

September 5, 2018  
Visioning Workshop for  
Kershaw County High Schools



# SUMMARY



Facilitated by



**Participants:** Rose Montgomery, Holly Hayes, Michael Conley, Mary Anne Byrd, Mary Reames, Maria Spring, Yolanda Roary, Casey Robinson, Kathryn Johnson, and Amy Speaks  
(not pictured: Ariel Domlyn, Dr. Soma Stout, Dr. Abe Wandersman, Susan Witkowski)

## *What do we want to see in place in two years at our high schools as a result of our actions?*

### **Executive Summary**

The LiveWell Kershaw Coalition brought together key individuals from the Kershaw County School District to discuss next steps in promoting Healthy Lifestyles for Youth. Attending the meeting were key contacts for each high school in Kershaw County, including a school-district level employee, LiveWell Kershaw Coalition Members, and several involved with the 100 Million Healthier Lives initiative (SCALE 2.0). Holly Hayes, coach for the Southeast Change Agents, facilitated the meeting. The day began with LiveWell Kershaw Coalition Director, Kathryn Johnson, sharing the process the coalition has taken to date. Mary Reames, then shared specifics on activities undertaken by the Summer Health Ambassador Interns. Based on the vision workshop, the group developed three strategic directions for the high schools: Integration of Community and School, Overall Youth Wellbeing, and Youth Change Makers. The group discussed potential two-year success indicators need to measure progress related to the three strategic directions. The entire group agreed to use a validated Youth Well-Being Assessment in all of the high schools as a baseline measurement in the Fall of 2018. Moving forward, the group provided recommendations guiding next steps moving forward. Recommendations included: a list compiled available community resources and shared knowledge, selection of dates for all schools to disseminate the Youth Well-Being Assessment, presentations to key groups, clarification of roles for those involved, and organization of the process and individuals involved by the LWK Coalition Director. Kathryn Johnson will lead efforts to develop a detailed measurement strategy for the high schools and share with the team. Link to all photos can be found at:

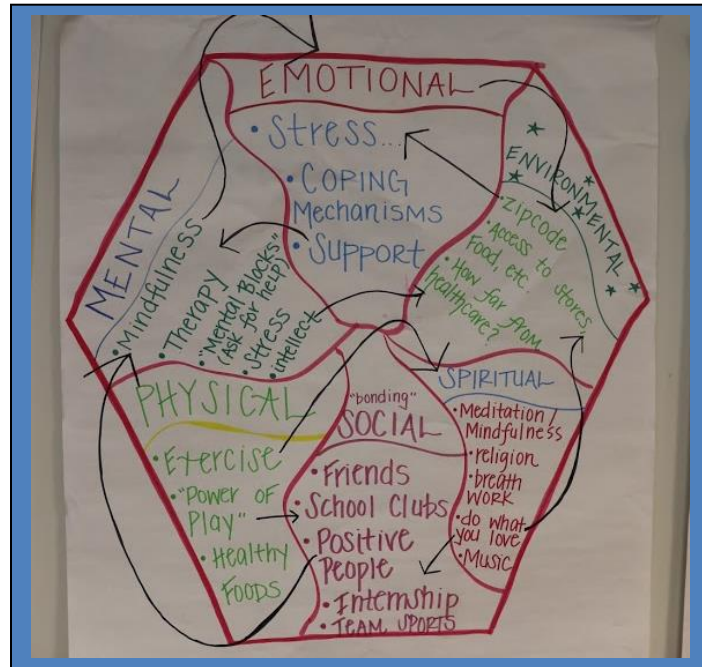
<https://photos.app.goo.gl/31r8QQWwJMrrwDmk9>



## Discussion of What's Happened Already in the Schools

Kathryn Johnson, Mary Reames and Holly Hayes shared information on current activities at the high schools.

