

# KANSAS SCHOOL MENTAL HEALTH ADVISORY COUNCIL



## MINUTES

### School Mental Health Advisory Council

#### Details

Date: December 14, 2023

Time: 9 am – 3:00 pm

Location: Zoom

Welcome, Betty Arnold, Chair at

#### Roll Call

Members: Members (x present, blank absent):

	Betty Arnold	X	Judi Rodman	X	Sarah Schlagel
X	Dr. Jane Groff		Justin Groth		Scott Anglemeyer
X	Brenda Quigley	X	Kasey Dalke		Shelby Bruckerhoff
	Cherie Blanchat	X	Kathy Kersenbrock-Ostmeyer (Kathy KO)		Sherry Dumolien
X	Diane Gjerstad		Keelin Pierce		Shirley Scott
	Dinah Sykes	X	Kelsee Torrez		Sue Murnane
	Erica Molde	X	Kiley Luckett		Dr. Sylvia Trevino-Maack
X	Geary Henault		Kimber Kasitz	X	Dr. Tamara Huff
X	Holly Yager	X	Brad Girard	X	Tracie Chauvin
X	Idalia Shuman		Linda Long	X	Zenah Chepkwony
	Janey Humphries	X	Marcia Wesman		
X	Jessica Lane		Mark Torkelson		
	John Doll		Pam Weigand		
	John Eplee		Dr. Ryan Vaughn		
X	Dr. John McKinney	X	Samantha Brown		
X	Jose Cornejo				

Attendance: 21 present Quorum (20)

#### KSDE Staff:

x	Bert Moore		Kerry Haag	x	Alysha Nichols
x	Barb Depew	x	John Calvert	x	Angie Brungardt
		x	Maureen Tabasko		
	Kent Reed	x	Trish Backman	x	Melanie Scott

## Guests:

Libby Davis, Laura Moore, Regina Platt

Agenda Approval: Approved at 9:13 AM.

Minutes Approval: Approved at 9:15 AM

## Public Comments

- No public comments.

Closed at 9:16 AM.

## Anti-Opioid Task Force

Libby Davis

- The Kansas Office of Vital Statistics identified 678 drug overdose deaths among Kansas residents in 2021. This is a 42% increase in deaths compared to the 477 that were identified in 2020.
  - Of the 678 deaths in 2021, 428 involved an opioid as a contributing factor.
  - Synthetic opioids, which includes fentanyl, were involved in 347 of the total deaths, or 51%.
- Introduction
  - Libby Davis is a nurse, the founder of a nonprofit, and member of the Johnson County Prevention Recovery Coalition. She lost her 16-year-old son, Cooper, in August 2021 to a counterfeit pill that was made with fentanyl. Prior to the loss of her son, she did not know anything about illicit fentanyl in her community, which is why she has felt the urge to share information to reach other families and hopes for a school curriculum on this topic.
- Keeping' it Clean for Coop
  - A nonprofit started in Cooper's memory to help spread awareness and educate students and families on the dangers of illicit fentanyl and fake pills.
  - <http://www.keepincleanforcoop.org/>
- Johnson County Prevention and Recovery Coalition
  - In March of 2022, a group of community stakeholders came together to tackle the concerning trend of opioid and fentanyl misuse and death in the community. The coalition has grown to include members of diverse sectors including healthcare providers, school professions, first responders, community advocates, treatment and recovery community, along with many more. The group produced a community assessment report to identify local conditions to guide priorities.
  - Through the leadership of Johnson County Mental Health Center, the coalition is utilizing the Strategic Prevention Framework, an evidence-based process to plan, implement, and evaluate prevention efforts. Within the first year of establishment, the coalition has developed a leadership team, identified the mission and vision, and created workgroups to carry out the priorities.
  - Coalition Workgroups
    - Prevention and Education
      - Strives to coordinate with community partners to provide all-inclusive messaging, information, and strategies to address

