



Union County Public Schools NC
School Health Advisory Council
2022-23

Union County Public Schools NC – School Health Advisory Council

CHECKLIST

The Union County Public Schools Student Health Advisory Council requires:

- Develop a 3-year action plan
- Conduct an assessment using a research-based tool
- Complete the Annual Healthy Active Children Compliance Survey
- Coordinate a School Health Council with appropriate stakeholder and community partners

Steps to achieve the above requirements:

- Review the Union County Public Schools Student Wellness Policy annually
- Utilize the Whole School, Whole Community, Whole Child Model as the foundation of the School Health Advisory Council and School Health Program <https://www.cdc.gov/healthyyouth/wsc/>
- Develop a School Health Advisory Council composing of individuals from the following eight components of the WSCC model: Health Education; Physical Education & Physical Activity; Nutrition Environment & Services; Health Services; Counseling, Psychological, & Social Services; Social & Emotional Climate; Physical Environment; Employee Wellness; Family Engagement; and Community Involvement.
- Provide periodic reports to the Board of Education regarding the status of goals set by the SHAC members.
- Set a meeting schedule each school year (at least four times a year is recommended)
- Complete a school assessment (School Health Index can be completed by signing up with the Alliance for a Healthier Generation <https://www.healthiergeneration.org/>)
- Develop an action plan
- Share action plan and wellness policy with stakeholders
- Evaluate progress by reviewing and revising action plan (recommendation annually)

Resources:

Union County Public Schools – School Nutrition Services Department Webpage:
<http://www.ucpsschoolnutritionservices.com/>

Union County Public Schools – School Health Advisory Council Wellness Policy:

<https://www.ucps.k12.nc.us/site/default.aspx?PageType=2&PageModuleInstanceID=18998&ViewID=838b13a1-2ccb-4c74-83cb-0b9f098d6937&RenderLoc=0&FlexDataID=29555&SearchVal=student%20wellness&SearchOption=all&SearchVal=student%20wellness&SearchOption=all>

Assessment Tools

School Health Index
Healthy Active Children Compliance Survey
Alliance for a Healthier Generation
North Carolina Healthy Schools
Action for Healthy Kids

Union County Public Schools NC – School Health Advisory Council

ACTION PLAN

Note: Evaluation of progress by reviewing and revising action plan will be implemented annually.

Healthy Active Children Policy requires:

- Each LEA shall maintain a current Local Wellness Policy and the most recent assessment of progress with implementation of the policy and submit as requested to NCDPI.
- The local School Health Advisory Council shall inform and update the public about the content, implementation, evaluation and compliance of the Local Wellness Policy and the Healthy Active Children Policy.

2022-23 School Year

GOAL 1: Expand community awareness regarding substance use disorder and tobacco/vaping use in Union County, NC with a focus on school-aged children within Union County Public Schools.

Objective 1 -

Action Steps	Methods for Measuring Implementation
<p>Union County Public Schools and the community will conduct events on various aspects of drug and tobacco use, focusing on the rising use of vaping and substance use disorder among youth.</p> <p>Co-Leads: Stephanie Starr, Director of Community Support and Outreach, UCHD; Chris Conway, UCPS College & Career Readiness; Kasha Giddins, UCPS Student Support; and Wendy Nielsen, UCPS Director of School Nursing</p>	<ul style="list-style-type: none">- Establish a baseline and monitor trends in UCPS Disciplinary Referrals related to drug, tobacco & vaping.- Update UCPS Health Education Curriculum to reflect current trends in substance use and tobacco/vaping.- Partner with Wingate University Pharmacy Department, Union County Health Department, and other community resources to provide stakeholder education.- Collaborate with UCPS school-based leadership to identify opportunities for student, parent, and staff education related to relevant risky teen behaviors, including vaping and substance use.- Collaborate with secondary UCPS school leadership to identify school-based champions to initiate a variety of initiatives to address the vaping epidemic and insure student support systems are implemented to meet needs.

GOAL 2: Establish & strengthen mental health support for UCPS student population.

Objective 1 -

Action Steps	Methods for Measuring Implementation
<p>Continue to build relationships among the various Student Support Team members to allow focus on students most in need of compressive services to address mental health and academic engagement needs.</p> <p>Assigned staff in each school building will be part of the crisis response team.</p> <p>Co-Leads: Kasha Giddins, Director Student Support; Lasheena Gaines, Coordinator, Student Support; Katrina Reyes, Lead Mental Health Therapist; Dan McCloskey, Lead School Counselor; Moira Hancock, Lead Counselor; Belle Walker, Lead Social Worker; Christine Skrutowski, School Nurse Supervisor</p>	<ul style="list-style-type: none">- Communication among UCPS cabinet and local school level leadership as well as various team members to focus on the operationalization of the Student Support model at the school level.- Student support teams at the local school level will meet 1-2 x per month. Student Support Team membership at the school level includes: School Counselors, School Nurse, School Social Worker, School Psychologist, and Mental Health Therapist.- Expand community partnerships to provide professional mental health services to the UCPS student population, including Atrium Health Teletherapy and the Department of Social Services Behavioral Health Collaborative Program.- Serve as a resource to all UCPS leadership regarding the focus on building and maintaining healthy social and emotional school climates within each school.- Implement various aspects of the Threat Assessment Plan, Reunification Plan, Suicide Intervention Plan. Define the role of members of the crisis response teams.- Staff will be aware of what team they are a part of and know how to respond based on training provided on protocols.

