



Stellar Group

Research | Strategy | Impact

SCHOOL HEALTH COLLABORATIVE SESSION 2025 QUARTER 1

March 3, 2025

1:00-3:00pm AKT

ATTENDANCE

- » *Andrea Fenaughty, Deputy Section Chief, Chronic Disease Prevention Health Promotion, AK DOH*
- » *Bea Pullekines, Public Health Specialist, Youth Specialist, Tobacco Prevention and Control Program, AK DOH*
- » *Carly Adams, AK Youth Risk Behavior Survey Data Manager/Analyst, Chronic Disease Prevention Health Promotion, AK DOH*
- » *Gavin Northey, Child Nutrition Programs Manager, AK DEED*
- » *Hannah Guzzi, Adolescent Health Project Coordinator, Women's, Children's and Family Health, AK DOH*
- » *Jenna Test, Youth Risk Behavior Survey Manager, Chronic Disease Prevention Health Promotion, AK DOH*
- » *Jenny Baker, Youth Alliance for a Healthier Alaska, Adolescent Health Program, AK DOH*
- » *Karol Fink, AK Youth Risk Behavior Health Program Manager, AK DOH*
- » *Kristina Weltzin, Behavioral Health Quality Assurance, Division of Behavioral Health, AK DOH*
- » *Lauren Kelsey, Public Health Specialist, Physical Activity and Nutrition Program, AK DOH*
- » *Micki Dunn, Education Specialist, School Health, Safety, and Alternative Education, AK DEED*
- » *Mollie Rosier, Health Program Manager, AK DOH*
- » *Mya Robinson, Zero Suicide Coordinator, Division of Behavioral Health, AK DOH*
- » *Naomi Davidson, Healthy Schools Specialist, School Health Program, AK DOH*
- » *Pat Sidmore, Program Coordinator, School Health, Safety, and Alternative Education, AK DEED*
- » *Sharon Fishel, Education Specialist, School Climate, AK DEED*
- » *Sharon Liska, Maternal Child Health Nurse Consultant, Division of Public Health, AK DOH*
- » *Sheli DeLaney, Suicide Prevention Program Coordination, Division of Behavioral Health, AK DOH*
- » *Waverli Stowe, Program Specialist, School Wellness, Farm to School Program Coordinator, Child Nutrition Programs, AK DEED*
- » *Wendy Williams, RN, School Health Nurse Consultant, AK DOH*

FACILITATORS

- » *Kate Stockly and Kimberly Fitzgerald, Stellar Group*

UPDATES AND EVENTS

Further information for updates is shared via attachments.

YRBS UPDATES - JENNA TEST & YRBS TEAM, DOH

2023 YRBS data analysis and dashboards

- » 2023 [district](#) and [statewide](#) dashboards are live!
- » Carly is working on a cross-tabulation project that will enhance her ability to respond to future data requests.

2025 YRBS survey data collection in progress

- » The 2025 YRBS survey is electronic!
- » Recruitment for 2025 YRBS is ongoing; districts have already begun participating electronically.
- » So far, 25 Alaska districts have agreed to participate in the statewide sample.
- » Some states have had their 2025 questionnaire held up, luckily this is not the case for Alaska.

ALASKA'S NOT BUYING IT CAMPAIGN - BEA PULLEKINES, DOH

The Tobacco Prevention and Control Program is recruiting young Alaskans, aged 13-18, who may be interested in writing and recording a song for Alaska's Not Buying It tobacco and nicotine education campaign. Enter to win one of three \$25 gift cards. If selected, the program will record your original music for the campaign for additional compensation.

Submission deadline has been extended to Friday, March 21!

How to submit:

- » **Learn more about Alaska's Not Buying it Campaign:** <https://alaskaquitline.com/not-buying-it/>, or check out the Instagram page @notbuyingit.alaska, or email mary@futureelder.com with any questions.
- » **Write a script:** Write a 15-30 second script for a song. Please submit that script along with a short recording or sample of your music. This can be a previous recording, social media handle that includes music clips, or another channel. When writing your script, think about what lines may resonate with your Alaska peers and why young Alaskans may want to avoid smoking, vaping, or chewing. You can consider the harms of tobacco and nicotine on mental health, brain development, addiction, physical health, friends and family, and the environment.
- » **Submit your work:** You can submit your work as an individual or as a group. Send your song script and music sample to Mary at mary@futureelder.com, NOTE: Submissions must not include any illegal activity, nudity, hate speech and/or profanity.

