

East High School PTSA

Meeting Minutes

A monthly meeting of the East High School PTSA was called to order at 5:35 pm on Thursday December 6, 2018. The President, Vice-President, Secretary, Treasurer, Parliamentarian, Principal Representative, Community Representative and Teacher Representative were in attendance. A quorum (9) was met. For full attendance, see attachment.

Officer Reports

President, Laura Barr: Working hard to build good roots for the organization.

Parliamentarian, Mark Kochevar: Motioned for minutes from the October 4, 2018 meeting to be approved. Motion seconded. No opposing. Approved.

Wellness Committee Co-Chair, Berni Slowey: One of 2 special committees supporting PTSA with our initiatives on student health & wellness.

Discussion: Last week's Angel Talk was about Social Media. We also have Be the Influence: an online resource for parents on how to have conversations with your child about drugs.

ANCHOR: Awareness, Nurture, Cope and Help Onto Resiliency. Approved by Principal before bringing to PTSA. Slow and steady introduction. ANCHOR Goals: Assessment of Needs, Roundtable of Specialists and Community Leaders (have met with Second Wind and the Carla Madison Recreation Center), Supplemental Services Roll-Out.

Liz Curran and Steve Kohuth presented on the Counselors office: We have 2.5 school psychologists, time spent: $\frac{1}{3}$ assessment, $\frac{1}{3}$ individual behavior, $\frac{1}{3}$ crisis counseling.

Ten school counselors (3 are licensed professional) focused on social/emotional, academic and post secondary. 70% time spent on social/emotional counseling. Big change from years ago. Common themes: suicidology, homelessness, drug & alcohol, vaping, sexual assault, legal problems, deportation, parental problems (incarceration, substance abuse, deportation). Don't see a lot of bullying at this level. East matches national average for suicide risk reviews (SRRs). SRRs is a DPS documented questionnaire, nationally recognized as an effective measure. First step to call the parent. We will move the child to the health clinic for more privacy. Then 2 counselors assess risk for low, medium and high. Typically medium risk if they have an outside counselor and support. If high risk, we will have parent admit to hospital. 55 SRRs so far this school year (last year 124 total). Have 20 staff members trained to do these reviews. Every counselor, 4 school psychologists, 2 social workers. Trained every 2 years. Depression and social media are the 2 most likely causes. Direct correlation between usage of social media and

suicidology. Kids do not have coping skills. What is your self care? That is not cell phone related. We have drug & alcohol classes, students who are caught using are referred to the class and can use it to removed school use from record.

School wide response to crisis. There is a district crisis team, as well as a school team. Trauma informed training. School counselors get the school snapshot for HKCS.

Panel Discussion: Time management is a huge challenge. The department triages the students. Deciding what is important in that moment. SRR provides resources, but the counselor cannot be the daily contact, only the crisis contact. Much of the work is connecting the student to other support. Academic and social counseling is interconnected.

What to tell parents; Talk to your kid about uncomfortable things. Shut down the phone and give full attention. Ok to take the phone away at dinner. Talk about how kids can access help at East. Don't stigmatize or freak out over issues like mental health, sex when your child raises them.

Angel Talks subjects, attendance and video clicks. Only district videotaping these presentations. Convenience for parents. Can repurpose the material. Production costs and budget of \$150 per meeting.

Rachel O'Bryan moved to fund 4 Angel Talks in spring 2019 for \$600. Seconded. No opposing. Approved.

After Prom: common to be managed by PTSA. Dues are not used for costs. Separately fundraised.

Liz Rutledge motion to bring After Prom under PTSA. Seconded. No opposing. Approved.

Meeting adjourned at 6:35pm.

Date Approved:

Rachel O'Bryan, Secretary