**Coalition Level:** Kathryn Johnson shared information on how the coalition began its work focused specifically in the North Central portion of Kershaw County in order to move the needle on improved health outcomes for this area. Several strategies were employed to improve outcomes, including satellite locations and a School-Based Health Center at NCHS, providing both mental health and acute care services. Using evaluation data, the LiveWell Kershaw Coalition was able to apply for additional funding from the Duke Endowment under the Healthy People, Healthy Carolina's grant. The coalition received the funding and now has a full-time coordinator to guide a county-wide health initiative. The LWK Coalition used the 2017 Community Health Needs Assessment to guide the selection of Healthy Lifestyles for Youth as a priority. From there, the group conducted focus groups, sensemaking sessions, and a district-wide event to better understand the barriers and challenges that students face in leading a healthy lifestyle. Immediately following, the group moved forward in hiring a Health Ambassador Coordinator and four summer interns to research options for implementation in their high schools upon return to campus in Fall 2018.



**Student Level:** Mary Reames, Summer Health Ambassador Coordinator shared more specific information on the activities undertaken by the student interns. Community members with local businesses relating to nutrition and physical activity spent time with the students, as well as those with more educational roles in stress management and health research practices. The students were exposed to activities and methods to equip them with the tools and resources provided by the 100 Million Healthier Lives Initiative (Institute for Healthcare Improvement -SCALE 2.0.) Community of Solutions Skills were taught and the interns now understand how Leading from Within and Leading Together is critical to work they are undertaking. The interns put together information regarding Brain Breaks, a mental health tool to be presented to key officials in each school. After presentations, the students have already initiated policy change within one high school and have several more presentations in the works to encourage implementation in the other high schools. As part of the wellness clubs that each student is implementing at their high school, the intern will also be responsible for tracking data for the purpose of measuring their impact and how processes can be tweaked for improvement.

**County Level with Mental Health:** As discussions surrounding school safety were brought forth, several key coalition members were able to present information on the mental health model that has shown success at NCHS and NCMS. After researching present mental health capacity at all schools in the county, it was determined that the model should be spread to the other two high schools. Susan Witkowski approached the Health Services District of Kershaw County to fund the six additional positions needed for doctoral students from USC's Department of Clinical-Community Psychology. Funding was secured for these positions in order to scale up the model. In conversation with the group, it was discussed that Camden Military Academy has also presented concerns over the mental health of the cadets. Administration expresses hope that this model will also be available at the Academy.

**School Level:** Holly Hayes shared the evaluation of the 2017-2018 School-Based Health Center at North Central High School and Middle School, which included acute care and mental health services. A total of 299 NCHS students were seen and 69 middle school students were seen. In addition, Holly shared information for both Camden High and Lugoff-Elgin High on needs in the schools for mental health counseling for the 2018-2019 school year. A detailed report can be provided by request.

## Two Year Vision Workshop

The team created a vision for what they would like to see in place at all of the high schools (North Central, Lugoff-Elgin, Camden and Camden Military Academy over the next two years)

