

DRAFT
Keller ISD SHAC Meeting Minutes
Tuesday, February 28, 2023

Introductions

KISD SHAC Leadership

- Mark Brems – Chair
- Dr. Tonya Fuqua – Secretary
- *Tricia Atzger-John - Advisor

SHAC Members Present

Kimberly Boone	Barbarita Nieri	Lesley Lambson	Sandra Lodato
*Caryn Fields	Adjoa Brown	John Birt	Ashlea Stickane
Michael Swan	*Sandra Benavidez	Jennifer Fox	*Candace Harriman
*Carrie Simmons	Jeviti Burrows	*Sheri Rich	

Visitors

Michelle Gonzales (Stay on Track) *Loriann Simpson (KISD Lead Nurse)

Reminded everyone to sign in with the QR code.

Reports

SHAC Focus Groups – report out by Tricia Atzger-John

Updates and changes were reviewed by emails and through break-out meetings. New documents for finished product were emailed out to all members for review, there were 3 meetings to follow up on these updates either in person and/or by Zoom,

Bylaws updates review:

Three meetings were held to update the current KISD SHAC Bylaws:

Conversations began on November 15, 2022, following the regular SHAC business meeting.

Members present: Joni Smith, John Birt, Leslie Lambson, Mark Brems, Dr. Justin Fairless, Barbara Wilks, Sandra Lodato, Candace Harriman, and Tricia

On December 6, 2022, another brief meeting was held by Zoom: Steven Sherman, Joni Shaw, Mark Brems. John Birt provided feedback by email.

The final proposed draft was discussed on February 9, 2023, by Zoom: Candace Harriman, John Birt, Ashlea Stickane, Mark Brems, Steven Sherman, Dr. Tonya Fuqua, Sheri Rich.

Wellness Plan review:

Three meetings were held to update the current KISD Wellness Plan with SHAC members and one meeting was held with KISD staff who help facilitate the plan at the district level:

We met on November 15, 2022, at 4 p.m. by Zoom.

Members present: Sandra Lodato, John Birt, Sheri Rich, Steve Sherman, Julie Caceres, Carrie Simmons, and Tricia

We met by Zoom on December 6, 2022: John Birt, Steven Sherman, Edward Kotar, Sergio Salinas, Karen Fields, Sheri Rich.

KISD staff who help facilitate the plan met by Zoom on February 6, 2023, with KISD staff to finalize proposed changes and updates: Carrie Simmons, Sheri Rich and Tricia.

The final proposed draft review was held by Zoom on February 6, 2023: John Birt, Ashlea Stickane, Carrie Simmons, Sheri Rich.

SHAC Business

Reminded all members to scan QR code to sign in for attending meeting.

Approval of November 15, 2022, meeting minutes

- Sandra Ladato – 1st approval
- Kimberly Boone – 2nd approval

Tricia reviewed the following:

- SHAC Bylaws Updates Reviewed and Approved
 - John Birt – 1st approval; Sandra Ladato – 2nd approval
 - Bylaws are posted on SHAC section of the Health Services webpage.

- District Wellness Plan Updates Reviewed and Approved
 - Carrie Simmons – 1st approval; John Birt – 2nd approval
 - Found on Health Services webpage.

SHAC Leadership Nominations for 2023-24 School Year

- Nominations were opened to the floor and the following names were nominated:

- Chair: Mark Brems (nominated by John Birt)
- Co-Chair: Dr. Justin Fairless (nominated by Mike Swan)
- Secretary: No nominations
- Parliamentarian (new position): Jeviti McBurrows (self-nominated)
 - This position will help the SHAC committee to follow by-laws and stay on track.
- The committee in attendance discussed and agreed to send out an email to all committee members to solicit nominations due to no one being nominated for secretary position and many absent. Motion made by Sandra Lodato and John Birt seconded the motion.
- Asked if brief descriptions of positions could be included in the email.

