

9-8-26 12-1 PM

Attendance: 16 Agencies 14 Schools 4FB= 34 Total Attended

Link to view the meeting:

https://us02web.zoom.us/rec/share/ugGf7UpEPyO-1z05-UJHtfC50Fd1ls4BON2nIMx38_Ah8oyKZp6WkY48ykiNhZON.0l-Py92WXmBpjBz

Passcode: D^uFl5\$w

The meeting was opened with a prayer by Martha Baker-SHAC/Ounce of Prevention Co-Chair. Ms. Baker stated that the Coordinated Health Team met earlier to review the required trainings for each component of School Health.

The SHAC Prevention Calendar is attached to the email and everyone is encouraged to transfer the dates to their calendar to prepare for the upcoming activities and meetings this year.

This is Suicide Prevention Month. Lakes Regional is our Mental Health Authority for our area. They have opened a coffee shop to allow people to come and have someone there to assist. It is located at 501 W First Street in Mt. Pleasant. They will begin having group meetings that will be posted at a later date.

Youth Empowerment Solutions (YES) is a mentoring group lead by Dianna Williams.

My name is Diana Williams, and I am the Founder and CEO of A Gentle Touch Works, Inc., also known as AGTW, and the Director of our Youth Empowerment Solutions Mentor Group, or Y.E.S.

A Gentle Touch Works is a 501(c)(3) nonprofit organization committed to building hope, creating opportunity, and transforming communities. Y.E.S. is one of the programs through which we carry out that mission by investing directly in our young people.

Y.E.S. primarily serves youth between the ages of 12 and 18. We provide positive adult mentorship, leadership development, life-skills education, community service opportunities, and experiences that expose our youth to new possibilities. Most importantly, we work to create a safe and supportive environment where young people know they are valued, heard, and capable of succeeding.

Our mentors play a very important role in that process. They aren't simply there to supervise activities. They build relationships with our youth, encourage them, listen to them, help them work through challenges, celebrate their accomplishments, and provide another positive adult connection in their lives.

Mental health and emotional wellness are also at the heart of much of what we do. We understand that many of the challenges young people face - peer pressure, bullying, stress, family issues, substance use, low self-esteem, and uncertainty about their futures - can affect their overall well-being. We want our youth to know that asking for help is okay, talking about what they are experiencing is important, and their voices deserve to be heard.

We are also proud to be a Texas Youth Action Network, or TYAN, Community Partner. Through that partnership, we are strengthening youth-adult partnerships and creating opportunities for youth to become active participants in addressing issues that affect them and their communities.

A major part of that work is our Youth Advisory Council, or YAC. The Youth Advisory Council gives our young people a genuine seat at the table. They help identify issues affecting youth, provide input on our programs and initiatives, assist with planning activities, participate in community projects, and develop leadership and advocacy skills. We don't just want to develop programs for young people - we believe in developing them with young people.

Throughout the year, Y.E.S. offers initiatives focusing on areas such as mental health and wellness, substance-use prevention, conflict resolution, financial literacy, identity and self-esteem, physical wellness, community service, leadership, and youth advocacy.

One of our newest initiatives is Stand Up & Speak, which is designed to help young people find their voices, develop leadership and advocacy skills, identify issues that matter to them, and learn how to turn their ideas into positive action within their schools and communities.

Ultimately, Y.E.S. is about helping young people recognize that who they are matters, what they have to say matters, and what they do can make a difference.

We want to help develop healthy, confident, responsible young people who don't just grow up in our communities, but who are prepared to become leaders within them.

That's why our message is: Empowered Youth Today, Transforming Communities Tomorrow. Contact info: mswill38@aol.com

Charlie Health- Lily McBride, LPC- Charlie Health's virtual treatment programs are designed for people who need more than once-weekly therapy, but don't require inpatient care. We look forward to providing care to your community. To make a referral, follow the steps below to reach out to me directly!

Website: referrals.charliehealth.com Email: admissions@charliehealth.com

Phone: (986)206-0414 FAX (406)720-7793

Please have the following information ready: Client name and date of birth

Guardian info, if applicable

Insurance info, if available

Questions: 1. How to the Hospital ER's know about your service? We have visited and left our information. 2. DSHS asked if they are willing to reach out to emergency response like law enforcement, ems, etc. Yes. Just let us know.

Sources of Strength Update by Danny Carey DLSISD Coordinator and South Elem. Principal dcarey@dlsisd.org

Sources of Strength is provided by Next Step Community Solutions in Tyler, and we have been using the program for the past 6 years. It began on the Junior High and High School Campuses. The junior high has been inactive the past two years; however, we are going to begin

it again this year. We are also going to be implementing the elementary version, at South Elementary.

Sources of Strength is a peer-based organization, in which students are trained to help spread positivity and awareness against bullying, sexting, drug use, peer pressure, and suicide prevention. The students center their campaigns around the Sources of Strength wheel and its eight components.

Senior Life Solutions at UT Health Pittsburg, an outpatient mental health program designed specifically to support older adults who may be experiencing emotional or mental health challenges.

Our Program provides **group therapy in a supportive, structured environment**, along with individual therapy and medication management (if desired by PCP and Client) when appropriate. We work with individuals who may be struggling with concerns such as depression, anxiety, loneliness or isolation, difficulty adjusting to life changes, declining independence, caregiver stress or other challenges that can affect emotional well-being.

Senior Life Solutions can be a valuable resource for older adults who may benefit from individual support while continuing to live in their homes and remain active in their communities. We also work with Seniors living in assisted living communities and in Nursing Homes.

We pride ourselves on the communication we keep between the providers and ourselves to ensure the greatest continuity of care.

We welcome referrals from healthcare providers, community organizations, families, caregivers, and other individuals who recognize that someone may be struggling. Our team can help determine whether the program is an appropriate fit and guide the individual through the next steps. *Sarah Lappin RN, Program Director, SeniorLife Solutions; UT Health Pittsburg Office: (903) 856-4216* sarah.lappin@uthet.com

Ms. Baker reminded each school campus to review the “Suicide Protocols” for their district.

Updates and Announcements:

Glen Oaks now has Mental Health and Substance Use Evening Group M,T,Th 6-9 301 E. Division St. Greenville, TX 903-454-6000

9-20 to 9-26 National Child Passenger Safety emily.speer@txdot.gov

9-29-26 “For the Silent” DLSISD Jr. High and High School

9-30-26 “For The Silent” Pewitt CISD

10-17-26 Zadie Girl’s Breast Cancer prevention breakfast at 9 am at First Baptist Fellowship Hall followed by the walk at the Daingerfield City Park. The flyer will be sent with the Oct. 14th agenda. Contact is Niakesha Douglas niakeshadouglas@yahoo.com

10-24-26 Daingerfield Area Health and Resource Fair from 9-1 at Daingerfield High School.

11-5-26 11-3 PM National Caregivers Month