

SHAC Meeting Minutes

Sunday March 27, 2022

3:27 pm

Quorum of at least 5, Yes 10 Members Present

- **Welcome and Introduction**

Mrs. Beal welcomed everyone and thanked everyone for being here.

- **Presentation of Minutes**

- Mrs. Beal presented the meetings from the mast meeting.

- **Topics Discussed**

- Planned parent hood could no longer come to the school and do the class so, Rachel McInnis would reach out to an Obgyn and see if they could give a class
- Health Screens have been completed and forms were sent out with students
 - Vison
 - Hearing
 - Spine

- **New things going on**

- Seniors
 - Mrs. Beal will conduct a CPR class and the other half of the day Coach Dail will get a life class that might include how to change a day or balance money
- 7th grade thru High School ^{time}
 - They will get the class Stop the Bleeding
- Substance abuse and Vapes
 - Students will receive 2 classes regarding of these topics from a Rehab place out of Abilene
 - Vape Class will be 4/19
 - Substance Abuse Class will be 4/26

- **New topics to be introduced**

- Mrs. Beal would like to give a CPR class to the community, Brittanie Behler suggested maybe put out a sign-up sheet and see who is interested. Motion to approve 1st Chantel, 2nd Rachel, 3rd Brittanie.
- Salad Bar has been asked about by students, Mrs. Beal stated that the reason it was taken away was because of COVID. Everyone thought it was a good idea to bring it back, Mrs. Beal will look into it with the school.
- Jump rope for heart/ Walk across Texas: Chantel will get info regarding Jump rope for heart and give it to Mrs. Beal.

- **Worth the wait /Always Changing**

Mrs. Beal discussed the class that can be given to the 5th grade students called Always changing. Motion to approve 1st Summer, 2nd Rachel, 3rd Chantel.

She also discussed the class that can be given to the 6th grade students called Worth the wait. Motion to approve 1st Amanda, 2nd Justin, 3rd Ashley.

- **Meetings**

- SHAC members helping with field day
- Last meeting to be announced in Group Me

Meeting was adjourned at 4:30

Shac
3/27/22

1. Chandra Prasad

2. Summer Byrne

3. Justin Perry

4. Ashley Perry

5. Britnie Behler

6. Amanda Goodson

7. Natalie Duke

8. Rachel McHenry

9. Allison Williams

10. Jane Chan

Youth Prevention Program with Abilene Recovery Council

We serve 12 counties including Brown, Callahan, Comanche, Fisher, Haskell, Jones, Mitchell, Nolan, Scurry, Shackelford, Stephens, and Stonewall.

Our team- Alicia Barton, Program Director; Rebecca Woodard, Prevention Specialist; Rebekkah Fulmer, Prevention Education Specialist

Our services- FREE of charge and available in-person or virtually.

We have recently shifted our focus to include more mental health prevention. In light of this, we have added more presentations and activities that align with this shift. These services also align with any Tier One needs you might have.

Positive Action- Available to youth, 2nd – 12th grade. (In-Person or virtually)

Approved early mental health prevention and intervention promotion with TEA.

An evidence-based curriculum that teaches children the tools they need to stay balanced mentally, physically, socially, and emotionally, so that they can lead healthy lives and make positive choices. Positive Action can be implemented in a way that fits your scheduling needs.

Presentations- Available to all, in and outside of the school setting. (In-person or virtually)

Age-appropriate presentations to increase knowledge and create awareness on any of, but not limited to, the following:

- Mental Health awareness, Coping Skills, Managing Feelings, Etc.
- Underage Alcohol use, Tobacco/ Electronic Nicotine Delivery Devices (ENDDs), Marijuana (marijuana/cannabinoid products), Prescription drugs, other drugs, etc.

Other available presentations:

- Red Ribbon Week (October 23-31st)
- Treating each other the way you want to be treated
- Bullying
- Dealing With Feelings
- Refusal Skills
- Medicine Safety
- Living Healthy
- Calming Skills
- Social Media- The Good and the Bad

School and Community Activities- Available to all, in and outside of the school setting. (In-person or virtually)

Fun, challenging, and structured activities with supervision, so people have constructive and healthy ways to enjoy free time and learn skills. These activities also include free incentives and information for participants. Events that we have attended and provided activities for in the past are- fall festivals, winter programs, reading nights, game nights, project graduations, health fairs, field days, Red Ribbon Week (October 23-31st), etc.

Virtual activities that we offer:

- Story Time
- The Feelings Game
- Bingo- Feelings, Positive Choices, Saying No, Social Media
- And many more!

If you would like to know more about any of these services, please contact our program director, Alicia Barton, at abarton@abirecovery.org, or 325-673-2242 ext. 1100