

Focus Group Analysis – Schools		
Concepts	Quotes	Themes
Stop smoking help	<ul style="list-style-type: none"> • I think schools have a very natural place to work with kids to help prevent them from start smoking and to get them to stop if they have already started because they have a captive audience. • We had DARE when we were in school. Mostly drugs and alcohol, some on smoking too. • If they talk about smoking at all it is with Jump Rope for Heart • And I'm concerned, I want it to be more education than scare factor • Maybe more of the informative side like the side effects which is kind of the basic. • In my head prevention just kind of pops up • I saw that statistic was the earlier the better especially on the prevention side • E-cigarettes - even though they don't have as much nicotine the kids are starting with that and it's just a natural progression to the actual cigarettes • With those they can hide it a lot more because with the e-cigarette there's no smell, you can smoke it and then oh here comes the teacher, put it in your pocket and don't smell like smoke • I think cessation would be better probably as they get a little older – High School • They don't talk about smoking in grade school like they have in the past • Teachers and staff are the role models for the kids, the kids look up to them, and yes they can't smoke on school grounds but they sure can across the parking lot and I don't know if anyone would police them if they were in their vehicle on school grounds • On the health insurance side if you did have people that smoke, like the wellness benefit, just the cost increase 	<ul style="list-style-type: none"> • Tobacco use (not just smoking) prevention needs to be promoted in grade school & middle school; cessation focus in high school, including e-cigarettes. • Vaping is an issue in local schools • Quit-Line should be promoted and also look into offering tobacco use cessation classes through the health department and/or the clinic. Also through employee EAPs • Consider further school regulations about tobacco use on school property, including athletic events, but enforcement would be difficult.

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	<p>of healthcare or if you have a benefit plan that maybe if you have a lot of expenses on the healthcare side, that they can increase those premiums.</p> <ul style="list-style-type: none"> • You will see people going to ball games and you know that they are chewing • Resources: 1-800-CANQUIT • Should not be just the smoking cessation but tobacco altogether because it sounds like in addition to being a small community, we may not have a high population that use the tobacco so to get more people there we might need to broaden that to tobacco in general. • Could smoking cessation be offered at the health department? I would say maybe more evening classes or something like that if we wanted to try to do it through the health department. • Who could access it through the school? Just students or also family members? That would make it easier for the kids to quit. • We tend to get more requests for help through the clinics than we do the health department. In fact, I can't remember the last time somebody came into the health department wanting help with quitting smoke. • Most insurance pays for stop smoking stuff • They also have the employee assistance programs that you can call and that includes all type of issues, if they are going through a divorce, some family member like that, those kind of issues, like if they are in drugs or something like that, they can call a number and then they get free assistance • My daughter would have let me know (about vaping) but I do see not so much around this area but around the schools a lot of the vaping is real, kids are doing the vaping. 	

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<ul style="list-style-type: none"> Psychological testing and psychological counseling 	<ul style="list-style-type: none"> I don't know what that would look like, what that testing would look like but shootings are the first thing that pop up in my head. Testing might catch depression, abuse, home life issues, potential for violence (shootings), anxiety, addictive personality I think it might help determine some anxiety. I think there are lots of kids in the schools that have anxiety, and maybe even some education for the teachers on how to deal with things like that or, and I also think of kids who aren't neuro-typical kids who may have autism or certain disabilities that maybe aren't physical. If it's addressed early then we can get help for those kids. If they do some of that testing like the ADHD or if there's truly a concern, then there's all kinds of studies that show that one in five kids has a truly ADHD that interferes with their learning process and they get in trouble I'm wondering, when people ask for psychological testing, are they wanting it available or are they wanting mass screening, which is not a good thing. Are they thinking they can take the shooter out of the school by testing everyone, or are they truly thinking of kids that are troubled getting them help? if I had a child that was having problems or a teacher told me that my child was having problems, then I would have been very open. ---- But not everybody is your kind of parent. And I also think we don't have enough resources for parents. Just parenting by parents who suffer from depression or issues that they don't know how to parent because they have some issues going on so therefore it just is a vicious circle. And they don't know how to relate to their kids so we see a 	<ul style="list-style-type: none"> Parents and teachers need to be better educated about resources that are available and how to access them. Teachers may need some additional education on how they can deal with depression and other behavioral/ psychological issues among students The current system is inadequate to meet needs