The Alaska's Not Buying It campaign was shared on counselor and school health listservs on March 3. Please feel free to share widely! See email attachments for more information:

- » 2025 Q1 Update AK Not Buying It_Casting Call Flyer-1B-JR.pdf
- » 2025 Q1 Update AK Not Buying It_Youth_Recruitment_Casting_Call_1d_JR.pdf

988CREATE CAMPAIGN - JENNY BAKER, DOH

The Adolescent Health Program is celebrating their third year of the 988Create Campaign focused on increasing awareness of the 988 suicide and crisis lifeline using the theme “What inspires you and helps you to grow?” We received 34 submissions this year from 13 communities: Juneau, Anchorage, Eagle River, Wasilla, Healy, Knik, Sand Point, Homer, Palmer, Eklutna, Chugiak, Sitka, Skagway. On Sunday, February 9 the judges panel met to review, rank and select the top 11 winners. Winner announcements and new posters coming soon on the [988 Create website](#)! Afterwards the art will be widely shared. For more information, please contact yaha.alaska@gmail.com.

Once the winners are announced, the Adolescent Health Program is looking at setting up a virtual gallery of 988Create campaign artwork from over the years to display campaign artwork. The Adolescent Health Program asks School Health Collaborative members to assist in spreading the news about the gallery!

YOUTH ALLIANCE FOR A HEALTHIER ALASKA RECRUITING FOR 2025-2026 SESSION - JENNY BAKER, DOH

Since 2009, the Youth Alliance for a Healthier Alaska (YAHA) has advised the State of Alaska Adolescent Health Program and other community partners in Alaska on the campaigns and projects that target youth. YAHA also designs and implements interventions to help create programs designed to improve the lives of adolescents in Alaska. YAHA is recruiting 10 diverse Alaskans ages 14-21 with lived experience to participate in the [Youth Alliance for a Healthier Alaska \(YAHA\)](#) advisory team. This is a great opportunity for youth to improve the health of Alaskan teens, share their unique perspectives, make friends with people across the state, receive mentorship and networking opportunities, participate in fun youth conferences/initiatives, and more! For more information, please contact Jennifer.baker@alaska.gov.

ALASKA GEOGRAPHIC TEEN EXPEDITIONS - JENNY BAKER, DOH

[Alaska Geographic Teen Expeditions](#) are for Alaska teens aged 13-18 who want to grow confidence in the outdoors and sense of community. Five trips are available: Yaghanen Swan Lakes canoe trip, Blackstone Bay kayaking & stewardship, Denali field camp, Arctic Travelers, and Tangle Lakes backpacking & Stewardship. Pass along the opportunity, [student nominations](#) and [applications](#) were due March 3, but applications submitted after March 3 will be added to the waitlist.

CHILD NUTRITION PROGRAM - GAVIN NORTHEY, DEED

DEED Child Nutrition Programs posted the annual Free & Reduced Price [Eligibility and Access Tabulation \(EAT\) Report](#). School districts cannot mandate families to apply to the program, but please assist in ensuring that families know the program exists. Help students and families become aware of the application (available either on paper or online). Contact Gavin Northey for more information: gavin.northey@alaska.gov.

ALASKA SCHOOL SAFETY & WELLBEING SUMMIT - SHARON FISHEL, DEED

The annual Alaska School Safety & Wellbeing Summit is scheduled to be held in Anchorage

at the Egan Center from September 23-26. The Summit is currently looking for event sponsors and presenters. Departments can contribute financially to the summit as sponsors through government event services. Contact Sharon Fishel for more information: Sharon.fishel@alaska.gov.

DEED EARNING COURSE UPDATES - MICKI DUNN, DEED

A Restorative Practices for Educators course has been launched on [DEED's eLearning website](#). The course is interactive, reflective, and can be done either individually or with a group/school staff. The Positive Behaviors and Interventions and Support course is currently being re-vamped and will be available once complete.