Union County Human Services 2019 Strategic Planning

GOAL: *Lessen impact of mental health for residents and first responders / **clinical staff and social workers**, through a targeted campaign to create awareness of resources focusing on prevention and access to treatment.*

Status *Sustain the goal. Continue the work.*

Target: Union County Residents

Leads: Community Support and Outreach / Health Promotions
Business Operations / Training Unit and Business Process Unit

Partners:

Cardinal / **(Now Partners)**

UCPS

Hospitals

NAMI

Law Enforcement

Mental Health providers Daymark / Monarch

Faith Based Community

Private and Charter Schools

UCPS

2019 Strategic Planning

Wingate University
SPCC

Policy Changes: NA

Action Plan:

1. Research current efforts addressing mental health issues and in Union County. Compile data on all efforts underway.
2. Review CHA data related to mental health and access to services.
3. Survey clients in treatment or receiving services to gain an understanding of the path they took to engaging in treatment and existing resources (referral, internet, court ordered, schools, family member, Resource Guide, etc.)
4. Work with Inmate health to identify mental health trends they see within the jail
5. Interview law enforcement to compile data on mental health issues frequently encountered in the community.
6. Pull 911 call data related to mental health (suicides, nature codes pertaining to unstable individuals or behaviors).
7. Pull Union EMS Data related to mental health calls
8. Develop marketing campaign about mental health services / resources
9. Train all Human Service Staff members in Mental Health First Aid
10. Increase access to training on Suicide Prevention (ASIST)
11. Work with Cardinal / Novant Health to create access to Mental Health First Aid
12. Identify options for access to Assist suicide Prevention Trainings
13. Support suicide related legislation at the state to increase local level education in school settings, increase allowable scope of medical examiners around apparent suicides – enabling further investigation.

Related Facts

- Increase in prevalence and increased impact on the community
- Depression, anxiety, 30% increased suicide rate in 18 – 30 year olds
- Social Media / Electronics decreased social / coping / problem solving skills

Timeline: July 2019: Planning initiated

On-going - 2022



Measurable:

- Increase knowledge of mental health disorders and services
- Current comprehensive data on the impacts of mental health on emergency services / first responders
- Increase of services (target data collection with partners)
- Decrease use of ED services at hospitals for Mental Health issues
- Decrease suicide rate in Union County
- Quantify access to Suicide Prevention Trainings offered (ASIST and QPR)
- Quantify access to Mental Health First Aid Trainings offered

Evaluation Tools:

Survey Human Service Staff on mental health resources in Union County (pre and post-test)
Assess 911 mental health nature code calls
Assess 911 suicide calls

Deliverables:

- Marketing Plan to increase awareness of mental health services
- Platforms:
- UCPS = Connect Ed./ FB / UCPS Website
- DHS = FB / Website
- Library

Update post Strategic Planning Session May 31, 2022

- Community Health Assessment CHIP addresses mental health
- Healthy Union Coalition has a mental health subcommittee that is focusing efforts on mental health services, issues, etc.
- Human Services is working on a Wellness Module for all staff, with a particular focus on impacts of work stress on Social Workers, clinical staff and interpreters that deal with stressful, scary and emotional things in daily work
- Review Behavioral Health Data



2019 Strategic Planning

- System of Care Data
- Suicide data
- Death Certificates
- Child Fatality data
- All Veterans Services staff have been trained in suicide prevention awareness
- Union County Public Schools (UCPS), Atrium Health and Partners Health Management continued to offer Mental Health First Aid courses in the community. Numbers are at the same level as in 2020.
- Union County posted mental health awareness messages on social media and the community e-newsletter (Horizon) on the following topics: world suicide prevention day, minority mental health month, and mental health awareness.
- UCPS launched Start with Hello campaign to bring attention to the growing epidemic of social isolation and to empower young people to create a culture of inclusion and connectedness within their school, youth organization, and community (10 social media posts from Sept. 18-27, 2022); a bullying prevention campaign (six media posts); and an anonymous tip line to report a crisis.
- UCPS has four mental health clubs that meet regularly.
- Partners Health Management provided classes in QPR Suicide Prevention, Mental Health and Substance Use Disorders, and Mental Health 101.

Behavioral Health Collaborative

Union County's Behavioral Health Collaborative, an award-winning partnership between Social Services and UCPS, continued to connect students and their families to social, emotional and behavioral/mental health support, despite restrictions.

- The number of presentations about social and emotional wellness for students, staff and parents increased in 2021 from 2020.
- The number of students served increased in 2021 from 2020.

