

# Grapevine-Colleyville ISD

## School Health Advisory Council

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### Minutes of Special Meeting

Board Room, Administrative Building, 3051 Ira E. Woods Ave., Grapevine, TX  
 September 19, 2017

**Members Present:**

Dida Abrahams (P)	Toni Bourgeois (D)	Tara Caldwell (P)	Tanginka Cuascud (Chair) (P)
Robin Davis (D)	Jennifer Ditto (P)	Megan Holladay (Vice-Chair (P)	Staci Houglan (P)
Amy Howard (D)	Valerie Kunert (P)	Nicole Naja (P)	Ozioma Olowu (C)
Alex Thomas (P)	Julie Touchstone (P)	Joe Troutman (P)	

**Members Absent:**

Rachua Agrawal (P)	Lisa Austin (P)	JoAnna Avakian (P)	Courtney Birdwell (P)
Laura Brookover-Ybarra (D)	Jennifer Brown (P)	Anita Clayton (P)	Kim Cooper (P)
Jennifer Dagnan-Bargy (P)	Emily Emmet (P)	Sara Gergely (P)	Tisha Ghormley (P)
Ashli Hall (P)	Rachel Harper (D)	Annie Hedgpeth (P)	Emberly Hill (D)
Tamra King (P)	Sadi Leverett (P)	Marisa Livingston (P)	Mindy Matlock (P)
Camille Matthews (P)	Carissa Meyer (P)	Mary Newlun (P)	Demetria Parma (P)
Donna Price (P)	Jennifer Richard (P)	Mindy Russell (P)	Nicki Tieken (P)
Lisa Thorn (P)			

**Visitors Present:**

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**P = Parent D = District Employee C = Community Member**

Agenda Item	Discussion	Outcome
Call to Order	Called meeting to order at 8:40 am.	N/A
Roll Call	Members signed in.	Quorum present

Teen Life	<ul style="list-style-type: none"> <li>• Chris Robey, with Teen Life, gave a presentation on the program and how it could be utilized in the district. <ul style="list-style-type: none"> <li>• Teen Life provides support groups for students in crisis (groups consist of 6-8 students—groups are deliberately kept small).</li> <li>• Not a counseling service, but a support group service.</li> <li>• Helping teens to face stress head-on through these groups.</li> <li>• Teen Life trains school staff; outside volunteers are also brought in to help lead the groups, which frees up school staff and brings in outside resources.</li> <li>• Teen Life has grown to almost every school district in Tarrant County.</li> <li>• Small groups run during the school day, during class periods; attempts to minimize the number of classes that students miss. The small groups run for 8 weeks; “Short on purpose”.</li> <li>• Groups are coed.</li> <li>• The students volunteer to be a part of a small group, not mandatory for any student. This helps to foster an environment of trust from the beginning.</li> <li>• Since it is 8 weeks, there is a sense of urgency on the part of the students to work through their issues.</li> <li>• Affinity groups (in which the students have common concerns, e.g., shared grief surrounding the death of a classmate) can be formed, when necessary, but most often there is a more general focus within the groups.</li> <li>• More serious concerns (self harm, etc.) that arise within the groups are referred to counselors in the school.</li> <li>• Teen Life is privately funded.</li> <li>• Success with students is gauged through the use of pre- and post-tests.</li> <li>• Set up on a brief solution focus therapy model, using the least amount of time to make the biggest difference; as a result, there isn’t any formal follow-up with the students that go through the groups. This helps prevent a dependency upon the group itself by individual students. Occasionally a student may go back through support groups a second time, but it will be a different group makeup. <ul style="list-style-type: none"> <li>• To help mitigate stigma for the students, as much discretion is used as possible; ordinary passes are issued for the students who go to the support groups, and typically after the first week, the perceived stigma on the part of the involved students fades away. <ul style="list-style-type: none"> <li>• School staff are invited and encouraged to be in the group with the facilitators and the students.</li> <li>• There is also a podcast produced by Teen Life for parents: <a href="http://dontpanicpodcast.org">dontpanicpodcast.org</a></li> </ul> </li> </ul> </li> </ul> </li> <li>• There was a time of discussion and questions regarding Teen Life.</li> <li>• A motion was made to approve the use of Teen Life in GCISD, and seconded; motion carried.</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
Adjournment	Meeting adjourned at 9:18 a.m.	N/A

Respectfully Submitted,

Joe Troutman  
Secretary  
SHAC