

**ST CLAIR COUNTY HEALTH DEPARTMENT
PORT HURON COMMUNITY ADVISORY COUNCIL
MEETING MINUTES
June 6, 2023**

ATTENDED: Sandy Mangan, Kaitlyn McDonald, Alyssa Seidl, Sarah May, Rylea Rankin, Tiffany Francis (zoom), Rory Francis (zoom), Becky Wendel (zoom).

I. Welcome and Introductions

- a. Meeting started at 5p.
- b. Sign in and introductions.

II. Approval of Agenda

- a. Agenda approved without revisions.

III. Business

- a. Updates on Mental Health Club at PHHS.
 - i. Rylea, student leader of Mental Health Club, was present at meeting to speak regarding goals of club and future plans.
 - ii. Student partner, Faith, not able to attend meeting today.
 - iii. Committee to start next fall.
 - iv. Staff support includes: Kaitlyn McDonald (Teen Health Counselor) and Ms. Mertz (PHHS staff member).
 - v. Goal of club: focus on overall student wellness and feelings of safety in school.
 - vi. Anyone can join club.
 - vii. Meetings to take place every Tuesday and Thursday during lunch.
 - viii. Promotion: via announcements at school, social media page, link on Teen Health and Port Huron High School websites.
 - ix. Guest speakers every other week including staff from county jail.
 - x. Goal to host Suicide Awareness Day walk at PHHS in September (typically held Saturday September 16th).
 - xi. Hopes to spread awareness and eventually mimic program in other schools.
- b. Safe Dates: How to be a good friend (inclusivity) LGBTQ+.
 - i. Current Safe Dates data is outdated.
 - ii. Working on finding other evidence-based programs that meet this criteria.
 - iii. To be added to presentation menu for upcoming school year.
- c. Review of Community Health Improvement Plan (CHIP) Data.
 - i. Mental health.
 - ii. Obesity.
 - 1. Free membership at Planet Fitness for those ages 14-19 May 15th-August 31st.
 - iii. Substance abuse.
 - 1. Vaping.

IV. Open Discussion

- a. Student – Would like to see more education in schools about vaping.
- b. Educator – Would like to incorporate Mental Health Club at PHHS into classroom education.
- c. Educator – Received request to form Sexual Assault Club at PHHS.
 - i. Working with Child Abuse and Neglect Council.
- d. Teen Health staff – Willing to assist with school clubs in any way possible.
- e. Student – PHHS = Port Huron High School Redhawks.
- f. Teen Health staff – Working to increase education within the schools.
 - i. Plan to update presentations over the summer to include: inclusive language, interactive components and updated images.
 - ii. Open to any suggestions for new topics.
- g. Teen Health staff – Hoping to incorporate student speaker into LEADS curriculum within the schools.
- h. Community member – New physician at McLaren Port Huron that would be a positive addition to CAC.
 - i. Dr. Kahn – specializes in family medicine.
 - ii. Very adolescent focused.
 - iii. McLaren is one of the only LGBTQ+ certified hospitals.
 - iv. Dr. Kahn sits on this committee.
- i. Community member – Port Huron Northern Make a Difference Club.
 - i. Just held special needs prom.

V. Adjournment

- a. Adjourned at 5:43 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. Thursday August 17th from 5:00 – 6:00 PM at the Teen Health Center.
- b. Zoom option will also be available.