**MCCPTA Committee Work Plan**

**Committee: Health and Wellness**

**Chair: Hannah Donart**

**Subcommittee Chairs:**

**Mental Health:**

**School Nutrition: Lynn Amano**

**Substance Use Prevention: Laura Mitchell**

**Environmental Health: Hannah Donart**

**Email:** [healthandwellness@mccpta.org](mailto:healthandwellness@mccpta.org) **or** [**hannah.donart@gmail.com**](mailto:hannah.donart@gmail.com)

**Phone: 860-710-1644**

**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 schools including the following:
  + Indoor air quality (IAQ)
  + Water quality
  + Safer cleaning, sanitizing, and disinfecting
  + Adequate PPE for students and staff
  + Hand washing hygiene routines and infrastructure
  + Safe, healthy playgrounds
  + 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:

* Helping Families in Need access healthy food during Covid
* Social and emotional support and nutrition education
* Helping to ensure the quality of school meals
* Support the efforts to achieve available, healthy water

**Environmental Health**

* Work with MCPS to develop indoor air quality and water quality management plans for all schools:
  + IAQ (define IAQ): Each school must consult with a certified air quality specialist (environmental engineer, or certified industrial hygienist) and have an indoor air quality management plan that includes the following:
    - Verification of IAQ before, after mitigation measures are taken, and throughout the year (e.g. particulate monitor to ensure levels are below ASHRAE standard of 700ppm at a minimum, but 560ppm should be the goal.)
    - HVAC HEPA MERV-14 filters, portable HEPA MERV-14 filters as needed
    - When possible, open windows to promote better ventilation
    - Use of outdoor spaces for learning
    - Running HVAC fan constantly (not on auto)
    - Limit classroom size to meet ventilation capacity during the COVID-19 pandemic
  + Water quality: Each school must consult with a certified water quality specialist (environmental engineer, or certified industrial hygienist) and develop a water quality plan:
    - Develop and implement flushing guidelines for pathogens like Legioella and 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))
    - Filter first and then test drinking water sources in schools or provide bottled water
      * 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)
      * Cost-benefit analysis of ANSI/NSF 53 and 42 certified for lead hydration stations vs. bottled water
* Safer cleaning, sanitizing, and disinfecting
  + See the following science-based best practices and guidelines:
    - [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)
* Adequate PPE for students and staff
* Hand washing hygiene routines and infrastructure
* Safe, healthy playgrounds
* The general education, communication, and implementation of healthy habits when children return during and after the COVID-19 pandemic.

**Action Steps**

* Organize 2020 Mental Health and Wellness Forum. Date ?
* Coordination with school meals and existing food providers
* Organize postcard writing campaign on opioid prescription use.
* Meet virtually 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
* Develop checklist for school water and air quality programs based on science-based guidelines

**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: $1,500

* Materials
* Advertising
* Swag bags
* Speakers

Substance Use Prevention Subcommittee: $1,500

Total: $3,000

# Substance Use Prevention Sub-Committee Workplan 2020-2021Submitted by: Laura Mitchell, Chair (410)422-2694 [operatingbudget@mccpta.org](mailto:operatingbudget@mccpta.org)

September , 2020

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) |  |
| Central PTAs (Churchill/Richard Montgomery/Poolesville/Rockville/Wootton) |  |
| North PTAs (Damascus/Gaithersburg/Magruder/Watkins Mill) |  |
| NEC (Blake/Paint Branch/Springbrook And Sherwood) |  |
| 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 collarotation with MCPS on the Substance Use Prevention and Resiliency Education (SUPRE) plan, as a part of BeWell365.**

· **Vaping**

o Educate parents and students on the facts about vaping; dispel the myths that vaping is safer than traditional tobacco products.

o Launch a public information campaign within MCCPTA: #LoveMyLungs or #LetsClearTheAir

o Collaborate with MCPS students & parents as well as third party groups to eliminate vaping

o 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

o Work with MCPS to maintain accurate, timely statistics for incidents of vaping in schools, to include the substance being vaped

o 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 currently have a presence in at least some MCPS schools.

o Advocate for the Board of Education to authorize the immediate confiscation and disposal of vapes found in the possession of students.

o Measure progress by the results of the 20212022 survey of all secondary schools.

o 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**

o 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.

o 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.

o Support continued funding of and referrals to (as appropriate) the Recovery Academic Program.

o Conduct a campaign to contact area dentists and doctors, particularly sports doctors, to demand an end to opiate prescriptions to adolescents until at least age 21.

o 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.

o 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)

o Collaborate with parents, students and law enforcement to boost pre-prom education about substance use.

· Handle With Care Program

o 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 2020 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
* 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 Cooalition, working with state legislators to ensure that all Maryland insurance providers full 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 Deveolpment and promotion of educational substance use prevention campaigns.