- substance use and misuse as it relates to the current opioid epidemic.
      - John McKinney and Libby Davis sit on this subcommittee. They work on coming up with strategies to share with the public, especially parents and youth.
          - Root Causes: Trauma and ACEs
          - Harm Reduction
          - Treatment
          - Recovery Supports
      - <https://www.jocogov.org/department/mental-health/education-outreach/johnson-county-prevention-and-recovery-coalition>
- US Centers for Disease Control and Prevention Data - 2021
  - From an article written by Dr. Scott Hadland, a pediatrician and expert on adolescent substance use, he quoted that drug overdoses are killing more than 1,100 teens each year, the equivalent of a school classroom every week.
  - Hadland states a few reasons teens are turning to pills such as experimentation, struggling with mental health concerns, and untreated physical pain.
  - "Regardless of the underlying reason for taking pills, teens are often unaware that what they're buying is a counterfeit containing fentanyl."
  - <https://www.cnn.com/2022/12/27/opinions/american-teens-fentanyl-drug-overdoses-parents-hadland/index.html>
- CDC Provisional Data 2022
  - <https://wonder.cdc.gov/mcd-icd10-provisional.html>
  - US Drug-induced Death Rate 2022 Age 15-19
    - Kansas has the worst teen drug death rate per capita of all the US states in 2022 from ages 15 to 19 with a rate of 17.0.
  - CDC US Synthetic Opioid Involved Drug-induced Death Rate 2022 Age 15-19
    - Kansas has the worst synthetic opioid drug-induced death of all US States in 2022 age 15-19 with a rate of 14.6.
  - CDC All Drug-induced Death Rates and T40.4 Involved Drug-induced Death
    - In comparison to the US 120% drug-induced death growth, Kansas grew at twice the rate at 289% amongst ages 15-19 within 2018-2022.
    - Kansas is the #1 in ranking for all drug-induced death and T40.4 (synthetic opioid) involved drug-induced death.
    - Out of the 35 drug-induced deaths amongst ages 15-19 in Kansas, 30 were related to synthetic opioids, or 86%.
- Mitigations: An Outsized Upstreamed Opportunity
  - Derived from the CDC publication "Drug Overdose Deaths Among Persons Aged 10-19 years old – United States, July 2019 – December 2021"
    - <https://www.cdc.gov/mmwr/volumes/71/wr/mm7150a2.htm>
    - "Urgent efforts to prevent overdose deaths among adolescents are needed. . . collaboration among public health and safety agencies, physicians, mental health and substance use treatment providers, and educators to implement these efforts could save lives."
    - Supply
      - Public health and public safety partnership to reduce availability of illicit drugs.

- Prevention
      - Education/awareness about dangers of IMFs and counterfeit pills
      - Preventing substance use initiation and promoting protective factors.
      - Expand efforts focused on resilience and connectedness of adolescents.
      - Expanding naloxone access and train family and friends in overdose recognition and response.
    - Harm Reduction
      - Promote safer drug use for those who use drugs, such as don't use alone and naloxone.
    - Treatment
      - Ensure access to effective, evidence-based and SUD mental health treatment.
  - Drug Overdose Deaths with Evidence of Counterfeit Pill Use — United States, July 2019–December 2021
    - <https://www.cdc.gov/mmwr/volumes/72/wr/mm7235a3.htm>
    - “Overdose prevention messaging that highlights the dangers of pills obtained illicitly or without a prescription, encourages drug product testing by persons using drugs, and is tailored to persons most at risk (e.g., younger persons) could help prevent overdose deaths.”
  - Five states so far have adopted curriculum to ensure every student received classroom instruction on fentanyl risks.
    - Oregon
      - A family who lost their son worked with the school he graduated from to develop a curriculum. When the family approached the school, they already had four deaths that year related to fentanyl. They have had no deaths in their district since implementation of curriculum.
    - Texas
    - Mississippi
    - Illinois
    - California
- Keepin’ Clean for Coop Community Presentation Walkthrough
  - Song for Charlie
    - <https://songforcharlie.org/>
  - Dead on Arrival (Fentanyl Documentary)
    - <https://www.youtube.com/watch?v=ijgPmrLjkuo>
  - Today’s Victims Are Much Younger
    - Many victims have died from taking just one pill they believed to be a real prescription pill, such as Oxycodone, Xanax, Percocet.
    - This generation is dealing with different drug issues due to fentanyl. Taking pills have been normalized, teens have started self-medicating, and obtaining pills is easily done through social media.
    - It is not just party behavior, teens have been taking pills to help themselves for issues such as pain, sleep, or mental health while alone at home.

