

**MINUTES OF THE WORK SESSION
OF THE BOARD OF DIRECTORS
SCHOOL DISTRICT 4J, LANE COUNTY, OREGON**

Date: April 17, 2024

The Board of Directors (BOD) of School District No. 4J, Lane County, Eugene, Oregon, held a work session at 5:15 p.m. in-person at the Education Center, 200 North Monroe Street in Eugene, Oregon, via live-stream and broadcast on KRVM. Notice of the meeting was emailed to the media and posted on the 4J website on April 12, 2024.

ROLL CALL

BOARD MEMBERS PRESENT:

Chair Maya Rabasa
Judy Newman
Ericka Thessen
Tom Di Liberto
Morgan Munro
Rick Hamilton

STAFF:

Colt Gill, Interim Superintendent
Seth Pfaefflin, Student Services Director
Dr. Kerry Frazee, Prevention Services Administrator
Rituparna Roy, Licensed Master Social Worker (LMSW), Special Projects Manager, Prevention Services, Student Wellbeing
Kat Lange, Executive Director of Youth and Family Support
Amy McCormick, Parent Advocacy Team
Jaime Hock, Mental Health Specialist
Annette Willsey, Mental Health Specialist
Sherry Moore, Executive Assistant to the Chief of Staff
Debbie McKim, Executive Assistant to the Interim Superintendent & Board

OTHER GUESTS:

None.

EMPLOYEE ASSOCIATIONS:

None.

MEDIA:

KRVM

I. WORK SESSION

II. CALL TO ORDER, ROLL CALL

Chair Maya Rabasa called the work session to order at 5:19 p.m. She said the names of the board members who were present.

III. ITEM FOR INFORMATION

1. RECEIVE REPORT ON OFFICE OF STUDENT WELLBEING

Presenter: Dr. Kerry Frazee, Prevention Services Administrator and Rituparna Roy, Licensed Master Social Worker (LMSW), Special Projects Manager, Prevention Services, Student Wellbeing

Dr. Frazee and Ms. Roy provided a report via PowerPoint presentation from the Office of Student Wellbeing. They were joined by Kat Lange, Director of Youth and Family Support Services, Amy McCormick, Parent Advocacy Team, Jaime Hock, Mental Health Specialist, and Annette Willsey, Mental Health Specialist.

Dr. Frazee explained that the Office of School Safety and Student Wellbeing is relatively new to Eugene School District 4J. Their focus is on prevention strategies to improve student mental health and wellbeing. She provided a brief history. For the past year, they have been collaborating with Lane County Mental Health and other organizations to empower students with more mental health resources. Beginning in 2023, the department began focusing on prevention services, specifically on suicide prevention. Dr. Frazee pointed out that 4J is one of the first school districts to have specialized positions for suicide prevention and threat assessment.

The vision of their Prevention Services department is for every student in the district to have knowledge, skills, and access to the resources they need to learn and lead happy, healthy lives. Their mission is to provide evidence-based prevention services and mental health supports in order to improve the well-being of all students, with an additional focus on trauma-informed education, harm-reduction, care, and advocacy for those who may be at risk and aim to create a safe, supportive, and inclusive learning environment, empowering students to make healthy choices.

Dr. Frazee explained that their latest approach elevates supports for students by focusing on prevention and targeted “upstream” strategies. She emphasized the importance of district staff working in collaboration together. She added that every elementary school, middle school, and high school has one or multiple counselors assigned to them. Additionally, Helping Out Our Teens in Schools (HOOTS) and Oregon Social Learning Center (OSLC) are in every high school.

Dr. Frazee provided an overview of their Care and Advocacy Team. The team includes professionals with a variety of licensures. The care professionals meet with students one-on-one weekly, provide consultation for school counselors, and build connections with important partners in the community. This year, they increased their support for district high schools.

Dr. Frazee provided an overview of Prevention Services strategies. The three big pillars of prevention strategies are: suicide prevention, prevention of substance abuse, and prevention of sexual violence.

