

MEETING MINUTES

HEALTH & WELLBEING BOARD ADVISORY COMMITTEE

<https://www.bluevalleyk12.org/page/34383>

Date: April 24, 2024

Time: 4:30 pm

Meeting called to order by: Dr. Mark Schmidt, Assistant Superintendent – Special Education

MEETING TOPIC: DRUG & ALCOHOL PREVENTION TASK FORCE (CONTINUED)

Presenter: Kristi Dixon, BSW School Counselor, Counselor Leadership Team, DAPT Leadership

Community Outreach Events

- Reviewed Spring 2023 event, **Connect to Prevent**. The event was focused on learning how to connect with your child and have crucial conversations related to prevention.
- The Spring 2022 event, **Off-Script**, focused on trends of substance use following the pandemic.

Curriculum

- FACT Lessons, 5th grade vaping prevention lesson
- Alcohol Edu
- Understanding Mental Wellness
- Prescription Drug Safety
- Vaping Know the Truth
- EVERFI

Addition of Tobacco Treatment Specialist

- Currently, one staff member at BVA, four high schools and two middles schools have been certified as Tobacco Treatment Specialists. Kristi reviewed the “My Quit Plan” program and other helpful resources.

Nicotine Replacement Therapy

- Medication addressing nicotine withdrawal symptoms, providing a controlled amount of nicotine helping to reduce the urge. Safe for adults, but children 18 and under need a prescription for all forms of NRT.

Drug/Alcohol Assessment Voucher

- Free and confidential assessment by JoCo Mental Health Adolescent Center for Treatment.

Meeting Topic Requests for 2024-25

- Crisis Response in Blue Valley
- Athletic Trainer Partnership with KU
- Energy and Performance Enhancers and other related topics
- Role of Counselors/Social Workers/Mental Health Team

Conclusion

Mark concluded the meeting by thanking those finishing a H&W term and inviting those eligible for another term to apply at

<https://www.bluevalleyk12.org/BoardAdvisoryCommittees>.

NEXT MEETING

September 11, 2024, 4:30 pm