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	<p>lot of that with our population of kids</p> <ul style="list-style-type: none"> • Some education for the teachers on how to deal with things like that or, and I also think of kids who aren't neuro-typical kids who may have autism or certain disabilities that maybe aren't physical • I see a lot of concerns with the legal background. I'm a retired elementary principal so I can see parents, it has to be handled appropriately. • There are guidelines that you have to follow, in order to have a child tested, you have to have the parents discuss it, the testing and what the next steps are going to be and that type of thing, so it's not just something oh we can go in and psych test every kid. • Certain parents would not let any testing be done to their child, and maybe the parents need to be educated as well • Message to parents: we are trying to help them so they can be a person in society • School psychologists cover 6-7 schools; through High Plains Coop – but just for IEPs. But there are those that were on for emotional concerns, but you aren't aware unless you are on the IEP team. • Parents or teachers can request testing; parents have to consent • Current system is adequate for kids already identified and on IEPs • Parents don't always know what their options are when their child is struggling • Resources: Russell Child Development starts at birth to 3yo; then High Plains Coop takes over • Student intervention team, usually the principal and the teacher, often the teacher from the year before and the next year so we had previous experience, and also including the one that was going to be there for the next 	

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	<p>year.</p> <ul style="list-style-type: none"> • Two different types of psychological counseling – in grade school, junior high, and high school they're meeting whole group and then there's usually a small group with individual needs. • Typical high school counselor, is dealing more with guidance counseling, scholarships, financial aid, let's get you to college. • More often if it is special needs that needs counseling, it might be the psychologist from High Plains. • There's such a stigma with all of it, it's very hard when you mention it to parents. They're like no, there's nothing wrong. • Current counselor has a mental health background and she works with all kids • In the health care settings, some things that I have seen and kind of a compare and contrast the facilities that use a building that is only used for mental health, people can easily see those that are parked in front of the building. I know what they are going in there for. Whereas if you make an appointment at a health care entity that has multiple things like a family practice clinic, they could be going back and being seen for a wide variety of things in the patient room. They go and sit in the waiting room just like anybody else does. They call them back and nobody knows what they are being seen for. • High Plains Mental Health Association in Liberal. And sometimes getting into the mental health in Liberal and Garden because there is a wait. • Russell Child Development in Garden • Now Russell Child Care does physical and some types of behavioral help and they do screenings in different towns where you can take your little toddlers in and get them screened for 	

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	<p>developmental issues, ADHD, different things like that. And then they have treatment for it up there.</p> <ul style="list-style-type: none"> • And we used to have Head Start, we don't have that anymore. • We have an elementary and a high school counselor both • Counselors address bullying or what to do about a kid who is suicidal or depressed. They will get them proper care. Teach them what to do if they hear someone make a threat, or something. They meet every Friday with kids who have been reported to have been sexually abused or whatever so kids can talk through their emotions. – LARK Program • Every Friday at the beginning of each month we meet with like DCF, and the principals and counselors and it's very confidential but we have a list of kids that are even on a watch. Like we are seeing these kids that are showing some depression or whatever, we need to watch them. We take them off the list or add more kids or what have you, we just make sure that we are kind of building those relationships and watching them. • People that have used services like that need to be able to feel free to tell people about it, if they've experienced depression or anything like that, you need to feel free to say I'm a worrier, I take Prozac, big deal. If I was a diabetic, I would take insulin. • I think you would just have to let people have those resources available. And have it more easily accessible for them. • Well, just parenting by parents who suffer from depression or issues that they don't know how to parent because they have some issues going on so therefore it just is a vicious circle. And they don't know how to relate to their kids so we see a lot of 	

