

November 2025

What's Inside

- Be The Difference
- 2025 American Heart Association Guidelines
- Senate Bill 865
- ProjectAdamStore.com
- Hero Spotlight: Middle School Football Player Saved
- Heart Safe School Spotlight



Be The Difference

Hard to believe it's almost Thanksgiving! As we enter the holidays, we hope to empower and encourage even more of our patients, families and staff to learn the lifesaving skill of CPR. Last month we had a special Sudden Cardiac Arrest (SCA) Awareness & Pop Up CPR/AED training at Dodson Specialty Clinic to celebrate SCA Awareness month. Parents, children and staff stopped by our table to practice hands-only CPR compressions, learn about AEDs/how to use them and hear more about how we're helping their local school and community. Click the picture below for photos and learn how you can be the difference.





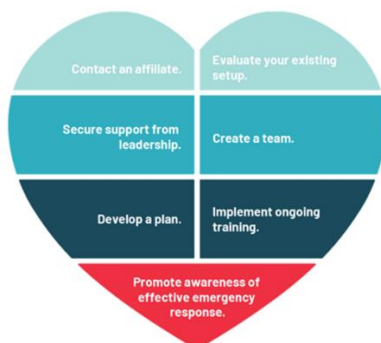
2025 American Heart Association Guidelines

Every 5 years, the American Heart Association reviews the guidelines for cardiopulmonary resuscitation (CPR) and emergency cardiovascular care (ECC). Highlights cover everything from in-hospital cardiac arrest management for healthcare professionals to out of hospital life support recommendations. One major change in particular to highlight: “When placing pads for defibrillation for an adult in cardiac arrest, it might be reasonable to adjust the position of a bra instead of removing it. Women experience significantly lower rates of public-access defibrillation compared with men. The need to apply pads or paddles directly to the bare chest may be a contributing factor. The option to adjust rather than remove a bra could mitigate factors like a rescuer’s discomfort with exposing a woman’s chest.” Click the picture below to read more.



Senate Bill 865

On June 23, 2025, Senate Bill 865 aka the Landon Peyton Act, was signed into law requiring all Texas public and open enrollment charter schools to have a cardiac emergency response plan, team and drill in place. Project ADAM has been hard at work promoting this since 1999, and we’re proud to guide schools through this process with our free resources. A few have been updated, including our [Heart Safe School Checklist](#). We’ve reduced the number of Heart Safe program criteria from 14 to 12 and simplified CPR/AED training criteria in the [Heart Safe School Checklist](#) and [toolkit](#). In addition, schools now have access to updated Cardiac Emergency Response Plan (CERP) and protocol templates that will replace the CERP and abbreviated CERPs on our national Project ADAM [website](#). Call/[email](#) today so we can help guide you, ensure that your school is prepared and checks all the boxes for [Senate Bill 865](#).





ProjectAdamStore.com

Support our nationwide movement to save more lives and represent Project ADAM in your community! We're excited to announce the launch of ProjectAdamStore.com which offers a variety of tees, long sleeved tees, sweatshirts, ¼ zips and polos. It's only open for a limited time so grab yours today while you still can!



Hero Spotlight: Middle School Football Player Saved

A Haltom Middle School football player was saved thanks to the quick actions of the athletic trainer at one of our Project ADAM Texas Heart Safe Schools, Trinity High School. Assistant Athletic Trainer Saad Rajabali was in his office when he got the call, grabbed the AED, quickly ran to the field, applied the pads and administered a shock. Since 2017, Trinity High School has had a CPR/AED trained emergency team, cardiac emergency response plan and AED drill. Thankfully, they were ready. Click the picture below to read more.



Heart Safe School Spotlight



3 months into another school year and we are proud to welcome 21 new Heart Safe Schools into our Project ADAM program at Cook Children's. Congratulations to all of you!

New Tech High School at Coppell
Legacy High School
R.E. Good Elementary
Coppell Classical Academy
Cooper High School
Saint Rita Catholic School
Craig Middle School
Alvarado Elementary South
Alvarado High School
Carmona Harrison Elementary
Alvarado Junior High

Brownsboro Elementary
Brownsboro Intermediate
Brownsboro Junior High
Brownsboro High School
Chandler Elementary
Chandler Intermediate
Jones Academy
Southcrest Christian School Elementary
Southcrest Christian School Secondary
Mary Grimes Education Center



THANK YOU!

We couldn't do it without you.



Stay tuned to your inbox for our next newsletter!
Have an idea, story, or picture to share? We'd love to hear it!
Email us for a chance to be featured in one of our newsletters.

For questions/help with activities related to
cardiac emergency preparedness, contact:

Sarah Mendoza Thieroff

682-885-6755 phone

682-885-2329 fax

projectadamtexas@cookchildrens.org

projectadamtexas.org

Our Project ADAM Texas program at Cook Children's increases sudden cardiac arrest awareness and helps schools establish an emergency response team, plan and AED drill to ensure a timely, lifesaving response. We educate school systems, nurses, coaches, trainers and parents on sudden cardiac death and implement public access defibrillator programs across Texas. Since 2011, we've recognized 803 Heart Safe Schools and 29 Heart Safe School Districts.

