



**LCAHY Board Meeting
January 18, 2021
Zoom Meeting**

Meeting called to order 6:00 pm by Chair Wendy Cummings

Attendance: Wendy Cummings (Chair/Cross Schools THY Co-Advisor), Jim Berl (Youth Serving Organization/Rec Center) Francine Norz Tobin (Government Organization/Solicitor's Office), Dr. Loretta Novince (LCAHY/DFC Grant Consultant), Galen Sturup-Comeau (Substance Abuse Agency/BCADAD), Lisa Schrott (Faith/First Presbyterian), Jennifer Weidner (Parent/Bluffton High School), Sydney Wood (Schools/THY HHP Advisor), Payton Ward (Youth/THY Cross Schools), Hanna Nelson (Youth/THY Cross Schools), Xochilt Camacho (Youth/THY Bluffton), Grey Anne Cummings (LCAHY Intern/Cross Schools THY Co-Advisor). Staff: Laura Pirkey (DFC Project Director/THY Youth Coordinator)

Minutes: Minutes from December, 2020 meeting approved motion made by Galen and seconded by Francine.

DFC Grant: Dr. Novince reviewed the grant requirements. She stressed that collecting data during COVID is an issue. High school students did take CTC survey in the Spring of 2020. However, there were glitches, due to COVID related closure of schools preventing several middle schools from participating. She asked Galen if he completed the environmental scans/data collection. He reported that data was collected prior to and during COVID. At a future meeting, Galen will give a report. Per a grant requirement, as we move forward, we will need to collect data on health disparities among race/ethnicities.

AD-HOC COMMITTEE ASSIGNMENTS: 12 MONTH ACTION PLAN UPDATES

Teens for Healthy Youth: Laura Pirkey invited advisors and THY members to give reports.

Cross Schools THY - Hanna Nelson, THY member, presented that they brought dogs in for stress reduction therapy during exam week. Payton Ward, THY member, reported that the students made posters with stress reduction messages, which were held up as parents dropped off students in the morning. Additionally, they created messages on cards, with candy attached, which were given to students. They are also so working on electing officers to lead the club.

Bluffton High THY - THY member, Xochilt Camacho, reported that several students viewed the Prevention Plus Wellness Youth Leadership training webinar, which will prepare them to present to middle students in the Spring. They plan to educate the students on dangers of vaping.

Hilton Head Prep THY - Sydney Wood, THY Co-Advisor, reported on the development of Hilton Head Prep's THY group. They held a stress-free fair during exam week. They did stress balls and snack breaks in the cafeteria, a stress free zone. During January, they plan to work on healthy goal setting.

Sustainability Plan: Run/Walk - Grey Anne Cummings (LCAHY Intern) gave a power-point report (see link in Meeting Notice) on the run/walk planned for May 2021. Robert Fyfe of Palmetto Running Co. will

be contracted to assist LCAHY with the coordination of the event. Sgt. Danyov, Bluffton PD and a member of the Bluffton Special Events Team, provided several options for routes through Bluffton. The max number of participants we can have is 200-250 due to COVID. Palmetto Running Co.'s base price is \$500 plus \$2.50 per racer. Palmetto Racing will help with marketing. Board members will also be asked to assist with marketing. A donate button will be placed on the Running Co. website. Pre-registration will be on-line and will be handled by the Running Co. Award medals with LCAHY logo on it will be designed by the Running Co. with LCAHY/THY input. LCAHY will be responsible for the design of a promotional flyer and tee shirt design. Grey Anne will reach out to Teens for Healthy Youth through Laura, THY Coordinator, asking THY to compete on a tee shirt design. The shirts are \$8-\$9 per shirt of high quality. Francine suggested that THY could also compete on the ad design for the promotional flyer. Final design of tee shirt needed 3 weeks prior to race day. LCAHY will also be responsible for needed donations of small water bottles from grocery stores and a medical team. Wendy reported that she will coordinate the medical team. We would like to have a virtual run option. Possible dates are May 15th or May 29th (both are Saturdays). Board voted for May 15, 2021 date. Wendy will draft a donor letter. Grey Anne will draft an email to send to Board to ask who we should send donor solicitation letters to.

501 c 3- update – Wendy reported that, as Treasurer, Jim is setting up a bank account. We also need to file a Form 1023, which is the long form. Francine offered to help Wendy with that form.

Signage for Businesses. In David's absence, Dr. Novince presented a poster that David Martin will bring to different businesses to post in their businesses. The purpose of the signage is to prevent underage teens from purchasing alcohol. (see link in Meeting Notice)

Virtual Trainings- In lieu of a face-to face Forum, a virtual training for the Board and all sectors of the community is being explored by Dr. Novince. She is working with Dr. Squeglia, MUSC, in setting up a virtual training with her and a colleague. Dr. Squeglia presented at a LCAHY Forum several years ago. Dr. Squeglia and Dr. Novince are hoping arrangements can be made with MUSC to offer Continuing Education credits for teachers, attorneys, and health professionals. She further noted that LCAHY could consider offering other virtual trainings/sessions as we move forward. Galen said that Beaufort County Drug and Alcohol may be able to offer a virtual session as needed. Dr. Novince presented that there are several psychologists on the Board who are also willing to present virtually, as needed.

Next meeting is February 15, 2021.

Meeting adjourned 7:20 pm.

Respectfully submitted, -- Francine Norz Tobin, Recording Secretary