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Dental and vision screening	<ul style="list-style-type: none"> • Vision they used to do twice a year. I don't know, you are required by the state to do it once a year by school nurse. • Vision screening parents don't sign for but they get the results shared at parent-teacher conferences. • The dental screenings they do every year. • They do fluoride treatments and different things like that. • Every kid gets a toothbrush and toothpaste and literature. • Dental screening forms are sent home, you have to sign to give permission to screen • Hearing screening once a year. If you are identified with problems, you get more screenings than if you had a pass, you just have it every year. But if you have had concerns, High Plains comes twice a year. • People who said we should add it probably don't have kids in schools so they don't know that we already do the screening • Dental access is a big problem for Haskell County. If you're on Medicaid, a lot of the dentists only take people from their county so you end up begging, this kid has big problems, please take them. • We have a grant that we are working on now where we went with the Blue Cross and Blue Shields and it's the healthy, we took kids that were at a high BMI and parents and we asked them to, if they wanted to participate and we had a large number that wanted to participate and they have like an iPad where they have to put down what their food and their exercise and they have the little walk meter that keeps track of their walking, it's part of a grant and we've gotten 	<ul style="list-style-type: none"> • Dental, vision and hearing screening is currently being done in the schools. • Parents have to sign consent for it and the school sends home reports. • Perhaps it needs to be better promoted to parents

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	like seven families that participate.	
Walking school bus.	<ul style="list-style-type: none"> • What is a walking school bus? • I know quite a bit being in public health. It's the idea of setting up routes with an adult that walks with kids and kids join it as they go by their house and it gets them to walking and more active instead of so sedentary. • We did it for a couple of years with kids who live in town, there was one day. • We just did it, it was an annual connect with somebody who would walk to school, and there really wasn't that many that were interested, and they came from different directions. • People drive even though we only live two blocks from the school • I think at certain times, like maybe in the spring, and if you did it for like a week at a time, like one week, the first week out of every month they do it, I think that would be something. • I don't know that in either of our towns because there's not good sidewalks all over town. • Maybe it would be more feasible to find good sidewalks if you were driving to a certain location within so many blocks of the school. • 	<ul style="list-style-type: none"> • Not everyone knows what a Walking School Bus is • Walking school bus requires a lot of volunteers and coordination to be successful. • Lack of sidewalks is a major barrier
Healthy social environment	<ul style="list-style-type: none"> • First thing that pops in my head is bullying, kind of how the students interact with each other and what's deemed as acceptable • I don't know how you address that because social media is horrible. • But you are always going to have that in schools, no matter what you do. The clique, this group or that group or the cheerleaders or the whatever, football players. But the thing is boys get in a fight, they will beat the crap out of each other and they're still best friends tomorrow. Girls are vicious. I mean that's where your, truthfully that's where your problems are is with 	<ul style="list-style-type: none"> • Bullying is an ongoing issue, both in school and on social media • Consider identifying strong leaders in the classes that a group might follow and cultivating their leadership skills • Cell phones are a problem with no easy solution • After school programs and community activities vary significantly from one community to the other. Grants are available to help with after-school programs

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	<p>your girls, they're vicious.</p> <ul style="list-style-type: none"> • It was interesting to hear about the classes and makes me wonder if you can find a couple of really strong leaders that a group might follow with that group of leaders and if you've got a couple leaders that are leading your class in the wrong direction, then that particular class may be more apt to some of that other behavior. • No devices maybe, no cellphones • I hate the headphones. You walk down the hallway and kids have headphones in the whole time, • That is the only time they're supposed to be allowed with phones unless a teacher says during this period you can use your phone for this, this and this. • With phones, you do have some parents that are on board and some parents that are not on board. • We had some that kept it (phone) in their locker because their parents both worked out of town and their parents wanted to be able to know they made it home safe from school and they didn't have a land line. • If they're not in sports there's really nothing and I know that takes more time and money, so it's hard but even having something in the community where they can go after school. • They can go to the library. Yeah, but there you have to sit down. • I think at the Sublette grade school we have a lot of things, we do a lot of things with the kids, we do the morning meeting with them every day. We foster building relationships with kids. We have the after school program in place where we are with the kids until about 5:15 every day. And we know kids go home and their environment is not the best so we try to build, from my standpoint we try to think of our school as a family. So we have that, and then 	<p>at the schools</p> <ul style="list-style-type: none"> • Hunger is a real issue among students • Multiple activity options are needed both through the schools and through the larger communities

