

HEALTH & MENTAL HEALTH SERVICES ADVISORY COMMITTEE MINUTES

DECEMBER 13, 2024

Members Present: Shannon Larson, Sarah Myers, Tricia Rau, Kylie Hall, Diane Erickson

Staff Present: Kathy Vosburg, Katie Tschakert, Bailey Brantner, Amy Softing, Stacey Jorgenson, Ann Mumm, Shelby Blair, Jody Claus, Carrie Whitehill, Breanna Quamme, Madyson Speer

Parent Present: Ashley Zaleski

Carrie read the SENDCAA Land Acknowledgement.

Carrie presented minutes from 5/3/24. Motion made to approve by Tricia Rau and seconded by Dianne Erickson. Members approved and the motion was carried.

MENTAL HEALTH AND DISABILITIES COMPONENT UPDATES

Carrie stated that the name has been changed from Health Service Advisory Committee to Health and Mental Health Services Advisory Committee due to the updated Head Start Program Performance Standards.

Shelby Blair introduced herself and explained her job description and role as the Mental Health and Disabilities Coordinator. Shelby highlighted the areas that she has brought to the program since joining SENDCAA Head Start in November 2023. These areas include changes to the Behavior Support Plan, data tracking procedures, and improving training for Behavior Support Aides.

Shelby gave an update on current numbers as of late November.

- Serving 32 children on existing IEP's and 3 children on IFSP's
- 16 preschoolers referred, 3 currently in evaluation
- 2 referrals pending parent consent; 4 parents declined services
- 33 preschool rescreens
- 15 at Early Head Start
- 30 elevated Preschool ASQ: SE's (16 teacher reports; 18 family reports)
- 7 elevated EHS ASQ: SE's (5 teacher report; 3 family report)
- Parent reports:
 - 6 children with ADHD
 - 5 children with autism
 - 3 children with anxiety
 - 4 children receiving mental health services
 - 6 additional children referred for mental health services
 - 13 Behavior Support Plans and 6 pending plans, 3 of which were written last school year and need to be updated

Shelby also noted areas of need for the Mental Health component. She stated that there needs to be a more streamlined mental health/behavioral therapy process. Currently, it is mostly word of mouth recommendations and limited follow-through. Another need is diagnostic evaluations for autism and other developmental needs for children over the age of 3. The biggest barriers are waitlists and lack of health insurance. IFSP's was the third area of need. It is currently under reported and needs an improved stream of communication with IFSP providers.

HEALTH COMPONENT UPDATES

Carrie provided an update on the health component.

Current health data as of early December:

- 243 children enrolled
- 76 Children received flu shots
- 23 Children received COVID shots
- 138 parents signed delay/decline forms for Influenza and COVID and a few exemptions.
- 98 families participate in WIC. This is families, not individual children enrolled in the program. Some families have more than 1 child enrolled. Tricia Rau asked how many families we have in Head Start total. Carrie estimated that it was around 200 and said she would pull that number from Child Plus and let her know for sure. The number of WIC participants is not 100% accurate due to information missing for some families in the data system.

Carrie has found an RN who is willing to come in and complete hemoglobin and lead screens on the children who still need them completed. She is still looking into the liability piece for SENDCAA and what needs to be completed before being able to proceed. The permission forms for parents/guardians to sign are ready once everything else is figured out.

Carrie attended a virtual training conducted by CDC. It was discovered through this training that the CDC offers free books for age 1, 2, and 3. It has been arranged for Early Head Start children to receive a book on their birthday that corresponds to their age. The books include a story as well as developmental milestones for the parents.

SENDCAA Head Start is collaborating with the Great Plains Food Bank Kitchen Coalition. The Kitchen Coalition works with chefs/catering businesses in the area to make fresh meals to provide to families. Heart N' Soul Cafe that is run by a former Head Start employee, Leola Daul, will be making the meals that will be coming to our program. Meals will be delivered weekly on Wednesdays to the Central location. GPFB has provided a refrigerator to store meals. The Central location will be the first site to try this out to see how it goes and to make sure it is sustainable. If there are any extra meals, we will work on how to distribute those to other families at other locations that are in need. The hope is to expand to other sites in the future. The plan is to start this in January 2025.

UPDATED HEAD START PROGRAM PERFORMANCE STANDARDS

Carrie shared the updated Head Start Program Performance Standards for exposure to lead in water and paint. The timeline to get this process started was October 21, 2024, for testing for lead in water and paint. Carrie Whitehill and Alice Carr tested all the sites for lead in the water. All sites passed.

Brandon Kjelden is certified to do lead in paint testing, so we do not have to hire out for this service. He has completed the Lisbon site and no lead was found. He has started on Central and South sites and needs to schedule a time to go to Wahpeton.

The Lead in Paint Policy and Procedure and the Safe Water Policy and Procedure were reviewed by members. Water will need to be tested every 2 years. It was also noted that if pipes are not used for 72 hours, we must run the faucet for 5 minutes before being used that day. This would be for any sinks that are used for consumption of water or food preparation. The goal is to start this process in January 2025. There will be a Safe Water Log that staff will have to initial off on when it is completed. This log only needs to be completed when it is required to be done, which is not a daily requirement.