SUICIDE PREVENTION PROGRAM - MYA ROBINSON, SHELI DELANEY, DOH

The Suicide Prevention Program has several trainings and programs happening in collaboration with offices across DOH and DEED. Currently the program is collaborating with DEED on data findings and adopting a plan from Oregon to help bring awareness to school staff about the timing of suicide clusters. The Suicide Prevention Conference is held biannually. The last conference was in 2024 and the next will occur in 2026. The Suicide Prevention Program team shared a document (attached, "2025 Q1SchoolHealthCollab_DBH Suicide Prevention Team Resources.pdf") with long lists of resources, campaigns, groups/listservs to be part of, free trainings, and additional fee-based training options. Highlights include:

- » *March 21, 2025, In-person training: Assessing and Managing Suicide Risk, Anchorage*
 - o *flyer attached, "2025 Q1SchoolHealthCollab_DBH Suicide Prevention AMSR Training Flyer March 2025.pdf"*
- » [Alaska Suicide Prevention Conference website](#) recordings from 2023 and 2024 sessions
- » *Suicide data available upon request, email Sheli DeLaney, sheli.delaney@alaska.gov*
- » *National Alliance on Mental Illness (NAMI) New Hampshire [School Personnel Suicide Prevention Training](#) (\$29)*
- » *University of Alaska Anchorage Center for Human Development [suicide prevention trainings](#)*

EATING DISORDER LEARNING SESSION - PAT SIDMORE, DEED

The Mental Health in Schools Community of Practice hosted two great learning sessions in February on PBIS and PC CARES! The CoP has one more learning session planned in April: a workshop on eating disorders with Alaska Eating Disorder Alliance on Friday, April 4, 2025, 9:00am-12:00 pm. This is a follow up to the well-received January 7 School Health ECHO session "What's Eating Our Kids and What to do About it? Eating Disorders and the School Setting." This session is free and open to all interested school district personnel and community providers/partners in Alaska. Register [here](#). The workshop will cover:

1. Eating disorders essentials including risk factors, local data, myths and truths
2. Ways schools can help those with eating disorders, including identification and support strategies
3. How to create school environments that decrease risk for eating disorders.

For questions or more information, please contact adrian@stellargp.com.

MY BEST ALASKAN LIFE TOOL - JENNY BAKER, DOH

The My best Alaskan Life is an online health and life planning tool developed by Alaskan adolescents in partnership with The Institute for Circumpolar Health Studies (ICHS), the Alaska DOH, and the Alaska Native Tribal Health Consortium. The Youth Alliance for a Healthier Alaska (YAHA) has a segment on how to build supportive adult relationships for students through the [My Best Alaskan Life](#) tool, which youth can use to think through their goals and navigate resources. The tool asks youth to answer a series of questions about life and then helps them understand potential resources and support. The results can be shared with an adult to know when/how to best support the student. YAHA is looking into ways they can expand this service.

2025 SCHOOL HEALTH COLLABORATIVE QUARTERLY MEETINGS

Save the date for 2025 School Health Collaborative quarterly meetings! These meetings will be hosted and facilitated by Stellar Group in partnership with the Alaska DOH and DEED School Health Team. Throughout 2025, be on the lookout for further communication about each quarterly meeting. Thank you all for your participation in this work! Quarterly meeting dates are:

- » Q2 Monday, June 9, 1:00-3:00pm
- » Q3 Monday, September 8, 1:00-3:00pm
- » Q4 Monday, December 8, 1:00-3:00pm

SCHOOL HEALTH EVENTS

The [School Health Events list](#) is continuously updated. The list contains important dates and notes about the event. Use the link provided to scroll through the list. If you have any events or additional information to add to the list, please email Kim Fitzgerald at Kimberly@stellargp.com. With the events list being a google doc, those using alaska.gov emails may need to submit a form to access google outside of VPN. Below is a snapshot of events for the current and upcoming quarters.

- » March 5-7 2025 Prevention Summit
- » March 6-8: ASBO National Leadership Forum
- » March 29-Apr 2: Alaska Council of School Administrators Legislative Fly-in
- » April 1: FY25 School Health ECHO #8: Tradition in Motion: Culturally Relevant Approaches to Nutrition and Physical Activity
- » April 1-5: SHAPE America National Conference
- » April 11-12: Alaska School Nurses Spring Conference
- » April 21-24: Alaska Transition Outcome Project (ATOP) Spring Virtual Transition Camp
- » April 27-30: Partners for Rural Impact 2024 Rural Summit
- » May 6: FY25 School Health ECHO #9: Rest and Success: Exploring the Link Between Sleep and Educational Outcomes
- » May 6-8: Infant, Child and Youth Conference
- » June 9: Q2 School Health Collaborative Meeting
- » June 26-29: National Association of School Nurses National Conference

WHAT STORIES ARE OUR DATA TELLING?

