### SCHOOL HEALTH ADVISORY COUNCIL MEETING MINUTES December 8, 2021 11:30 a.m.

#### Welcome/Introductions

Ms. Maria Juarez, SHAC president, welcomed the meeting members in attendance. Participants attended face to face and livestream. A light lunch was served with a blessing offered by Mr. Bryan Clements. The meeting topic was Self-Care and Coping Strategies.

#### Meeting Highlights

Ms. Juarez called upon Ms. Teresa Rainer, District Lead Nurse, to give a report on new business. Vaccine clinics are now being offered for children ages 5-11 through a collaboration with Legacy Community Health. Future SHAC meeting dates are Thursday, February 10, 2022 and Friday, April 1, 2022; both are at 11:30 a.m. Ms. Ashley Whitley, MA, MS, LMFT-A, with the Harris Center for Mental Health was the featured speaker. A PowerPoint presentation in English and Spanish was shown and available for distribution. Regarding mental health there are many contributing factors which could be disorders and problems, environmental and culture-

## MINUTOS DE LA JUNTA DEL CONSEJO CONSULTIVO DE LA SALUD ESCOLAR 8 de diciembre de 2021 11:30 a.m.

# **Bienvenida/Presentaciones**

La Sra. María Juárez, presidenta de SHAC, dio la bienvenida a los miembros presentes. Los participantes asistieron de manera presencial y vía transmisió