

# THE HEALTH COLLABORATIVE

*Working to Improve the Health Status of the Community Through Collaborative Means*

## Youth Mental Health Council Presents Successful Seminar

Approximately 300 school counselors, social workers, nurses and other members of the mental health community attended "A Fragile Generation: Meeting Mental Health Needs in the School Community," a seminar presented by the Youth Mental Health Council of The Health Collaborative in August.

"Response to the seminar was outstanding," said Nicole Rogers, executive director of The Health Collaborative. "The committee identified an important educational need and did an exceptional job in developing the program and implementing the event."

Education Service Center, Region 20, hosted the seminar. Keynote speakers were David Dumais, LCSW, CGP, and Jacqueline Fish, LCSW, CASAC, CGP, senior facilitators, Adventurers in Teaching and Counseling.

A full day of breakout sessions included such topics as: bipolar disorder and depression, dealing with bulimia and anorexia, the language of grief, self-injurious behaviors and other topics. The seminar offered continuing education units for licensed master social workers, licensed professional counselors, licensed chemical dependency counselors, and registered nurses.

The YMHC Education Committee organized the seminar. Serving on the committee are: Mary Baird, chair; Pamela Chambers, Lydia Hannawi, Christine Kruger, Terri Mabrito and April Johnson-Walker.



## Youth Mental Health Council Elects Co-Chairs

Kathy Cunningham, RN, CARN, and Jeannie Von Stultz, Ph.D., have been elected co-chairs of the Youth Mental Health Council.

The chairperson position is new to the council, and the purpose is to provide coordination for the YMHC and its processes in collaboration with the executive director of The Health Collaborative. The co-chairs will serve a one-year term and report the actions of the council to The Health Collaborative board of directors on a monthly basis.



Kathy Cunningham, RN, CARN



Jeannie Von Stultz, Ph.D.

Cunningham and Von Stultz are long-time members of the council. Cunningham is the managed care administrator for Southwest Mental Health Center, San Antonio's oldest behavioral health care provider. Von Stultz is director of mental health services at Bexar County Juvenile Probation and a licensed psychologist.

The YMHC focuses on helping parents and youth in our city recognize youth mental health issues and identify resources for help. The Council is a multi-disciplinary group of community members with representatives from social service agencies, health systems, counseling centers, high schools and other organizations. For membership information, contact Nicole Rogers, executive director of The Health Collaborative, at 210-481-2573.



## About Us

The Health Collaborative is a cutting-edge, public-private model for solving community health issues. Its mission is to improve the health status of the community through collaborative means.

The Bexar County Community Health Assessment is a major initiative of The Health Collaborative. The assessment serves as a comprehensive report of local health, guiding community efforts. The Health Collaborative compiles and publishes the assessment as a gift to the community with the understanding that the more the community knows about its health status, the better able the community will be to take collaborative action to improve it. Priority issues of the Health Collaborative are prevention of youth obesity and health literacy as it relates to access to care for the uninsured. Programs of the Health Collaborative include the Youth Mental Health Council and Project Measure Up.

For information, please contact Nicole Rogers, executive director, at [nicole.rogers@healthcollaborative.net](mailto:nicole.rogers@healthcollaborative.net) or 210-481-2573.

### Members of The Health Collaborative

- |                                 |  |
|---------------------------------|--|
| Baptist Health System           | Methodist Healthcare Ministries of South Texas |
| Steve Blanchard, Ph.D.          | San Antonio Metropolitan Health District       |
| CHRISTUS Santa Rosa Health Care | University Health System                       |
| Community First Health Plans    | YMCA of Greater San Antonio                    |
| Methodist Healthcare System     |  |

# Board Member Profile



Name: **Jennifer Herriott, MPH**

Title: **Population-Based Service Area Administrator, Metropolitan Health District**

## Tell us about your family.

My husband Jim and I both love the outdoors, particularly the north woods of Wisconsin and the shores of Lake Superior. We enjoy spending time with friends and family, eating out at local Indian, Thai, Middle Eastern and Mexican restaurants, and keeping up with our children's active lives. We are the proud parents of two beautiful, intelligent girls, Luisa, 13 and Madeline, 6.