The Alaska's Department of Health and Department of Education & Early Development both collect mass student and school data annually, including the School Health Profiles and the Youth Risk Behavior Survey (YRBS) among others. During the 2024 quarter four School Health Collaborative session there was a discussion of cross-tabulation of YRBS with other data sources to paint a larger picture of what the data is saying about youth in Alaska. For the 2025 quarter one session, the conversation continued. How can collaborative members connect to incorporate YRBS and School Health Profiles data with other data sources to illustrate youth's experiences in Alaska's schools? There are opportunities for the School Health Collaborative to connect and share data in an efficient and useful manner, particularly through School Health Profiles and YRBS analyses of protective and risk factors.

USING SCHOOL HEALTH PROFILES & YRBS TO TELL THE STORY OF ALASKAN STUDENTS

SCHOOL HEALTH PROFILES SURVEY - LEAD HEALTH TEACHER PROFESSIONAL DEVELOPMENT NEEDS

Naomi Davidson (Healthy Schools Specialist, School Health Program) shared some results of the 2024 School Health Profiles Lead Health Teacher survey. The School Health Profiles survey is meant to assess school health policies and practices by surveying school principals and lead health teachers. It provides a landscape snapshot of participating schools' policies and procedures and what teachers are delivering to students. In 2024, 265 Alaskan schools were sampled and 235 were eligible to complete the survey, 184 principal respondents for a 78% response rate, and 173 lead health teacher respondents for a 74% response rate. Naomi's presentation highlighted respondents' desire for and current access to general professional development (PD) topics and specific PD for teaching sexual health. It is worth noting that there is high interest in receiving PD across all topics included on the survey.

The School Health Profiles survey revealed that the top five general topics health teachers would like to receive PD are:

1. Encouraging family or community involvement, 70.6%
2. Mental and emotional health, 69%
3. Teaching skills for behavior change, 68.5%
4. Violence prevention (e.g. bullying, fighting, dating violence prevention), 65.6%
5. Suicide prevention, 62%

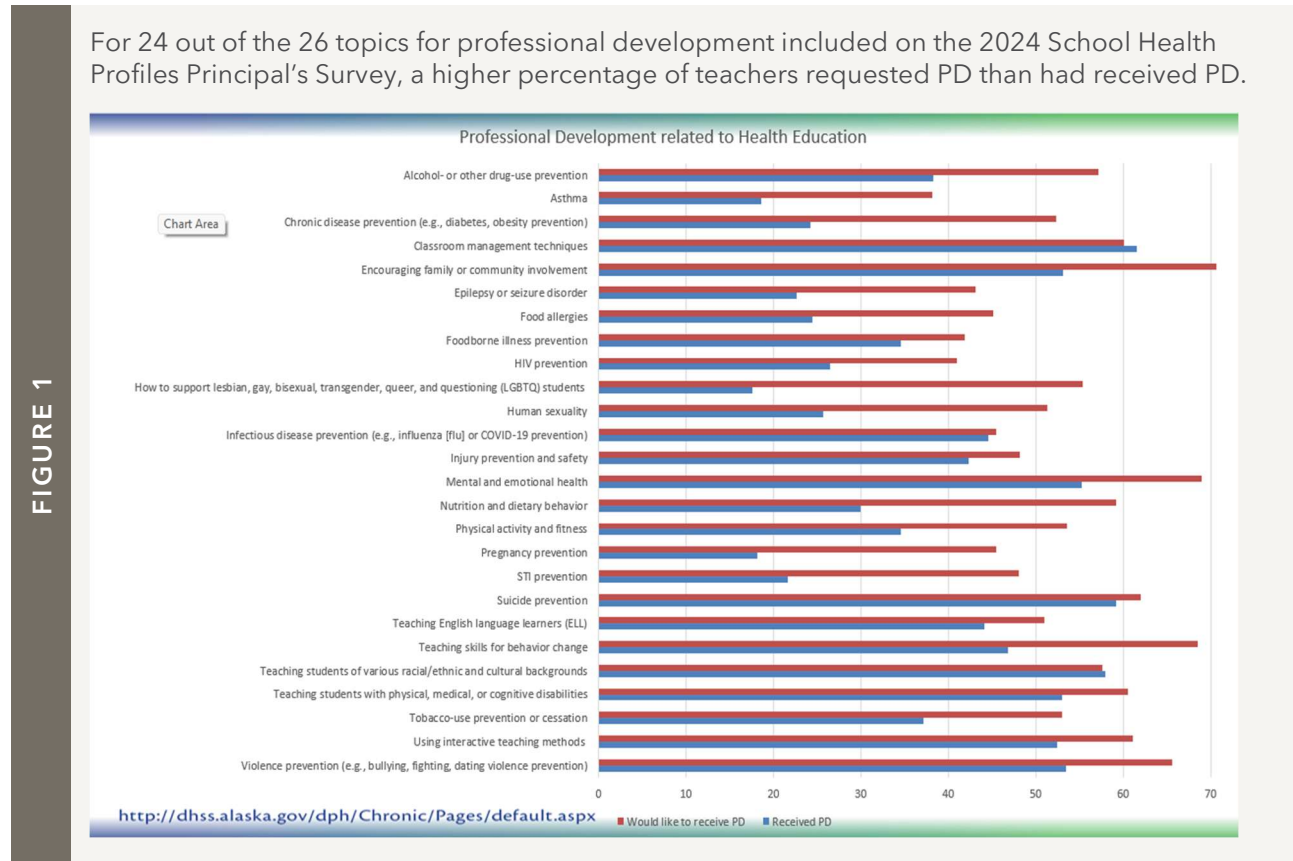
The top 5 requested PD topics health teachers would like related to teaching sexual health are:

1. Using a variety of effective instructional strategies to deliver sexual health education, 64.3%
2. Understanding current district or school board policies or curriculum guidance regarding sexual health education, 62.8%
3. Engaging parents in sexual health education, 60.6%
4. Creating a comfortable and safe learning environment for students receiving sexual health education, 60.2%

5. Assessing student knowledge and skills in sexual health education, 59.5%

The group took some time looking at a slide that compared the desired PD topics with the PD topics teachers currently receive. Interestingly, there were high levels of interest in receiving PD on topics that a high percentage of teachers currently already receive PD on; and there is a stark difference in some requested PD topics compared to what is offered. For example, even though 59.2% of teachers reported receiving PD related to suicide prevention, 61% still said they would like to receive PD related to suicide prevention. This may suggest that at least some people who are already receiving PD on this topic would like more. On some other topics, such as how to support lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) students, low percentages of teachers reported receiving PD (17.6%), but significantly more (55.4%) were interested in receiving PD.

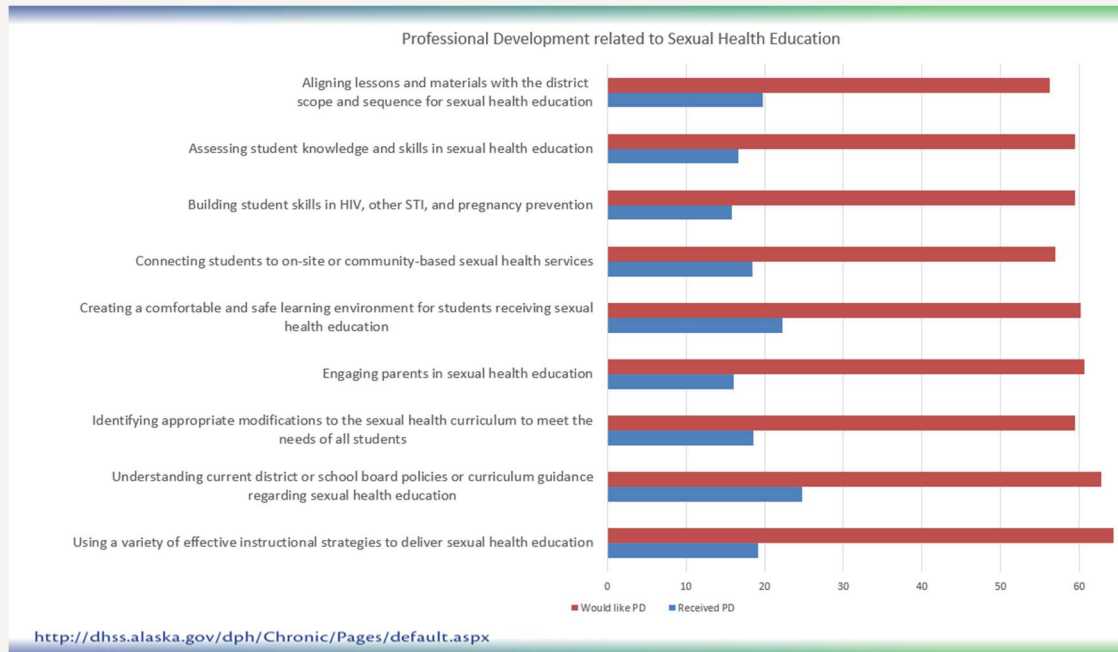
For 24 out of the 26 topics for professional development included on the 2024 School Health Profiles Principal’s Survey, a higher percentage of teachers requested PD than had received PD.