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	<p>I have like the Ambassadors Group of these kids that aren't the most popular kids apply and they are kind of seen as the role models. At my morning meeting my sixth graders lead everything. I'm not leading it. So I am trying to foster leadership and you may not be the most popular kid but you have something to offer for our school. So I think it's just building those relationships and get to know the kids.</p> <ul style="list-style-type: none"> • In Sublette, our PE teacher received a grant (for after school program), and we have another five years of that, and we go Monday through Thursday, and every kid that participates, it's \$35 for the whole year for each kid. And they get a snack. It's called the 21st Century grant And we have it kindergarten through sixth grade. They come in and they get a snack and then they have 15 minutes of homework time, if they need more, they will receive more, but our teachers are always in contact with the teachers that work the afterschool program so therefore the kids get that 15 minutes or more, and then it's kind of nice because then when your kid goes home then you don't have to spend that time with them getting the homework, they've got it done. • And then we have clubs that you sign up for. A dance club, I'm starting a club with one of my little boys that's autistic, it's a Minecraft Club, gaming club, I don't know much about it but I'm learning. We have art, and they get to pick, and then every Thursday we have people from the community that come and share with them. Or we have, my ambassadors take a Thursday and we play games. Or we have a movie. • And our PTO is pretty involved, like today we are going to have parents and grandparents Bingo night. But our 	

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	<p>after school program, the parents like it, the kids like it, and we have about 180 kids every day that come.</p> <ul style="list-style-type: none"> • In Sublette, they have the Rec over there and it's a gym. Satanta doesn't have anything like that and it costs too much to build one. • And they have an after-school program at Sublette. At the grade school, the PE teacher. • Hays had an after-school program, from after school until 5:15 I believe, that way parents could get there after work and there was always a snack, a good snack. There was rec time, gym time. There was study time so there was a homework section. • They had different groups, they divided them up, and a lot of it was there were a lot of college kids or high school kids that would work it and they had one head leader and they would have, there was recess time, there was outside time. It was a great after school program, it was fantastic. • But I think it would be something, you know, yes, they have the two high school gyms, the grade school gym and the Rec gym that they can use for practices, where our kids, volleyball season they use the grade school gym because we have three gyms, so it's something that can be worked around. Practices could start a little bit later in the day. Grade school kids, some of them, we have people that live 20 miles outside of town and how late is too late. Can they start practice for Rec ball at 6:00? Well, is that the time you guys want them to eat • The library offers something, like every Thursday there is something for kids after school, like a club or sometimes there's movies. • In the summer they are there (library) constantly because they provide snack items because some of the kids don't 	

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	<p>have meals.</p> <ul style="list-style-type: none"> • And in the summer there's the reading program so there's essentially kids at the library every day of the week for the reading program, so there are some resources, it's just not always consistent, not daily. • And there is dance class, I mean a lot of girls go to those. • Certain activities or school clubs that do a lot of community service. I don't believe there is a requirement to graduate for them to do a community service. NHS does some. CCLA does quite a bit. The Kayettes group does some. 4H does some. • One of the biggest things that I think would benefit in the future with their career is knowing how to interact with people that aren't the same age as them. • The tribe feathers - Trustworthy, respect, influence positively, being responsible and excellence. • The officer has a deal where you get caught being a star, he's the cop, you get a shirt for that or you do get points, and I'm not sure if you get so many points you get a bowling party at the end of the year. • Unless you're out for sports in high school, there's really no programs • To get community involved and get people on board with it is very difficult • I'm really wanting to look at this grant that I am going for tomorrow, I really want to see it more in the junior high setting because we have some of the junior high kids, because I taught over there and I see some of my junior high kids coming over wanting to get homework help. So they need it, so there is a need over there too. • And then we just started, we have gotten some large donations from some people and we are working on giving kids food on Fridays, and I have 	

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	<p>got 55 sacks of food every Friday. And I just have the junior high and high school kids come and get them and they are three bucks a sack, but those kids don't forget because they need it</p> <ul style="list-style-type: none"> • Sublette still does snacks at the high school level. The after school kids at the grade school, they have that, and then the high school and junior high have a snack for any kid. It's peanut butter and jelly or like a sandwich, and my daughter digs it because you know sometimes they are there waiting for practice to get over with and that's how we found out that we have a need because some of the kids would keep the sandwich back so they would have something over the weekend to eat. • And the parents seem, some of them we have had comment that helping your kid with homework, and you have worked a full day at work and then your kids need homework and you guys are just like this and that is what a lot of them say is what they like the most too is they can pick them up, they can have supper, they can enjoy the evening because they know, it's not like we're babysitting them but they know that they have done their work and they are taken care of. 	