

**ST CLAIR COUNTY HEALTH DEPARTMENT
ALGONAC COMMUNITY ADVISORY COUNCIL
MEETING MINUTES
November 14th, 2024**

ATTENDED:

Ryan M.- Staff

Al L.- Staff

Pauline L. – Staff

Holly H. – ST CLAIR COUNTY HEALTH DEPARTMENT- ALGONAC, NURSE
PRACTITIONER

Emma G. – ST CLAIR COUNTY HEALTH DEPARTMENT- ALGONAC, CLERK

Carrie T.- ST CLAIR COUNTY HEALTH DEPARTMENT- ALGONAC, MENTAL HEALTH
THERAPIST

I. Welcome and Introductions

- a. Meeting started at 4:04 pm.
- b. Sign in and introductions.

II. Approval of Agenda

- a. Agenda approved without revisions.

III. Business

a. Reintroduction to clinic and services

- i. Staff aware of services and clinic staff and space with no questions

b. Upcoming events and services

- i. Mention of health education presentations beginning to pick up in classrooms, service menu sent out previously to staff. Beginning to see an interest in scheduled presentations for this quarter.
- ii. Discussion of yoga for students. 6-week program for students, thoughts of beginning in January. Yoga mats are provided.
 1. Ryan mentions the use of aux gym or library if necessary. Also mentions utilizing Thursday's seminar time so students are able to participate without needing to stay after school.
 2. Swag bags will be given out for participants with items like water, deodorant, stickers, etc.
 3. Survey for students before and after the six-week sessions to see improvements in mental health, etc.
- iii. Carrie discusses group focused counseling for students beginning at a later date. Anxiety and depression groups were identified and thought out. There will be 6-8 sessions per group with education, signs and symptoms, coping skills as well as weekly activities.
 1. Discussion if this is going to be open to new or established clients-unknown yet.
 2. Ryan inquires about an anxiety presentation for 7th-9th graders as a whole. Signs and symptoms of anxiety reviewed. After presenting to those grades, group focused counseling can be looked at.

3. Ryan mentions Mr. Ranger being present during presentations as well so kids have a familiar face.
- iv. SCCHD staff attended signs of suicide training. This involves a high level of support from school staff and parents. Will need to prepare and educate staff.
 1. Marysville school district has completed a signs of suicide presentation with successful turn out.
 2. Communication with Ryan and Al will be had before beginning in Algonac school district.

c. *Educational/Services utilized- Data Review*

- i. Holly discusses the Medical numbers for Q4 for the clinic. We have seen an increase in students from Q3 with 49 new clients and 54 total visits. (attached health center infographics to meeting minutes emailed to attendees and members)
 1. Both medical and counseling have shown interest and increased visitation since opening of clinic.
- ii. Review of Carries Q4 numbers. 4 new clients and a total of 51 visits.
- iii. Clinics and Outreach reviewed for Q4.
 1. 8/22/2024- Comprehensive PE night- 17 physicals were completed.
 2. 8/26/2024 & 8/27/2024- Staff present at Jr/ Sr High back to school open houses for outreach of services. 17 vaccines were given to students and a total of 788 interactions were made between the two days.
 3. 9/04/2024- Carrie provided a meet and greet with Algonquin staff to promote services. On 9/11/2024 on site counseling services at Algonquin were started by Carrie for established clients at set times.
- iv. Mention of menstruation products distributed to office and lockboxes in both restrooms placed.

IV. Open Discussion/ Current Issues

- a. Carrie/ Holly inquires what the Jr/Sr Highs Mental Health Crisis Plan is
 - i. Al mentions it would begin with the school's social worker and go from there on a case to case basis.
 - ii. Ryan/ Carrie discuss that students in crisis will not be directed to Carrie, unless established by her and on a case to case basis.
- b. Mention of safety drill schedule, clinic staff have been placed on the schools Remind app as well as given the drill schedule.
- c. Discussion regarding advertisements of the Comprehensive Sports Physical nights for this upcoming year.
 1. Discussion completing sports physicals by sport if possible such as having a football team physical night. Ryan will coordinate and get Holly the coaches contact info to plan accordingly.

2. AI presents the idea of the first day of fall sports having extended hours in case someone is needing their PE they can come to clinic.
3. AI mentions parents are liking the convenience of being able to have physicals done at the clinic.

V. Adjournment

- a. Adjourned at 5:10 PM.
- b. Will send minutes to those that attended and those whom initial meeting notice was sent to.
- c. Encouraged to contact staff with additional questions/concerns.

VI. Next meeting

- a. Date to come following, will be emailed 2 weeks prior.
- b. Zoom option will also be available.