

**ST CLAIR COUNTY HEALTH DEPARTMENT
ALGONAC COMMUNITY ADVISORY COUNCIL
MEETING MINUTES
August 22nd, 2024**

ATTENDED:

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 4:02 pm.
- b. Sign in and introductions.
- c. Official announcement of the clinic name after student polls being “Muskrat Health Center”

II. Approval of Agenda

- a. Agenda approved without revisions.

III. Business

- a. *Reintroduction to clinic and services*
 - i. Staff aware of services and clinic space with no questions
- b. *Introduction of Nurse Practitioner & Staff*
 - i. Introduction of Holly, Emma and Carrie.
- c. *Upcoming events and services*
 - i. Discussion regarding painting of the clinic, left coat cabinets have been painted. Smaller cabinets on right side of clinic have been approved and waiting on maintenance for a date.
 - ii. Wallpaper was purchased for décor of clinic, will be installing in the future.
 - iii. Clinic staff will be at Algonac Jr/Sr. open houses Monday and Tuesday (Aug 26 & 27th) for outreach of the clinic. Immunizations will be available.
 1. Discussion of being at elementary open houses for next school year for outreach and immunizations as well.
 - iv. Discussion of yoga for students. Brainstorming best timeframe to start since school sports are usually right after school in the fall. Thoughts of January to begin.
 1. Swag bags will be given out for participants with items like water, deodorant, stickers, etc.
 2. Discussion of Carrie introducing the idea of yoga to her mental health clients to start getting some feedback or possible students who are interested.

3. Mindfulness/ Yoga sessions for staff once a month at Algonquin was discussed, will bring forward to supervisors.
- v. Carrie discusses group focused counseling for students beginning later on. 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. More details to come.
- vi. 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. Will be rolling out slowly and piloting to select schools in the district first before implementing.
- vii. LEAD testing is now available for children ages 5 and under at the Muskrat Health Center.

d. Educational/Services utilized- Data Review

- i. Holly discusses the Medical numbers for Q3 for the clinic. We have seen an increase in students from Q2 with 36 new clients and 48 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 Q3 numbers. 4 new clients and a total of 109 visits. Increased number of visits compared to Q2.
- iii. Emma and Carrie attended the Goodells 4H fair for outreach of Teen Health/ School Based Clinics services.
- iv. Carrie provided education to students on the professional counseling profession to Mrs. Derra's class which included 33 students.
- v. Holly provided 2 STI presentations to health classes as well as informing students of the services we provide in the Jr/Sr High, which included a total of 48 students.
- vi. Comprehensive Physical night reviewed from June 11th. 14 total participants for comprehensive PEs. Two appointment rescheduled for the following week. 7 students received 9 vaccines.

IV. Open Discussion

- a. Discussion of the increased number of mental health crisis that will be seen with school resuming.
 1. Discussion about the need for more mental health services among all areas of the county.
 2. Discussion regarding the possibility of getting a 31N worker here at the Jr/ Sr school for crisis- with possible discussion with school Principal/ Superintendent regarding this and their thoughts.
 3. Discussion of a Mental Health Crisis Plan for students that are having a crisis- needed throughout the school. Follow up with school staff regarding this as the school year approaches and what this will look like for our staff/ Carrie.

- b. Holly discusses IEP plans for students and needing to be informed about these specific plans for students. Staff can collaborate with NP if needed. Release of Information would be required, will follow up with supervisors and school staff.
- c. Release of Information also brought up between the staff at clinic and school staff regarding students.
- d. Mention of NHS in the school. Will reach out to school staff to inquire about National Honor Society students and volunteering opportunities throughout the clinics for hours as well as attending CAC meetings.
- e. Discussion regarding advertisements of the Comprehensive Sports Physical nights and how we could improve for next year.
 - 1. Pam/Frank from Jr/Sr High discussed completing sports physicals on the last three days of school for students who plan on participating in fall sports the following school year. These are half days for students. Discussion of clinic staff possibly staying after to help students avoid the rush of trying to complete them at the end of summer. Parental involvement will be required for those under 18.

V. Adjournment

- a. Adjourned at 5:30 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.