

Minutes of SHAC/Ounce of Prevention for DLSISD, Pewitt, Hughes Springs, and Chapel Hill  
11-14-23

Link to view the meeting:

[https://us02web.zoom.us/rec/share/HFf7runDfrmhUdcQJKimmpSAJXatL538G5vDAZIKmAGfhPWFqW\\_z49PJ4lyIsNnF.gm-PlIuwaLxAsJxE](https://us02web.zoom.us/rec/share/HFf7runDfrmhUdcQJKimmpSAJXatL538G5vDAZIKmAGfhPWFqW_z49PJ4lyIsNnF.gm-PlIuwaLxAsJxE)

Passcode: &2FFeHna

Meeting begins at 13 mins and 28 seconds.

Attendance: 12 Agencies, 18 School= 30 Total

**DSHS- Lanna Hariman- Regional Tobacco Coordinator-** [ana.herriman@dshs.texas.gov](mailto:ana.herriman@dshs.texas.gov)- HB 114- Must be over 21 to possess, use, or be under the influence of tobacco or vaping products. Some vaping units can have as much nicotine as 54 cigarettes.

Tobacco companies' goal is getting the person addicted. Cigarette use has gone down some, but many have replaced it with vaping. Products can come in units that look like usb drivers, highlighters, and many others.

1<sup>st</sup> time offense- student is caught and referred to the AEP. Many concerns are raised about the severity of the new law.

TX Say What is a good reference program for youth. Training webinar to assist in planning prevention support tools. <http://Txsaywhat.com>

See handouts attached with recommendations to assist in educating and encouraging prevention. Gregg county has added 500 smoke shops. See attachment: **Teen Vaping A Cause for Concern**

Great American Smoke out Thursday Nov. 16<sup>th</sup>. Post prevention information at the schools and on Facebook.

**Charlie Health-** Heidi Herring, MSW- [heidi.herring@charliehealth.com](mailto:heidi.herring@charliehealth.com)- 817-559-9830-

[https://www.charliehealth.com/?utm\\_medium=ppc&utm\\_source=googleAds&utm\\_campaign=Branded&campaignid=10979044058&adgroupid=108610959315&creative=659020760300&matchtype=p&network=g&device=c&keyword=charlie%20health&utm\\_term=charlie%20health&utm\\_content=CharlieHealth\(p\)&gad\\_source=1&gclid=CjwKCAiA0syqBhBxEiwAeNx9NxGeudP9isFII-RRuIOckxN8CbOml\\_Kvqh-cQ49Z1OYItOhHeX3hwxoCsWwQAvD\\_BwE](https://www.charliehealth.com/?utm_medium=ppc&utm_source=googleAds&utm_campaign=Branded&campaignid=10979044058&adgroupid=108610959315&creative=659020760300&matchtype=p&network=g&device=c&keyword=charlie%20health&utm_term=charlie%20health&utm_content=CharlieHealth(p)&gad_source=1&gclid=CjwKCAiA0syqBhBxEiwAeNx9NxGeudP9isFII-RRuIOckxN8CbOml_Kvqh-cQ49Z1OYItOhHeX3hwxoCsWwQAvD_BwE)

*Charlie Health provides comprehensive, evidence-based treatment through our virtual intensive outpatient program (vIOP) serving teens and young adults who are struggling with their mental health. The bulk of our program is peer-supported group therapy using both evidenced-based and experiential therapeutic modalities.*

*Charlie Health is a Virtual Intensive Outpatient Program, which offers 9+ hours of clinical work per week, and consists of group, individual, and family therapy in our 8–12-week program, for individuals aged 11-30. We take all commercial insurances, all Medicaid except for superior and Tricare east and west!*

*Through virtual group therapy, we're able to match patients into curated groups of peers they can relate to, not just who they live close to, enhancing their experience and clinical outcomes. Clients are placed in a group with people who are similar in age and life experience to ensure we are creating a safe community for them to talk about what they're experiencing. For example, we have specialized groups for those who are looking to increase their DBT skills, identify as neurodivergent, are involved in the justice system, struggle with substance use, struggling with postpartum and more, and we will work to ensure we match your client with the most appropriate group.*

**DLSISD Sources Of Strength-** Student representatives read the copy of HB 114. They talked about the students' questions they have and the students' reactions. They mention they question the effectiveness of the new law.

Several school officials reminded them that it is a new law, and it must be followed. The agencies and school officials began to discuss the history of reducing tobacco use, and now we are seeing a decrease in cigarette use. Also, because we have proof of long-term dangers that will impact the youth's health, it is important to start early.

It raised the awareness of the need for outside support programs that will help students prevent using or develop strategies to quit.

The students mentioned they are having an assembly tomorrow to help the students body know who the representatives they can contact to learn more about "Sources of Strength."

We appreciate having a place to allow students to participate, raise concerns they have, and allow the SHAC to look at new ways to bring resources for students to follow the law.

Announcements:

Go to [TurnToSupportsTX.org](http://TurnToSupportsTX.org) for more information and resources. What are the signs of substance use problems?

Please post prevention information in the schools and on your website to assist with education and prevention on tobacco and vaping.

Have a safe and blessed Thanksgiving.

Ounce of Prevention does not meet in Dec. Our next meeting will be Jan. 9<sup>th</sup> on 211 and Human Trafficking.

Meeting Adjourned