REVIEW PIR FOR HEAD START AND EARLY HEAD START

The PIR numbers from the past 4 years for Head Start and Early Head Start were presented. The goal is to see progress from the beginning of the school year to the end of the school year. The health topics that were covered included health insurance, medical home, well child exams, dental home, referrals for IDEA and total number of IEP's and IFSP's.

HEALTH PARTNERSHIPS

- MSUM Nursing students- 21 nursing students completed clinical rotations in the fall. Each student has two visits to Head Start. The first visit is to observe/take part in classroom activities and to decide on a lesson to teach for the next visit. The second visit is to teach the lesson. The plan is to expand this coming spring to have students on site for 3 days. The third visit will be for the nursing students to practice developmental screenings on children in the classroom.
- Family Health Care Dental visited Early Head Start in September. They visit the site every 3 months.
- FHC Dental Mobile Unit visit to Head Start this fall- 64 dental exams, 36 SDF treatments, and 1 filling was completed.
- NDSCS visit to Wahpeton in October- 13 dental exams, 7 SDF treatments.
- Lisbon went to NDSCS in September- 6 dental exams
- Public Health in Lisbon- 12 children seen for either a well child exam, vaccines, lead, and/or combination of these.
- Richland County Public Health is available for Wahpeton as needed. They have not needed to utilize the service yet.

- Sanford Outreach Fargo- Completed 12 well child exams that included any immunizations needing to be updated, 18 children received flu vaccine, 12 children received COVID vaccine, and 5 staff members received COVID and flu vaccines. Dr. Haugo offered to come back in the spring again to do another Sanford Day for those children that still need to complete requirements.
- Vision Start event is scheduled for February 25. This is the first time working directly with Head Start. There are 20 appointment time slots for free comprehensive eye exams at Lumen Vision. The slots will first be offered to the children that did not pass vision screens at Head Start. It doesn't matter if they have insurance or not. That is not a factor and will not be asked on the permission form the parent/guardian has to complete. If all the spots are not filled, then we will offer them to other Head Start children.

PROGRAM UPDATES FROM DIRECTOR

Assistant Director Jody Claus presented updates. We lost our 2 West Fargo Classrooms as West Fargo Schools needed them back. Head Start moved 1 room to Kappel which has 10 kids enrolled in that room and the other classroom was moved into our Early Head Start building which has 12 children enrolled.

Hired a bus driver to transport Kappel children that are on IEPs to West Fargo to obtain services. Just started this week.

Change of Scope: This year we are serving 258 children and have reduced the class sizes to 15-16 children per room. Reduction in classroom size has made the classrooms function better. EHS still attends Monday-Friday, but Head Start only attends Monday-Thursday to allow for planning time, training, etc. on Fridays.

This has improved staff attendance. Jody gave an example of where we were last year at this time in regard to how many staff were gone each month compared to this year.

Position openings: Need to hire a lead teacher in Lisbon and 2 co-teachers for EHS.

Review: Week of 1/27/25 and will be virtual. They will look at many different areas of the program.

We have partnered with many great community partners this year. A few examples include:

- 4-H: Took care of giving presents to 1 entire family in Lisbon
- 200 gingerbread houses donated
- 2 Fix it Forwards cars given
- Picture day
- 617 bags of food from Great Plains Food Bank
- IPAD give away
- Car seat safety checks and car seats

COMMUNITY UPDATES

Tricia Rau: WIC, no updates except collaborating with FCPH to try to get more people immunized against Whooping Cough.

Sarah Myers: Reviewed Safe Sleep for infants, never use weighted materials such as blankets, stuffed animals etc. for an infant while sleeping. Discussed proper thawing of breast milk when in a setting with multiple children and not just at home. You should not put multiple breast milks together in a sink to thaw. Be cautious that we are not feeding wrong breast milk to incorrect child. Remember that we can't use the same bottle all day.

Shannon Larson: Didn't have any updates but wanted to make note that she has noticed the positive change all around this year since reducing the classroom size. She also said that Shelby has done a great job at making proper referrals. They are working together/networking with different screening processes.

Kylie Hall: Wants to stress the importance of the pertussis vaccine. Over the past week there have been children hospitalized due to pertussis. There has been an increase. For children the 1st dose is given at 2 months. So, it is important to encourage pregnant moms to get it so they pass on some of the immunity to their new baby when it is born. Dads should make sure to be up to date on the vaccine too. They have seen a decrease in the number of children/peds getting flu vaccines. They have purchased 10-\$50 gift cards to do a random drawing for a survey that they will be sending out asking families why they don't vaccinate their children with the flu shot. Kylie asked if the survey could be sent to our program to share with families to complete it. She asked how we would like to have it sent and the majority stated that the QR code works best for our families. She will send the link to Carrie.

Ashley- Parent stated she had no information or questions, just a lot of good information presented today.

Next Meeting is scheduled for 4/25/25 from 12-1:30. Location TBD.