

**ST CLAIR COUNTY HEALTH DEPARTMENT
PORT HURON COMMUNITY ADVISORY COUNCIL
MEETING MINUTES
August 17, 2023**

ATTENDED: Kaitlyn McDonald, Alyssa Seidl, Sarah May, Tiffany Francis, Kristen Howie, Becky Wendel (zoom).

I. Welcome and Introductions

- a. Meeting started at 5:03 PM.
- 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 not present at meeting to provide updates.
 - ii. Updates provided by Teen Health staff member Kaitlyn McDonald.
 - iii. Rylea working to coordinate days/times for club with principal, Mr. Palmer.
 1. Tentative plan to hold meetings during lunch.
 - iv. Working on securing date/time for suicide walk.
 1. Planning for September/October.
 2. Hoping to host walk on Port Huron High School track.
 3. Walk will be open to the community.
 4. Fundraiser versus free event?
 5. Will send out updates once date and details are secured.
- b. Sexual Assault Club at PHHS.
 - i. Club not moving forward at this time.
 - ii. Silent walk out took place at PHHS organized by students who were in support of club.
- c. Updates on goal to incorporate students into LEADS curriculum within the schools.
 - i. Peer education and advocacy is important.
 - ii. Students enjoy hearing from people their own age.
 - iii. Kaitlyn – feels she has many contacts that would be willing to speak.
 - iv. Working to increase number of sessions within the schools next year as part of our CAHC goals. Integrating students into the curriculum may help.
- d. Presentation menu.
 - i. Presentations updated this summer - head lice, bed bugs and scabies, allergies and asthma, STI and contraception.
 - ii. New - social media, puberty and distracted driving.
 - iii. In progress - vaping cessation pamphlet (done and pending approval), LGBTQ+ and healthy lifestyles.

1. Trying to find evidence-based content to support LGBTQ+ education focused on inclusivity and how to be a good friend.
 2. Previous content from healthy lifestyles presentation was outdated. Working to create a new presentation that is focused on general health and well-being as a whole.
- iv. Suggestions
1. Educator – requests summary of social media presentation.
 2. Educator – requests summary of puberty presentation including anticipated age range.
 3. Educator – all schools should have a Reproductive Health Committee.
 - a. Puberty content will need to be approved by this board.
 4. Educator – puberty is typically taught by elementary school gym teachers. Suggestion made to bring content forward to board as teachers may welcome additional support with this topic.
 5. Teen Health staff member - presentation influenced by Capac’s school model and video as staff was primarily presenting this topic within Capac schools.
 6. Educator – requests overview of healthy lifestyles presentation.
 7. Teen Health staff member – still working on content. Hoping to focus on health and general well-being as a whole.
 - a. Sleep, water intake, exercise, healthy diet, etc.
 8. Educator – struggles to find someone to come in and talk with class about nutrition.
 - a. Teen health staff member – may be able to create content to meet this need or arrange for SCCHD dietician to come and speak in school.
 9. Parent – inquiring as to whether we have similar LEADs related content for middle school.
 - a. Teen Health staff – did have SOS (Signs of Suicide) program for middle school. Content is outdated.
 10. Parent – would like to be able to reach kids and present this content at a younger age, as struggles may begin before high school.
 11. Parent – suggested presenting LEADs as an all school assembly versus individual classrooms.

IV. Open Discussion

- a. Parent – what type of push back are we getting in creating LGBTQ+ related content for the schools?
 - i. Teen Health staff – working to find material that is evidence based and will be approved by board.
- b. Parent – concern that omitting LGBTQ+ related content within the schools is discriminatory.
 - i. Teen Health staff – acknowledges the merit and importance of this topic for all. Will continue looking and updating presentations to be inclusive.

- c. Teen Health staff – had meeting with educator from Macomb county to learn tips for incorporating content into presentations.
- d. Parent – feels that PHASD is working together but not working together at the same time.
 - i. Teen Health staff – many committees within the community that work together to support other committees towards a common goal.
- e. Community member – experiences same struggles in trying to implement LGBTQ+ trainings at McLaren.
 - i. Community member – McLaren Port Huron is DEI certified.
- f. Community member – recommends reaching out to connect with Blue Water Allies or Amanda Hurtubise.
 - i. Community member – Blue Water Allies offers a teen segment that we could potentially be involved in.
- g. Parent – asking if LEADs program incorporates any discussion pertaining to LGBTQ+.
 - i. Parent – can lead to depression or thoughts of suicide feeling like you're the odd one out.
- h. Teen Health staff – because LEADs program is evidence based we cannot change the content.
- i. Educator – any changes would need to be brought to the board. Identifies the need for evidence-based curriculum that meets this.
- j. Parent – sees this first hand as volunteer within the drama club at PHN.
 - i. Forms have a place for pronouns. Many students will fill out their pronouns but ask them to be changed if the form is going to be printed with the possibility for others or a parent to see.
- k. Teen Health staff – our EMR contains a spot for pronouns.

V. Adjournment

- a. Meeting adjourned at 5:47 PM.
- b. Will send minutes and additional attachments reviewed during meeting according to bylaws.
- c. Encouraged to contact staff with questions/concerns.

VI. Next meeting

- a. Our next meeting will be Wednesday, October 18th from 5:00-6:00 PM at the Teen Health Center.
- b. Zoom option will also be available.