



SCHOOL BOARD MEETING REPORT

Board Meeting Date: Nov. 20, 2019

Superintendent: Dave Valenzuela

Administrator/Staff: Casey Alderson

Type of Item: *Informational* *Action*

Please state your proposal briefly and clearly. What do you want the board to know, discuss, or decide?

Justin Tocher would like to go to Seattle, Washington to attend a Mental Health First Aid USA certification on December 2-3, 2019.

Provide history/background information on your proposal:

The district's new health insurance carrier, Cigna, has invited us to attend this session and become certified in mental health first aid. Mental Health First Aid teaches us to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives us the skills we need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them with appropriate care.

List the advantages of your proposal:

Common signs and symptoms of mental illness and substance abuse. How to interact with a person in crisis. How to connect the person with help. No cost to the District as Cigna will reimburse the District for travel and accomodation expenses.

List possible disadvantages of your proposal:

Out of state travel.

List possible alternatives that could also offer a solution to your proposal. Why were they not recommended?

None, as this class / certification is only offered at Cigna's office.

Superintendent's recommendation(s):

Approve: Yes No