

ESU #13 ADMINISTRATIVE ADVISORY COUNCIL MEETING MINUTES
Wednesday, January 23, 2019
Regular Meeting – 10:00 A.M.
Hosted by Bridgeport Public Schools

Present: Dr. Evelyn Browne, Travis Miller, Chuck Lambert, Dr. Caroline Winchester, Russell Lechtenberg, Kathy Urbanek, Rick Myles, Don King, Julia Newman, Dr. Jeff West, Laura Barrett, Dr. Katie Carrizales, Craig Hicks, Nici Johnson, Desira Martin, B.J. Peters, George Schlothauer

Absent: Dr. Troy Unzicker, Kirk, Hughes, Patrick Ningen, Tessa Fraass, Dr. Paula Sissel, Bob Hastings, Lori Liggett, Charles Isom, Dr. Elizabeth Owens, Chris Geary, Tim Cody, Joe Sherwood, Greg Brenner, Jay Ehler, Dr. Brett Gies, Dr. Kim Dale, Ellen Dillon

Guests: Robin Stevens, State Board of Education

Welcome and Introductions

Dr. West introduced Mr. Robin Stevens. Mr. Stevens, State Board of Education, provided an opportunity for the superintendents to write down concerns on an index card. Mr. Stevens will summarize the findings and share with Dr. West who will forward to them.

Superintendents' Items for Discussion - None noted.

Dr. Winchester, Chadron Public Schools, and Dr. Katie Carrizales, ESU #13 Director of Behavioral Health Services - AWARE (Advancing Wellness and Resiliency Education) State Education Project (5 year)

Chadron Public Schools has been awarded AWARE project funds and along with ESU #13, will be bringing the design to enhance collaboration between state and local systems to promote mental health awareness, response and prevention through an array of school and community-based services for students. Dr. Winchester and Dr. Carrizales gave a presentation on the Aware Project.

Focus of the project: Enhancing collaborative relationships between state and local system partners to promote the healthy development of students and prevent youth violence.

Chadron School District's AWARE Vision for the Panhandle: to serve the panhandle schools by sharing AWARE projects, models and resources for future sustainability by:

- Being a trainer of trainers
- Utilizing a universal mental health screener
- Sharing resources and curriculum

The Goals for this project are:

- Positive, Supportive and Trauma-Informed Learning Environments
- Student Resilience and Pro-Social Behavior
- School-Based Mental Health Services for Students
- Identification, Immediate Response and Clinical Interventions
- Bullying, Aggression and Youth Violence Interventions

Dr. Winchester noted that it is important that we tend to our staff's mental health as well.

Contact information for this AWARE project:

Dr. Katie Carrizales, ESU #13's Director of Behavioral and Mental Health
kcarrizales@esu13.org

Dr. Caroline Winchester, Superintendent of Chadron Public Schools
caroline.winchester@chadronpublicschools.net

Dana Tewahade, AWARE School Mental Health Provider
dtewahade@esu13.org

Terri Haynes, AWARE Project Manager
thaynes@esu13.org

Here is the link to obtain the power point presentation which lists several community resources and Conferences that would be beneficial for school districts to attend.

https://docs.google.com/presentation/d/1hGSqencI5uxub10--FhcX3vPWEwcYOuvJ2mXD_54NEE/edit?usp=sharing

Dr. Katie Carrizales - Trauma/Toxic Stress and How We Can Help

Dr. Carrizales, ESU #13's Behavioral Health Director, gave a presentation on the prevalence of childhood trauma and how these affect behavior.

Key Points:

- Adverse Childhood Experiences (ACE) study reports that 1 in 5 adults reported 3 or more adverse experiences as a child; the more ACES, the higher chance of having behavioral health consequences.
- Moderate short term stress can build resilience
- Toxic stress exceeds our ability to cope
- The three "E's" of trauma: Event, Experiencing the event and Effects of trauma
- It's important to remember that there are several types of trauma
- Two main responses to deal with Fear/Trauma/Toxic stress: fight/flight or freeze
- Barriers to treatment: Availability, Accessibility, Appropriateness, Affordability and Acceptability

ESU #13 programs can help school districts:

- Intensive Outpatient Program (IOP) and providing services at school
- Child Specific Therapeutic Consultation and therapeutic intervention
- Psycho-education for schools, youth and families
- Trauma informed care, Circle of Security parenting
- Counseling Cadre
- ESSA Title IV-A consortium

Click “Link to power point” to view full presentation

[Link to power point](#)

ESU #13 Strategic Plan - Goals

- Goal #1 - ESU 13 will develop and implement comprehensive supports to identify, acquire, enhance and combine resources (financial, staffing, etc.) available to best serve our schools and communities.
- Goal #2 - ESU 13 will serve as a unifying force to connect schools, students, and families with appropriate level services in the areas of mental and behavioral health.
- Goal #3 - ESU 13 will continue to grow as leaders in best practices in education and legal issues that impact education.
- Goal #4 - ESU 13 will develop a model to support school districts with the implementation of a multi-tiered system of support to meet the unique needs of students of all ages within the member school districts.
- Goal #5 - ESU 13 will be well known and understood by internal and external stakeholders.

Each strategic action plan for the above goals was presented by Director. Updates will be given at upcoming advisory council meetings.

Administrator's Report:

- Principal meetings (Craig Hicks): The success of any ESU service provided in your district is highly dependent on the support of building administrators. We would like to create a regular meeting schedule for all principals in the ESU region. These meetings would include a variety of topics including NDE and legislative updates, offerings from the ESU, as well as suggested topics from the group. There is value in face-to-face time, but travel is always an issue. The current plan would be to start with one or two Zoom meetings during this spring semester, allowing participants to join from their building. Next year, we would have regional attendance sites in Chadron, Sidney and Scottsbluff.
- Title IX with KSB School Law will be held by DL on February 12th at Scottsbluff (HATC 188), Sidney ESU and CSC Miller Hall, from 8:00-11:00. Please register through the following link:

<https://impact.esu13.org/workshops/SectionDetails.aspx?SectionID=8797> or email jbeam@esu13.org

- Boys Town Model: On-site sustainable replication of Boys Town Ecological In-Home Family Treatment Model is a future endeavor for our Behavioral Health department. The Juvenile Justice Home-Based Initiative is responsible for the request for qualification (RFQ) to address the needs of youth on probation in homes, schools and communities.
- Next Advisory Council meeting is February 27, 2019, at 10:00 a.m. I will be hosting from Sidney. The meeting will be offered DL.
- April meeting will be April 10, 2019 - hosted by Scottsbluff Public Schools

Meeting adjourned

A tour of Bridgeport Elementary was given.

Thank you to Chuck Lambert for allowing the Advisory Council to meet at this facility

End of January 23, 2019 minutes