Ms. Roy explained that part of her role is finding systems-level ways of addressing issues. She shared national data from 2021 stating that suicide was the second leading cause of death for youth ages 10-14 and the third leading cause of death for youth ages 15-19. Other national data reveals that the pandemic has impacted (i.e. increased) homicide and suicide. In 2020, the Center for Disease Control (CDC) found that firearm mortality has overtaken motor vehicle crashes as the leading cause of death for adolescents ages 1-18.

Ms. Roy shared the primary risk factors for suicide: previous attempt, mental illness and substance use, relationship problems, social isolation, distress at school, PTSD, abuse by an adult, oppression and prejudice, bullying, gender norms, and more. She mentioned that just because a student has these risk factors does not mean they may be thinking of suicide, and that students who do not have these risk factors may still be at risk of suicide. She said the most comprehensive longitudinal study of people who have experienced a suicide attempt found that if their suicide attempt was intervened, nine out of ten times, that person went on to live their life and not die by suicide.

Dr. Frazee introduced the 4J Suicide Prevention Plan. The plan is an accessible, living document, posted on the 4J website, located at 4j.lane.edu/suicidepreventionplan. The plan includes policies and procedures for prevention, intervention, and postvention. Adi's Act, or Senate Bill 52 (Oregon Alliance to Prevent Suicide), is also integrated into the plan. She encouraged the BOD to view the plan.

Ms. Newman asked if the district is involved in cross systems communication.

Dr. Frazee responded yes. They have a few systems of care including 4J Care Team, Direction Service, OHP, etc.

Chair Rabasa asked if in the definition of community partners, they are also including the parents of children who have committed suicide. She said community members who identify as the parents of children who have committed suicide have been reaching out to her for years. She requested permission to share Dr. Frazee and Ms. Roy's contact information with the bereavement group.

Dr. Frazee responded affirmatively. She shared an additional statewide resource, *parentplace.care*.

Ms. Roy introduced the strategy Sources of Strength: adult advisors + peer leaders x strategic messaging campaigns = positive cultural change. The goal is connecting students to their school through messages of hope, health, and strength. One example of the strategy working well is Sheldon High School's Sources of Strength podcast.

The Sources of Strength model amplifies mental health, family support, positive friends, mentors, healthy activities, generosity, spirituality, physical health, and mental health.

Ms. Newman asked if all high schools and middle schools have Sources of Strength.

Ms. Frazee responded that Sources of Strength is not yet in all middle schools.

Chair Rabasa shared her perspective that many models of upstream prevention tend to target individuals, but the Sources of Strength model, if introduced in kindergarten, has the potential to create a cultural shift. She said it is moving to do such deep work in a way that also holds space for joy.

Dr. Frazee highlighted intervention, stating that the intervention stage is where they focus a lot of their training. She described the process for when there is a concern for suicide. The first point of contact is often a trusted adult. The second point of contact is a trained specialist. The specialist does a screening to determine the level of risk. Adi's Act requires the district to contact parents and/or guardians to make them aware of the risk. When the risk exceeds the capacity of the district specialist, they follow up with community providers such as 911, 988, or the emergency room. The district uses a secure platform known as Data Port for the documentation process. The final step is following up (twice) with the student at risk. Sometimes a re-entry screening is also necessary.

Dr. Frazee explained that there is an AI filter installed on all district computers that helps identify students at risk. When an alert comes in, qualified school staff follow up with the student.

Other department goals are developing protocol for supporting students outside of school hours and supporting the mental health of staff and administration.

Dr. Frazee closed by saying that there is more strategic planning on the horizon to promote mental health and wellbeing in the district. The information will be shared during their next meeting with board members.

IV. ADJORN

Chair Rabasa adjourned the work session at 6:34 p.m.



Colt Gill
District Clerk



Maya Rabasa
Board Chair

(Recorded by LCOG)
Approved on 05/15/2024