## What are your favorite pastimes or hobbies?

I absolutely love practicing yoga and have been an avid runner for the past six years. I ran my first marathon nine months after the birth of my youngest daughter, and I have been hooked ever since.

## How did your professional commitment to health and wellness begin?

My professional commitment to health and wellness started inadvertently, soon after graduating from college, when I was invited to lead a delegation of women health professionals to El Salvador in Central America. Though I had spent much of my childhood in Latin America, returning as a young adult opened my eyes and heart to human rights and social justice issues, which frequently have public health implications. My work over the last 12 years has strengthened my desire and commitment to being a part of long-term, sustainable public health efforts that will increase the potential for health and well being throughout the San Antonio community.

## What do you think is the most effective thing that you do to stay healthy and fit?

I schedule exercise into my weekly routine. As my job at the Metropolitan Health District has become more demanding of my time, I have had to switch from exercising at the end of the day to starting my day a little earlier with a run, a bike ride, or 30 minutes of yoga. I try to take leftovers for lunch in an effort to stay away from downtown eateries. After reading *Fast Food Nation*, I pretty much stopped eating fast food. I do believe in everything in moderation.

## Tell us something that most people would be surprised to learn about you.

I was born in Managua, Nicaragua when President Somoza was in power.

# Health Collaborative Staff to Serve on TEA Advisory Committee

The Texas Education Agency (TEA) recently invited Nicole Rogers, MPH, CHES and Marcy Andrade-Krasiewski, MPA, to serve on the agency's advisory board addressing the recent legislation regarding Senate Bill 530. Rogers is executive director of the Health Collaborative, and Andrade-Krasiewski manages Project Measure Up, a program of the Health Collaborative.

SB 530 requires all Texas schools to assess third through 12th grade students' physical fitness levels twice annually. The advisory board is working to help schools meet this unfunded mandate through bringing multiple state partners together to maximize resources, standardize school reporting and provide statewide training. The Health Collaborative, through its Project Measure Up, is one of the few community-based organizations invited to the table.



# Project Measure Up

A Program of the Health Collaborative

## Project Measure Up Develops Youth Obesity Prevention Partners' Council

With the passing of Senate Bill 530 in June of this year, school districts are now required to assess their student population in third through 12th grades via a health and general physical fitness assessment. The data collected will allow for trend analysis regarding the prevalence of youth overweight and obesity in public schools throughout Texas.

In an effort to assist the school districts in meeting the SB 530 mandate, Project Measure Up (PMU) is in the process of developing a volunteer committee to assist in the physical assessment process as needed by Bexar County schools. Project Measure Up is a new program of The Health Collaborative.

Additionally, PMU will support Bexar County's independent school districts by providing for greater unification of youth obesity prevention programs through the development of the Youth Obesity Prevention Partner's Council. Members of the YOOPC will work to support the school districts throughout Bexar County as determined to support their programming needs.

Finally, PMU will develop a Public Information Officer Council. The PIOC, made up of the PIO from each participating school district in Bexar County, will work collaboratively to develop and implement a positive and educational marketing and public relations campaign throughout their respective districts.

For more information on Project Measure Up, visit our Web site, [www.healthcollaborative.net](http://www.healthcollaborative.net).

## Help Update Our Mailing List

The Collaborative newsletter is now distributed by email. We will no longer mail printed copies.



If your email address should change, please visit our Web site, [www.healthcollaborative.net](http://www.healthcollaborative.net) and click on the icon on our home page to change your address.

If you know of other individuals who would like to receive the newsletter electronically, please advise them to sign up on our Web site.

Help support The Health Collaborative. Log-on for more information: [www.healthcollaborative.net](http://www.healthcollaborative.net)