SHAC Membership Recruitment

- Open for membership signup between the timeline of March 3-30
- Announcements of this will be distributed through community e-news, rolling banner on district website, SHAC webpage and flyers distributed by members and schools.
- Will send out digital flyer to all member emails for sharing.

Guest Speaker

Michelle Gonzalez – with Stay on Track Coalition to discuss Drug Trends

Coalition meets monthly to discuss drug and alcohol trends with ISDs (6 total coalitions)

Trainings, educational/informational presentations to share.

Opioid Epidemic

- Fentanyl – synthetic opioid used as a pain relief med and 100 times stronger than morphine and 50 times stronger than heroin, drug dealers are pushing this, and it is cheap to manufacture and sell, so this is why it is added or sold as Percocet and Xanax, oxycodone and hydrocodone
- 1 person dies every 15 minutes, leading cause of death in 18–45-year-olds in Americans.
- Around 90% of overdose are due to Fentanyl and 84% are involving opioids, students and young adults are experimenting, and it is lethal.
- Lethal dose is 2mg of fentanyl (few grains of salt as example of amount)
- 3 out of 5 pills are fake pills with fentanyl (60%)
- Xylazine – this is an animal tranquilizer and can extend the “high” feeling and can cause people to be unconscious for a very long time, lower breathing heart rate, blood pressure and can be at an alarming rate (this unconscious affect can allow someone to be assaulted and or worse).
- Narcan can be given to reverse affect and KHS has this at schools, but will not impact the xylazine, which is the added problem.
- Criminal drug networks have made it where you can’t tell the difference between fake pills and real ones (no measurements, rules, regulations, etc.)

- Rainbow Fentanyl have made the pills to look like candy to appeal to children (looking like sweethearts and sidewalk chalk)
- Overdose prevention efforts are happening to raise awareness and educate about this epidemic, helping with tips for parents to know how to talk with your child and what to do if they do admit to using drugs.

Vaping

- Inhaling an e-liquid and exhaling aerosol, still causing damage to lungs
- Most used with high schoolers in US, 27.6% children admit to vaping in survey.
- Vaping reversed the over two decades of getting young teens to stop smoking cigarettes.
- The Jewel Pod has become the most popular, its small and easy to hide with alarming usage by kids at 3-4 pods using/day; many other options have come on the market at alarming rates, with some containing nicotine at extremely large amounts.
- Chemicals and metals are in these solutions and should not be in the lungs (this can lead to lungs not working properly and/or need for lung transplant)
- THC in vapes can cause more affects and severe side effects than the marijuana plant and can be linked to long term affects.
- Pediatric exposure has increased by 10-fold due to it being placed in gummies and edibles and children seeing it to be appealing as candy and accidentally overdose. Impacting the 2–3-year-olds the most.
- THC oil in possession can lead to a felony that will be on a record for a long time.
- THC can be inhaled, ingested, transdermal.

Alcohol

- Many new alcoholic drinks are being promoted as fun looking juices or drinks which can be appealing to kids, and they do not realize they are opening an alcoholic drink.
- New powdered alcohol can be added to a liquid, easier to purchase.
- Alcohol to go is also making it easier for underage teens to get alcohol without anyone even checking IDs or age.
- So many containers made to mask alcohol being carried around.
- Other edible ways that alcohol is being sold, in pods, packets, whip cream, etc.

SHAC member asked if there is somewhere to look or go to get info to be able to talk with our kids to discuss this issue.

Talk, They Hear You – recommended this app to support conversation with your children about drugs and alcohol.

Crime Stoppers – is a link in our KISD to scan a QR code to allow a student to report concerns or someone they may suspect may be using,

Announcements

By Sheri Rich:

March 25, 2023, Casey Fun Run 8:00-11:00am

Food trucks, fun activities, 5K and run, plus much more.

Closing

- Next meeting date is Tuesday - April 25, 2023