors/warning signs of mental health crisis. Ms. Houston shared that teachers receive trauma-informed training so that they know what to watch for. Parent member expressed concern about students being "seen" in the counseling office and asked about ways to report a concern (for self or other). Tip411 discussed. Parent member asked about program evaluation for Hope Squad and whether the district gathers/reviews data to evaluate if it is helpful. Ms. Hubert and Ms. Houston indicated they would inquire further of district team for that answer. Counseling resources shared with group from the district website, including telebehavioral health services. Parent member asked about student information being shared with teachers so that they are aware of the issues the student is working through. Ms. Hubert discussed confidentiality and getting the student's permission to share the information. Noted that sometimes student need for support can wax and wane; Counselor passes can be issued to students so that students can have an easy path to the counseling office if struggling some days more than others. Ms. Houston shared that in the

past 2 years she's had roughly 700 "drop-in" visits by students needing to visit with her. Focus of much of her work with elementary students during these times is coping skills and conflict resolution. Also discussed elementary "minute meetings" to prompt quick discussion and sometimes alert campus staff to a needed student referral for additional support. Group emphasized the important role that counselors play, especially after hearing more about the counselor's role. Group discussion about parent/student awareness of resources and communication of such. Suggestions were made such as: "chunking" information into different newsletters/emails so that it stands alone; parent info meeting [virtual] about mental health resources; mental health packet of information with other beginning of year/meet the teacher type information; refrigerator magnet; video overview of resources that can be accessed through the website. Parent member reiterated that ultimately, parents have the responsibility to seek out the information if it is needed, noting that the district has made it widely accessible. Parent member suggested monthly social/emotional meetings. Parent member shared the possibility of posters of men who share Mental Health posters to curb the stigma. Parent member circled back to Hope Squad and requested more clarity on what the group should be doing/how they should be functioning at the different levels, noting that it can look very different and vary considerably in effectiveness by campus. Concern about kids making connections with other kids. Discussion about possible ways to facilitate connection: Kid Connection training to staff at the Prosper Connects professional learning day; roaming/movie lunch or game play; lunch bunch.

Discussion & Recommendations on Sexual Health Education Resource

- Since only a few minutes remained of scheduled meeting time, Mrs. Geise asked SHAC preference for either holding an additional meeting to discuss the films as a group, or proceed with individual feedback/ recommendations through a google form. Committee decided to provide feedback and recommendations on their own and submit forms by Tuesday, April 11.

SHAC 2023-2024

Members who would like to participate in the 2023-2024 SHAC, were encouraged to reapply through the Prosper Promise which will open for applications in August.

Meeting adjourned by Mrs. Geise at 7:36pm.