- The United States in 2022 lost more than 5,500 young people ages 10 to 24 because of fentanyl.
  - What the Heck is Fentanyl?
    - Opioid
      - A “pain killer” such as morphine, oxycodone, codeine, etc. Heroin is also an opioid.
      - Fentanyl has had legitimate medical uses since the 1960s.
    - Synthetic
      - Fentanyl is man-made, produced in labs in mass quantities.
      - Can be made in unlimited supply and is inexpensive to create which contributes to its popularity.
    - Potent
      - Fentanyl is 100 times more powerful than morphine and 50 times more powerful than heroin.
      - Fentanyl is very effective and highly addictive.
    - Fentanyl administered within a hospital setting is safe. It is when it is made illicitly that it becomes dangerous as it is unknown how it is made, the potency, the dosage, or what it has been laced in to.
  - Pharmaceutical vs. Illicit
    - Pharmaceutical Grade
      - Legitimate medication produced by pharmaceutical companies with advanced technology and regulated quality control to maintain proper dosage of product.
      - Tightly regulated for medical use and safe when administered by professionals as prescribed.
      - Standard forms are IV and transdermal patch for analgesic (pain) or anesthetic.
    - Illicit Drug
      - Black market version of the drug.
      - Made in garages, basements, and jungles by unqualified drug makers.
      - Supply is limited to only precursor products and people to make it; it is very cheap to make.
      - Unknown potency and amount of fentanyl in each pill.
  - How Much is too Much?
    - 2 milligrams of fentanyl are potentially lethal for an adult. This amount looks like a few grains of salt or < 2% of the average pill.
    - Lethal dosage depends on many factors such as body weight, tolerance, metabolism.
    - Administered medically in 25-100 mcgs-per-hour.
    - Fentanyl has a very small therapeutic index. The amount of fentanyl it takes to have an effect is almost the same amount as where it becomes lethal. This is why fentanyl is carefully dosed and monitored in medical settings.
  - Chocolate Chip Cookie Effect
    - The DEA uses this analogy to compare chocolate chip cookies and fentanyl. The amount of chocolate chips per cookie varies within the

- batch. The amount of fentanyl per pill will also vary within the batch when created illicitly, except you cannot see fentanyl in a pill as you can see chocolate chips within a cookie.
- Business Plan for Drug Traffickers
    - Fentanyl is profitable since it is cheap, odorless, tasteless, highly addictive, and easy to smuggle.
    - The United States has already had an addiction problem stemming from the opioid crisis in the early 2000s. Teens perceive taking pills as harmless.
    - Technology is harnessed by drug cartel to reach users on their smart phones and social media to market, sell, collect payment, and provide delivery of fentanyl.
  - Song for Charlie Data Charts - CDC
    - <https://songforcharlie.org/current-data/>
    - Data from the CDC shows that:
      - Drug use for ages 14 to 18 is trending down but the drug-induced mortalities are increasing. This is due to illicit fentanyl.
      - Within age 10-24 in 2022, fentanyl accounted for 81% of all drug-induced deaths. 2022 has seen a downward trend in this.
      - Fentanyl-involved deaths for age group 13-17 in 2022 is 10 times larger compared to 2017.
  - New Category of Victim
    - Fentanyl has changed the old drug use model. Previously, dependent users would be more likely to experience an accidental overdose. With fentanyl, experimental and first-time users are the fastest growing victim group.
    - "One Pill Kill"
      - Often affecting those younger, inexperienced, naïve/trusting, and with a low tolerance. The accidental dose is more comparable to poisoning.
  - Kansas Overdose Data Dashboard 2005-2022
    - <https://www.kdhe.ks.gov/1309/Overdose-Data-Dashboard>
    - In 2022, there were 412 drug poisoning deaths with synthetic opioid overdose as a contributing factor among Kansas residents.
    - Among Kansas residents ages 15-24, there were 76 drug poisoning deaths with synthetic opioid overdose as a contributing cause. In 2021, 59. In 2020, 42. In 2019, 11.
  - One Pill Can Kill
    - [www.dea.gov/onepill](http://www.dea.gov/onepill)
    - DEA's campaign that was launched in September 2021. It is a public safety alert about the dangers of fake pills. It has many resources for teens, parents & caregivers, and teachers.
  - DEA
    - A DEA press release on August 30<sup>th</sup>, 2022, highlighted an emerging trend of "Rainbow Fentanyl". Brightly colored and flavored fentanyl that the DEA describes as a deliberate effort to entice children and drive addiction amongst youth. Speckled fentanyl which resembles tie-dye is

