**MCCPTA Committee Work Plan**

**2021/2022**

**Committee: Health and Wellness**

**Chair: Hannah Donart**

**Subcommittee Chairs:**

**Mental Health:**

**School Nutrition: Lynn Amano**

**Substance Use Prevention: Laura Mitchell**

**Environmental Health: Hannah Donart**

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**Vision**

We support comprehensive and equitable health and wellness for every child in MCPS so that they may reach their full potential. We are committed to engaging with and empowering students, families and school communities. We will advocate for science-based policies that prioritize the health and wellness of all school communities and will engage with school staff and public officials to promote best practices and policies for youth health and wellness. We also commit to being mindful of systemic racism and other prejudices, while promoting inclusivity and equity in all of our committee initiatives.

**Goals**

Advocate for better health and wellness support within MCPS for all students, focusing specifically on the following goals:

* Trauma-informed practice
  + Implement Handle with Care
* Social-emotional learning (promoting nutrition education and awareness)
* Educate students and families on the dangers of alcohol, drugs, particularly opioids and benzodiazapines and vaping education and effective interventions
* Improve access to and quality of school food by encouraging MCPS to
  + Provide fresh fruits and vegetables in student meals
  + Include information about access to additional food resources with student meal delivery,
  + Remove access to junk food in vending machines and snack carts when students return to school
* Support MCPS’ BeWell365 program
* Advocate for science-based best practices for improving physical environments of all schools including the following:
  + Indoor air quality (IAQ)
  + Water quality
  + Safer cleaning, sanitizing, and disinfecting
  + Implementation of up-to-date public health COVID-19 mitigation measures for schools
  + Hand washing hygiene routines and infrastructure
  + Safe, healthy playgrounds
  + Environmental sustainability and carbon reduction measures in schools such as supporting the Green Schools Committee’s outdoor efforts, reducing plastic waste, school gardens and greenhouses, paperless school communications, walking or biking to school, investment in renewable energy and energy efficiency in schools, etc.
  + The general education, communication, and implementation of healthy habits when children return during and after the COVID-19 pandemic.

**Substance Use Prevention Sub-Committee**

* See bottom for workplan

**Mental Health Subcommittee**

* Offer Mental Health First Aid training to the school community, to parents and to teachers (exploring CEUs)
* Mental Health and Wellness Forum

**School Nutrition Subcommittee** will continue advocating around the following areas:

* Ensuring Families in Need can access healthy food during Covid, including quarantined classes
* Ensure the quality of school meals, including maintenance and expansion of lunch standards
* Ensuring pure, healthy water is available to all kids
* Safe lunch protocols for in-person students, including outside lunch
* Advocating for permanent, universal free meals, expanding on this year’s status
* Re-envisioning a form to establish an accurate needs assessment similar to KY’s Household Income Form to remove the stigma of the Free and Reduced Meals (FARMS) form.