These discrepancies were starker for PD topics related to sexual health: 64.3% reported interest in PD on using a variety of effective instruction strategies to deliver sexual health education (the #1 requested PD topic), while only 19.2% reported that they have received PD in this area. Similarly, 62.8% reported interest in understanding current district or school board policies or curriculum guidance regarding sexual health education, and only 24.8% said they had received PD on this topic. These results potentially reveal the differences in teacher and State priorities.

FIGURE 2

According to the 2024 School Health Profiles Principal Survey, low percentages of teachers received PD on topics related to sexual health education, but high percentages of teachers (at least 55%) requested PD on each of the sexual health education topics included on the survey.



While reviewing these numbers, collaborative members brought up the methods by which teachers can receive PD, and the frequency with which PD is required. Currently, teachers receive training and continuing education credits through various sources, including the [DEED eLearning](#) platform and [project ECHOs](#). [Some statewide training courses are mandatory](#) and [must be renewed](#) periodically, but overall curriculum guidance and continuing education requirements are district dependent, which can be both a benefit and a barrier to PD options for teachers. School Health providers have taken into consideration how difficult it can be for a busy teacher to incorporate professional development into their workday and have made all School Health ECHOs and the Alaska School Safety and Well-being Summit continuing education opportunities. One collaborative member suggested it would be interesting to see if there are any trends on requests for PD related to teaching sexual health in response to statewide required comprehensive sexual education curriculum training.

Additionally, the high interest in PD related to how to support LGBTQ students led to a discussion about the need to record and pay close attention to PD requests for topics that may be subject to elimination due to political tensions, such as supporting LGBTQ students, pregnancy prevention, teaching students of various racial/ethnic and cultural backgrounds, and connecting students to on-site or community-based sexual health services.

[National School Health Profiles 2022 data](#) can be viewed via the Centers for Disease Control and Prevention Profiles Explorer, and Naomi’s 2024 Alaska School Health Profiles Professional Development presentation is shared as an attachment with these notes: “2025 Q1 SchoolHealthCollab_2024 School Health Profiles Professional Development.ppt”.

YRBS PROTECTIVE AND RISK FACTORS

Continuing the conversation about useful ways to look at data, Pat Sidmore led a discussion of a set of analyses of protective and risk factors related to feeling depressed from the 2023 YRBS survey provided by the state YRBS team. By examining the protective and risk factors related to negative health outcomes, correlations can assist in telling a holistic story about student mental health. While running the particular analysis discussed in the meeting required about 20 pages of code, this work created a process for future analyses of risk and protective factors that can be easily shared broadly and can be replicated for various topics in the future.

OPPORTUNITIES FOR STORYTELLING

During the Collaborative session, curiosity about the opportunity to analyze the crossover and touchpoints between YRBS protective and risk factors data and School Health Profiles data emerged. For example, School Health Profiles data reveals that teachers are interested in learning about ways to engage with parents and YRBS data shows that a significant protective factor for students is having valuable connections with teachers. This data together could demonstrate to teachers and students the importance of developing supportive relationships and could encourage principals to cultivate that environment within their school. Other ways to compare data were also discussed, such as further cross-tabulation to compare protective and risk factors in traditional vs. alternative schools; or comparing cohorts of YRBS data to potentially identify long-term trends, which could further illustrate the story the data is sharing.