another instance of this.

- <https://www.dea.gov/press-releases/2022/08/30/dea-warns-brightly-colored-fentanyl-used-target-young-americans>
- From a CNN Report on February 3<sup>rd</sup>, 2023, the number of pills the DEA have seized has skyrocketed in 3 years from 2.2 million in 2019 to 59.6 million in 2022. Over 99% of what the DEA sees are fake pills and contain fentanyl. The DEA estimates they are only seizing about 20% of what comes across the border.
- 7 out of 10 DEA tested pills with fentanyl are potentially deadly in October 2023. It was 4 out of 10 in November 2022.
- St. Louis DEA Division Fiscal Year Fentanyl Seizures
  - Covers all of Kansas, Missouri, and Southern Illinois.
  - Fentanyl seizures increased from 77 pounds in 2018 to 671 pounds in 2022.
- In March 2023, the DEA released a public safety alert warning that there has been an increase in the trafficking of fentanyl mixed with xylazine, also known as “Tranq”. Xylazine is not an opioid and does not respond to naloxone or Narcan. It is an animal tranquilizer.
- CDC Overdose Dashboard – United States Drug Overdose Deaths
  - December 2020: 92,478 deaths.
  - December 2021: 107,573 deaths.
  - December 2022: 109,170 deaths.
  - Between 2021 and 2022, Narcan became more readily available within the community, schools, and law enforcement carrying it.
- Song for Charlie Survey 2021 – Teens (13-17) Stress & Substance Use
  - 86% are overwhelmed.
  - 57% don't feel comfortable talking about mental health.
  - 78% say anxiety/stress is common reason to misuse prescription medication.
  - 13% have misused Rx or thought of it; 33% know a friend who has.
  - 35% don't know enough about fentanyl to rate its danger.
  - 73% hadn't heard of fentanyl in counterfeit pills.
  - 27% believe fentanyl is extremely dangerous.
    - The survey also had cigarettes at the same percentage.
    - Heroin, cocaine, and Rx opioids were believed to be more dangerous.
- 2023 The State of Mental Health in America Survey
  - An overall ranking of 39-51 indicates a higher prevalence of mental illness and lower rates of access to care.
  - Kansas had an adult ranking of 51 and a youth ranking of 50.
- Song for Charlie Survey – Teen Knowledge Gap (Age 13-17) 2021 vs 2022
  - Aware of Fentanyl in fake pills
    - 2021: 27%
    - 2022: 36%
  - Knowledgeable about Fentanyl
    - 2021: 20%
    - 2022: 31%

- Describe Fentanyl as dangerous
      - 2021: 51%
      - 2022: 58%
    - Unsure of danger
      - 2021: 35%
      - 2022: 26%
  - What can you do?
    - Learn more about fentanyl and counterfeit pills; talk to your kids.
    - Spread the word to family, friends, neighbors.
    - Help youth develop healthy coping skills that work for them for both daily and acute stressors.
    - Reframe asking for help as a positive. Youth fear penalties and disappointment. Let them know that asking for help is a sign of strength, not weakness.
    - Help youth understand their own thinking process. Their brains are built for impulsivity, risk-taking, and experimentation and they must be constantly aware to manage their decisions.
    - Know what is happening on their social media accounts.
    - Seek professional help when needed.
  - Signs of an opioid overdose
    - Signs include unable to wake up, cold & clammy skin, slow or not breathing, blue lips or nails, tiny pupils, gurgling or snoring.
    - What to do:
      - Call 911
      - Give breaths
      - Use naloxone
  - Narcan
    - Three easy steps:
      - 1. Peel
      - 2. Place
      - 3. Push
    - Free Naloxone is available:
      - <https://www.firstcallkc.org/>
      - <https://www.dccca.org/naloxone-program/>
  - Libby Davis can be contacted at [ldavis@centrushealth.com](mailto:ldavis@centrushealth.com) or 913-369-5893.