Strategic Direction	Current Reality	Key Action in Next 12 Months	Two-yr Success Indicators	Story Petals
<p><b>Integration of Community and School</b></p> <p><i>Mary Anne, Susan and Soma</i></p> <p>Individual ideas: biannual meeting of school district to assess sustainability, monthly admin meeting to discuss prevention of future mental health barriers for students (prevention is easier than cure), improved communication between community and schools, SBHC in all middle and high schools, increased mental health referrals, providing mental health and nurse practitioner and other resources to all high schools, parent</p>	<p>Graduation at 84%</p> <p>Mental Health only</p>	<p>Increased seat time, engaging NCHS Improvement Council with this indicator</p> <p>Implement and develop scale plan, 80% see improvement in clinical indicators assessment of high school services</p>	<p>Increased graduation rate for class of 2020 by 10% at NCHS</p> <p>All high schools in 2019-2020 have a SBHC team mental health ENP</p>	<p>Why? Graduation</p> <p>Community→ youth interns, SBHC-NCHS collaboration, LiveWell Flip or Flop Success county-wide, Ad Hoc committee – mental health</p>
<p><b>Overall Youth Well-Being</b></p> <p><i>Mike, Rose, Yolanda, and Amy</i></p> <p>Intermural options now available bc of increased physical activity, providing student wellness opportunities, form group of students, teachers, community members to be training in youth mental health first aid, well-being assessments improves from 5 to 7, seasonal well-being assessments, Individual ideas: parent, school and community partnership, using locally grown foods for healthier options at schools, family and staff engagement at all high schools for student well-being, improved nutrition activities,</p>		<p>40% of students, 100% of school personnel, 20% of community leaders trained in youth mental health first aid</p> <p>Four youth friendly events and/or establishments in county</p>	<p>Score of 7 in health well being assessment</p>	<p>Why? Childhood</p> <p>Underperformance in school, over-burdened child, lacking basic needs, forgotten child</p>
<p><b>Youth Change Makers</b></p> <p><i>Maria, Casey, Mary and Kathryn</i></p> <p>Individual Ideas: youth bus equity tours, empowered youth leading grants</p>	<p>Clubs just starting, brain breaks just implemented, Youth Wellbeing Assessment only done at one school</p>	<p>Create tracking of any metrics</p> <p>Conduct Youth Wellbeing Assessment at all schools</p> <p>Maintenance and support of clubs</p>	<p>Youth Wellbeing Assessment increase from 5 to 7, steady club membership growth, students taking on leadership roles</p>	<p>Why? Youth empowerment</p> <p>Brain break implementation, LEHS intern, Wise Grant at NCHS, grass roots led to full-time chaplain</p>

## Recommended Next Steps

**Kathryn Johnson will coordinate next steps and work with the team to develop a detailed measurement plan for the high schools.**

- Create and share list of names of community members by area who want to be involved with the schools (guest speakers, helpers, who do we call at IGA?)
- Shared Google drive to access documents
- Share knowledge of gym discounts and resources discounts, and student friendly places that are community sponsored (i.e. 5<sup>th</sup> Quarter, Churches)
- Create an asset map for youth
- Conduct youth well-being assessment at all schools during advisory period between September – October
- Present to school board and school administrators and youth pastors
- Request money for mental health first aid, students confide to students
- Training of staff by doctoral students
- Cross-walk the goals and objectives from student interns
- Who is responsible to disseminate?
- Need Kathryn to organize
- Share with broader coalition and gain others support
- Clarify roles and responsibilities of folks attending meeting



## Appendix 1.

### Evaluation of the Planning Meeting on September 5, 2018

Participants were asked to complete a survey to reflect on their experiences participating in the Visioning Meeting on September 5, 2018. Participants were asked to indicate their level of agreement with the following statements.

- **We met our objectives today presented at the beginning of the meeting.**
  - Of the seven participants that completed the evaluation, 100% of respondents either strongly agreed or agreed that the group met the objectives set forth at the beginning of the meeting.
- **The time and energy invested in today's retreat was a worthwhile investment for me.**
  - Of the seven participants that completed the evaluation, 100% of respondents either strongly agreed or agreed that the time and energy invested in the meeting was worthwhile.

Participants were also asked to share what they feel is critical to move forward after the planning meeting.

- List of community resources/businesses to help meet our goals.
- Establish clear county-wide goals and share next steps and expectations of each participating school.
- Follow up with LiveWell Kershaw on today's discussion. Support for CHS and LEHS.
- Organization and communication
- School Board and community buy-in
- Today went really well. I think communication with everyone is key moving forward.
- Community involvement – school participation.

Participants were also asked to share their experiences working with the facilitator of the any additional comments.

- Had a great and informative time – thanks!
- Well organized
- Very informative and well presented.
- For new comers – explain at the beginning that they are not required to do anything major, we will work together
- More breaks
- I really enjoyed today and I got a lot of knowledge at today's session.