**Environmental Health**

* Work with MCPS to develop indoor air quality and water quality management plans for all schools:
  + IAQ: Indoor air quality management plan that includes but is not limited to the following:
    - Verification of ventilation capability during the school year via CO2 monitoring to ensure levels meet ASHRAE and CDC guidance
    - Collaborate with MCCPTA CIP Committee to advocate for funding for HVAC updates, MERV-13 filters, portable HEPA filters as needed
    - School specific guidance on opening windows and doors to bring in more fresh air when needed
    - Collaborate with MCCPTA Green Schools Committee on use of outdoor spaces for meals, breaks to clear air, and learning
  + Water quality: MCPS facilities develop a water quality plan for every school that includes:
    - Oversight (i.e. bar codes) of flushing and testing guidelines for pathogens like Legioella to keep the water moving (see EPA’s [Information on Maintaining or Restoring Water Quality in Buildings with Low or No Use](https://www.epa.gov/coronavirus/information-maintaining-or-restoring-water-quality-buildings-low-or-no-use), Environmental Science Policy Research Institute’s [Building Water Quality and Coronavirus: Flushing Guidance for Periods of Low or No Use](https://esprinstitute.org/wp-content/uploads/2020/04/FINAL_Coronavirus-Building-Flushing-Guidance-20200403-rev-1.pdf), CHE’s webinar on [Improving Water Quality in Schools and Childcare Facilities During COVID-19](https://www.healthandenvironment.org/webinars/96535) and [Water Quality During Coronavirus for Childcare Facilities and Schools](https://www.becausehealth.org/water-quality-during-coronavirus-for-childcare-facilities-and-schools-2646873213.html) [toolkit](https://www.becausehealth.org/water-quality-during-coronavirus-for-childcare-facilities-and-schools-2646873213.html))
    - Advocate for touchless, ANSI/NSF 53 and 42 certified for lead filters for all drinking water sources in use in schools
      * See the following guidelines for science-based best practices and guidelines:
        + [NRDC: Get the Lead out of Drinking Water in Schools and Child Care Centers](https://www.nrdc.org/resources/get-lead-out-drinking-water-schools-and-child-care-centers)
        + [Environment America: Get the Lead Out: Back to School Toolkit](https://environmentamerica.org/sites/environment/files/reports/GTLO-Toolkit/GTLO-Back-To-School_Toolkit_2019.pdf)
      * Confirm completion of installation and equitable distribution of ANSI/NSF 53 and 42 certified for lead hydration stations
      * Point-of-use filters in preschool and kindergarten rooms
      * Access for all students to touchless drinking water sources to reduce COVID exposure. Young students are more likely to put their mouths on fixtures.
* Safer cleaning, sanitizing, and disinfecting
  + See the following science-based best practices and guidelines:
    - EPA DfE recommended safer active ingredients that are also on the N-List for SARS-CoV-2 and include hydrogen peroxide, lactic acid, citric acid, and ethanol.
    - [Because Health Safer Disinfecting at Schools During Coronavirus.pdf](https://roar-assets-auto.rbl.ms/documents/6997/Because%20Health%20Safer%20Disinfecting%20at%20Schools%20During%20Coronavirus.pdf)
    - Advocate for removal of applications that aerosolize disinfectants via electrostatic sprayers.
* Support up-to-date public health COVID-19 mitigation measures for schools
* Environmental sustainability and carbon reduction measures in schools such as supporting the Green Schools Committee’s outdoor efforts, reducing plastic waste, school gardens and greenhouses, paperless school communications, walking or biking to school, investment in renewable energy and energy efficiency in schools, etc.
* Support hand washing hygiene routines and infrastructure
* Safe, healthy playgrounds
* The general education, communication, and implementation of healthy habits during and after the COVID-19 pandemic.

**Action Steps**

* Organize 2021 Mental Health and Wellness Forum. (February/March 2022)
* Coordination with school meals and existing food providers
* Organize interactive, educational, and guest speaker campaigns on vaping, alcohol and opioid prescription use.
* Assist in organizing C.O.P.E. Trailer visits to each MCPS cluster.
* Meet with stakeholder groups across various work areas inside and outside MCPS, including but not exclusively MDE, OSFSE, CAO, OSSI, DHHS, County Council, CE, MoCo delegation to Annapolis
* Advocate for updated county and state legislation and regulations on green cleaning and disinfecting, indoor air quality, and water quality
* Collaborate with other MCCPTA Committees
* Environmental health education campaigns
* Advocate for the removal of stigmatizing language in all MCPS & County agencies and documents, to be replaced with person first language that does not exacerbate access or willingness to seek treatment for substance use disorders.

**Meeting Schedule**

Monthly meetings: Fourth Monday of the month at 8:30pm or as necessary in most cases.

**Budget (including all subcommittees)**

Mental Health and Wellness Forum: $600

* Materials
* Advertising
* Speakers

Substance Use Prevention Subcommittee: $1,500

CO2 monitors for every cluster contingent on MCPS facilities collaboration: $2,000

Total: $4,100

Substance Use Prevention Sub-Committee

Plan Work 2021-2022

Submitted by: Laura Mitchell, Chair (410)422-2694 [operatingbudget@mccpta.org](mailto:operatingbudget@mccpta.org)

August 2021

It is the mission of the Substance Use Prevention Committee to build alliances that help make every child's potential to build healthy, safe, successful and substance free lives a reality.

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| --- | --- |
| **Area** | **Representative** |
| At Large: | Laura Mitchell, Chair |
| BCC (Bethesda-Chevy Chase/Walter Johnson/Whitman) | Amy Pollok |
| DCC (Blair/Einstein/Kennedy/Northwood/Wheaton) | Rosemary McCloskey |
| Central PTAs (Churchill/Richard Montgomery/Poolesville/Rockville/Wootton) |  |
| North PTAs (Damascus/Gaithersburg/Magruder/Watkins Mill) |  |
| NEC (Blake/Paint Branch/Springbrook And Sherwood) | Jessica Ryan |
| West PTAs (Clarksburg/Northwest/Quince Orchard/Seneca Valley) |  |

We still need representation from each area. Please help identify AT LEAST one person from your area to serve on this important committee.

**Goals:**

**BeWell365**

* **Continue collaboration with MCPS on the Substance Use Prevention and Resiliency Education (SUPRE) plan, as a part of BeWell365.**
* **Vaping**
  + Advocate for an MCPS internal substance use survey in all secondary schools to determine the extent of student usage.