## School Violence- What we know, what do we need to know, what measures can be taken

John Calvert

- Types of School Based Officers
  - Security Officer
    - Outside entity or USD Hired
    - Not a sworn LEO
  - Local City/County Law Enforcement Officer
    - Contracted with the school district.
    - Reports to chief of police or sheriff but works with the principal or superintendent.
  - USD Hired Law Enforcement Agency



- The school district creates their own law enforcement agency and reports to the superintendent.
- Why Violence?
  - There are many theories but no definitive answer.
  - Schools are a microcosm of a more violent community.
  - Social media has contributed to this.
    - TikTok is one of the most dangerous apps.
      - It is the #1 most used app for child sex trafficking in the United States with the average age for victims being 12-13.
      - TikTok challenges have also caused harm to students and schools (i.e. eating Tide Pods or “The Bathroom Challenge”).
    - Drugs can be easily sold on social media and use emojis as code for illicit drugs.
    - Social media is constantly changing which may confuse parents. Private messaging also makes it difficult to monitor children’s social media use.
    - “There are only two industries that call their customers ‘users’: illegal drugs and software” – Edward Tufte.
  - The pandemic has also contributed to an increase in violence.
    - Students lost year(s) of socialization.
    - Anger at school for closing during the pandemic as school used to be a protected place.
    - Increased turnover amongst teachers and loss of veteran teachers.
    - Increased mental health problems.
    - Feeling of isolation which may make students feel as they are not being seen or heard.
- CDC/KCTC Data
  - The suicide death rate increased 75% between 2001 and 2018.
  - Suicide is the 2<sup>nd</sup> leading cause of deaths. 1 in 13 will attempt suicide.
  - 28% of youth (10-17) suicides reported having family problems.
    - 48% reported mental health problems.
    - 26% reported having a problem in school.
- What can we do?
  - We need hardware and heartware.
    - Hardware: Infrastructure such as locked doors, cameras, communication.
    - Heartware: Trust and communication such as maintaining positive relationships with students.
      - Gives students a trusted adult that they can go to and keep schools safe when encountering suspicious behavior. In many cases of school violence, there are people who report prior suspicious behavior after the event.
      - U.S. Secret Service “Averting Targeted School Violence” 2021 Report
        - <https://www.secretservice.gov/sites/default/files/reports/2021-03/USSS%20Averting%20Targeted%20School%20Violence.2021.03.pdf>
      - NTAC: Averting Targeted School Violence Video

- <https://www.youtube.com/watch?v=-TVdrr4Hu1Q>
- U.S. Department of Homeland Security “Protecting America’s Schools” 2019 Analysis
  - [https://www.secretservice.gov/sites/default/files/2020-04/Protecting\\_Americas\\_Schools.pdf](https://www.secretservice.gov/sites/default/files/2020-04/Protecting_Americas_Schools.pdf)
  - Encourage parents to have conversations with their children on difficult topics.
  - Partner with others and provide/attend training.
  - Student led groups with student ownership. Kids listen to kids better.
  - Kansas School Safety Hotline: 1-877-626-8203.
  - KBI – Suspicious Activity Report (SAR)
  - If you would like the “See Something, Say Something” poster, please contact John Calvert at [jcalvert@ksde.org](mailto:jcalvert@ksde.org).

## Kansas MOU Update

Trish Backman and Laura Moore

- A Friend asKS App
  - A free smart-phone app that provides information, tools, and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.
  - The SAMHSA Facility Locator is a featured tool.
  - Developed in partnership with the Office of the Attorney General and the Jason Foundation.
- Feedback from youth had concerns that not everyone would be able to access this app due to app downloads being blocked or potential parental concern.
- KSDE and the AG office are in the process of creating an MOU to turn this app into a usable website that any youth can access.

