SHAC Meeting Minutes
November 7, 2024 at 5:30 P.M.

Members Present: Heather Faubion, Dale Seamans, Wanda Dodson, Pattimae Simpson, Heather Isbell, Tammy Richard, Frank Briseno and Catherine Briseno; TX Health Steps.

Welcome (Introductions/Answer any Questions):

Review/Revise Wellness Plan: Answered questions about the every 3 year assessment of the plan, which will need to be done next year. No one had any changes that they wanted to make to the plan, the current plan was approved.

Discuss and approve Health Education: Health Education plan was provided to all members and was reviewed, it was approved by all members present to be taken to the Board of Directors. Mrs. Barrow requested that SHAC approve a teen mental health first aid to be presented/approved by the Board of Directors, all members agree that it should be sent to the Board.

Discuss Resource Fair: December 19th –some booths will be

- Food Bank
- Help with applying for Health Care coverage and possible tax credits
- Health Department/WIC

Ideas/Question(Talk about Jackets):

- Cowboy Church in Brownwood donated jackets
- Fentanyl presentation is Nov. 21st at 8:30 a.m. by Abilene Recover Council
- Look into a healthy dating presentation, being safe on social media, drinking and driving
- Discussion of personal hygiene and how it is addressed with health class, may try to get someone to come out and do a presentation
- Shattered dreams by TXDOT
- Try to do the take home meals for the weekends
- Clothes have been being donated, discussed using the closets in the upper gym for the clothes/shoes that get donated
- Talk to Seniors about health insurance, Life Skills 101
- Flu Clinic
- Mobile dental exam
- Have a registered dietician/nutritionist come and talk to the students

Discuss next meeting: Revised date January 20 at 5:30 p.m.

Closing: Meeting Adjourned