§ Substances surveyed should include alcohol, tobacco products, opiates, benzodiazepines, and specifically vapes

* Educate parents and students on the facts about vaping; dispel the myths that vaping is safer than traditional tobacco products.
* Launch a public information campaign within MCCPTA: #LoveMyLungs or #LetsClearTheAir
* Collaborate with MCPS students & parents as well as third party groups to eliminate vaping
* Work with MCPS to maintain accurate, timely statistics for incidents of vaping in schools, to include the substance being vaped.
* Measure progress by the results of the 2021-2022 survey of possession and under the influence reports at all secondary schools.
* Advocate for the Board of Education to offer student education and assistance programs in all secondary schools and to require students who vape to complete a cessation program. Two such programs are Caron’s Student Assistance programs and Stanford Tobacco Prevention Tool, both of which had a presence in at least some MCPS schools prior to the pandemic.
* Advocate for the Board of Education to authorize the immediate confiscation and disposal of vapes found in the possession of students.
* Work with state and local legislators to ensure more effective enforcement of underaged vaping/smoking, and to create and pass new legislation, where necessary, stop sales to, and straw purchase for, minors.
* **Opiates and benzodiazepines** 
  + Educate parents and students on the facts about opiates and benzodiazepines; dispel the myths that legally prescribed and professionally manufactured pills are safe and cannot kill.
  + Host the “Hidden in plain sight” mock teen bedroom exhibit at least once in each cluster to teach parents the signs of substance use and how to spot them in your home.
  + Support continued funding of, and referrals to, the Recovery Academic Program (as appropriate).
  + Conduct a campaign to contact area dentists and doctors, particularly sports doctors, to minimize opiate prescriptions to adolescents until at least age 21, preferably age 25.
  + Ensure that sports medicine providers, physical therapists, trainers and coaches know the signs of substance misuse and know who to contact or refer students to for evaluation and treatment.
  + Measure compliance with the “Start Talking Maryland Act of 2017” (STMA)

§ Verify that Narcan (naloxone) in MCPS schools is being replenished/replaced as it is used or expires.

§ Ensure that personnel are trained and available to administer Narcan at any given time; including replacements for personnel previously in positions that required training.

§ Ensure that EVERY secondary school in MCPS is providing opioid and heroin education to students in accordance with the STMA.

* **Alcohol (and other drugs)**
* Collaborate with parents, students and law enforcement to boost education about substance use, particularly in advance of homecoming, pre-prom and other celebratory events.
* Handle With Care Program
  + Work with MCPS and police, fire, EMS, social service agencies and the statewide HWC coordinator to implement HWC no later than the start of the 2021 in person school year. HWC provides a front-line recognition and response to ACEs (Adverse Childhood Experiences/trauma) to ensure that trauma sensitive assessment is initiated and trauma informed care is offered, where necessary, to minimize the long-term consequences of the trauma. Childhood ACEs have a direct correlation to substance use as well as depression, suicide, eating disorders and a host of other challenges. That risk can be mitigated when trauma is promptly and properly addressed. HWC alerts the appropriate persons that a child may need the aforementioned care.

·  **Continue Partnerships**

* Brave & Bold Community Coalition and the [RAP (Recovery and Academic Program)](https://www.montgomeryschoolsmd.org/mainstory/story/588036/Recovery-Program/)
* [The Landing at Family Services, Inc.](http://www.fs-inc.org/services/programs/the-landing)
* [Montgomery County Collaboration Council for Children, Youth and Families, Inc.](http://collaborationcouncil.org/), Jade-Ann Rennie, Prevention Coordinator
* Mothers Against Drunk Driving (M.A.D.D.)
* Arise & Flourish
* Montgomery County DHHS- Behavioral Health and Crisis Services, Regina Morales, LCSW-C, Manager III. I have joined the OIT Prevention workgroup, a part of the OIT (Opioid Intervention Team). Their goal is to Coordinate and increase substance use prevention activities in the community.
* [Montgomery County Alcohol and Other Drug Abuse Advisory Council (AODAAC)](https://www.montgomerycountymd.gov/hhs/boardscomm/boardscommmain.html); Chair represents MCCPTA on the Council.
* Maryland Parity Coalition, working with state legislators to ensure that all Maryland insurance providers fully and fairly cover mental health and substance use care as required by the Federal Mental Health Parity and Addiction Equity Act of 1996.

**Budget:** $1,500 Development and promotion of educational substance use prevention campaigns which may include a speaker series, branded swag, educational materials/posters, etc.