## Restorative Practices

Regina Platt

- Topeka Center for Peace and Justice
  - Mission: “...to promote justice and peace through education and action for social change by working with individuals and organizations in Topeka”.
  - <https://www.topekacpj.org/>
- Restorative Practice...
  - Is a way of thinking and being, based on a foundation of caring, collaborative, and respectful relationships.
  - Builds and strengthens healthy relationships and community.
  - Provides a supportive framework to prevent, respond to, and repair harm through a continuum of practices.
- Changing the questions
  - Restorative justice changes the questions to include what harm has been done to all (i.e. the harm that has been done, the harm done to the victim, the harm that was done to those that victimize, etc.).
  - Criminal Justice
    - What law has been broken?
    - Who did it?
    - What do they deserve? How will they be punished?
  - Restorative Justice

- Who has been harmed?
  - What are their needs?
  - Whose obligations are these?
- Effects of a Restorative Approach for Caring Climate
  - Reduction in conflicts
  - Improved communication in the community
  - Enhances achievement
  - Changes discipline from punitive to restorative
  - Brings together all stakeholders
- Outcomes of a Supportive Environment on Individuals
  - Creates a supportive culture and society.
  - One's identity is affirmed by others or circumstances when surrounded by a conducive environment.
  - Intelligence, happiness, health, and kindness within the society.
  - With the positive effects of identity affirmation, the culture becomes one with more positive contributions from individuals.
  - Topeka CPJ Restorative Justice Programming
    - Offers school training for staff coaching.
    - Peaceful School Restorative Leadership to students within Shawnee County.
    - Connects with the National Association for Assertive Practices and offers national circles and trainings to provide healing within the community.
    - Activities include affirmations, mindfulness work, journaling, active exercises, stretching, reading, writing, gardening, etc.
    - Promotes diversity, equity, and equality.
- Positive Behavior Interventions and Support (PBIS)
  - Universal (all students)
    - 75-90% of students respond.
    - Positive relationships with all students; progressive response to problem behavior
    - School/class wide, Equity & Culturally Relevant & Responsive Systems of Support
      - Schoolwide PBIS
      - SEL (Second Step)
      - Evidence-based class management
      - 2x10 strategy
      - Restorative circles
      - Staff self-care plan
    - Topeka CPJ: Focuses on social-emotional learning (SEL), fellowship, and community building as foundational skills.
  - Selected (at-risk students)
    - 10-25% of students respond.
    - Classroom and Small Group Strategies
      - Check in-Check out
      - Small group social skills or Second Step
      - Behavior contracting
      - Targeted academic intervention

- Restorative dialogues
      - Topeka CPJ: The Circle Practice
  - Targeted/Intensive (high-risk students)
    - 3-5% need
    - Individual Interventions
      - FBA-based behavior plan
      - Individualized CICO
      - Individual counseling
    - Topeka CPJ: Mediation such as victim-offender mediation or parent-adolescent mediation.
- 5 Core SEL Competencies
  - Self-awareness
  - Self-management
  - Social awareness
  - Relationship skills
  - Responsible decision-making
  - Actively involving students in their own social and emotional development encourages them to practice good habits.
  - Civic engagement and leadership development included.
- Social Discipline Window
  - Control: limit-setting, discipline
  - Support: Encouragement, nurture
  - Punitive: high control, low support
    - Authoritarian
  - Restorative: high control, low support
    - High encouragement for growth and students develops self-discipline.
    - Authoritative
  - Neglectful: low control, low support
    - Irresponsible
  - Permissive: low control, high support
    - Paternalistic
- The Triple R's
  - Respect, Relationships, Responsibility
  - Necessary to build and sustain a restorative culture.
- Restorative Practice as Proactive Engagement
  - The responsive approach focuses on rebuilding and repairing relationships where needed.
  - The preventative approach focuses on building relationships.
  - Restorative practice enhances student achievement and builds healthy climates.
  - Restorative communities help students to thrive.
- Book Recommendations and Additional Resources
  - *The Little Book of Restorative Justice* by Howard Zehr (2015).
  - *The Little Book of Circle Processes* by Kay Pranis (2005).
  - Donna Hicks "Declare Dignity":  
<https://www.youtube.com/watch?v=GPF7QspiLqM&t=17s>
  - Kansas Institute for Peace and Conflict Resolution: <https://kipcor.org/>
  - Dignity Model: <https://organizingengagement.org/models/dignity-model/>

- Regina Platt can be contacted at [plattregina@gmail.com](mailto:plattregina@gmail.com).
- Summary for Peaceful Schools Restorative Leadership
  - The partnership between the Topeka Center for Peace and Justice, Inc, and the School of Martial and Meditative Arts, formed the Peaceful Schools Restorative Leadership Circles as a vital step towards creating stronger school communities through building and supporting students using a restorative approach to building leaders and advocacy skills. This evidence-based restorative practice circle experience will be bolstered by The School of Martial and Meditative Arts/ Peaceful Schools' anti-bullying/ bystander components which will be implemented in designated Topeka schools.
  - Our youth leadership circle process is unparalleled, consisting of ten pillars that cover everything from K-5 students with our Back Off Bully program to middle school scholars with our Bystander components. Our methodology is grounded in factual evidence and tailored to achieve targeted outcomes through the use of restorative practices. The Topeka Center for Peace and Justice Inc offers training for individuals in restorative practices to assist in facilitating circles in collaboration with nearby schools. Throughout the ten-pillar leadership process, all students will be provided an A.Y.E reflective journal and will complete a self-mastery project and present it in the final circle. These pillars include team-building activities, meditative and martial arts, short reads, art, music, and journal entries.
  - The Ten Pillars are:
    - Building healthy relationships
    - Self-control
    - Self-awareness
    - Self-empowerment
    - Leadership
    - Teambuilding
    - Self-care
    - Responsibility to community and family
    - Self-advocacy
    - Mastery ceremony
  - The Governor's Commission released a report in 2021 citing the need for restorative justice practices to be included in more schools (Governor's Committee on Racial Equity & Justice, SRO.2 | LOCAL pg. 25). The report mentions the need again under Juvenile Justice programs as an effort to reduce the school to prison pipeline (pg. 49).
    - Additional documentation includes:
      - <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.158.5.808>
      - [https://moodle2.cs.huji.ac.il/nu14/pluginfile.php/179706/mod\\_resource/content/1/Twemlow\\_et\\_al\\_2008.pdf](https://moodle2.cs.huji.ac.il/nu14/pluginfile.php/179706/mod_resource/content/1/Twemlow_et_al_2008.pdf)
  - Locally, we see that the need for a restorative program that highlights anti-bullying is evident in the report Kansas Communities that Care Student Survey that was published on March 20, 2023.
    - Additional information included:
      - States push for harsher school discipline practices to address student misbehavior:

- <https://www.youtube.com/watch?v=QNowfV8if1o>
- <https://www.backoffbully.com/Pages/services.html>

### Agency/Member Updates

- The next meeting is February 22<sup>nd</sup>, 2024.
- Please send any suggestions for topics to discuss or presenters to Trish Backman at [tbackman@ksde.org](mailto:tbackman@ksde.org).

New topics to address: None suggested during council meeting.

### Adjournment

- Meeting adjourned at 12:00 PM

Next Meeting, February 22, 2024. Location: Zoom

For more information, contact:



Alysha Nichols  
Senior Administrative Assistant  
Special Education and Title Services  
(785) 296-6066  
[anichols@ksde.org](mailto:anichols@ksde.org)

[www.ksde.org](http://www.ksde.org)  
900 SW Jackson St  
Suite 620  
Topeka KS 66612

The Kansas State Department of Education does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the nondiscrimination policies: KSDE General Counsel, Office of General Counsel, KSDE, Landon State Office Building, 900 S.W. Jackson, Suite 102, Topeka, KS 66612, (785) 296-3201.