

Needham Youth & Family Services

Notes from June 12th, 2024 Board Meeting

Meeting Commenced at 5:45pm, in person in the Highland Room of Needham Town Hall.

Board in Attendance: Julie Stevens, Susan Patkin, Karen Mullen, Natalya Ly

Director: Sara Shine

Ms. Mullen made a motion to commence the meeting.

Minutes from May 8th, 2024: Ms. Stevens made a motion to approve the May 8th minutes. Ms. Mullen seconded. The May 8th minutes unanimously approved by voice vote.

CLINICAL SERVICES

Youth & Family Services provides individual and family therapy for residents and have significantly increased our capacity for this. While we typically focus on youth and their families, we are aware that there are many people in the community who need extra support. We have been able to offer crisis/urgent supportive services to all residents and have been able to help in these crisis situations.

- There are 68 active clients.
- We currently have 13 on our waitlist.
- We have provided 11 Parent/Community consultations.
- We have had 4 emergency consults this month.
- Spring Groups –
 - **Coffee Talk** is a drop-in group of HS students that staff started last year. The topics have included: active shooter drills, homework stress, NHS cellphone policies, and end-of-the-semester exams. This group ended in May but staff plan to pick this back up in the Fall. There was a lot of participation in this group – between 8-15 participants per week.
 - **Lunch Groups**-Staff ran lunch groups at 3 of the elementary schools, Eliot, Sunita Williams and Newman – all have wrapped up for this year. Each group had between 5-8 students in each. These groups are designed to provide a supportive and engaging environment for students, fostering social skills and

friendships. Staff are going to add Broadmeadow next school year as they have asked for support.

- **Parent Support Group/Coffee Talk** – Y&FS has started a parent drop-in group for parents to be able to get support from a clinician and peers. This group has occurred twice and staff will continue to facilitate this monthly. Participation and interest in this group has grown.
- **Chat and Crafts** – Staff ran a Craft and Chat group for 6th and 7th graders this past Spring and was well attended. The plan is to run another one of these groups over the summer. The group's objective is to build peer connections and process various topics while doing something fun.
- **Trail Talks** is a therapy group for 4th and 5th graders. The group curriculum will include mindful waking, nature journal keeping, movement, and scavenger hunts – all of which are nature-based and clinical.
- **6th grade workshop** – staff are developing a curriculum for a three-hour workshop designed for rising sixth graders. The workshop will focus on building self-confidence.
- **Social Skills groups** – Staff are working on building a curriculum for 2 social skills groups, one for 2nd/3rd grade and one for 4th/5th grade. Both of these groups will work on social skills, affect management, and coping strategies.

Staff attended a training on IDECIDE, which is a therapeutic substance misuse treatment program. The hope is that this program will be incorporated into the Substance Awareness Program.

COMMUNITY ISSUES BEING ADDRESS:

- Highlights from the 2021 MetroWest Adolescent Health Survey finds that in Needham:
 - For the middle school: reports of mental health issues increased since 2018: 12-month reports of depressive symptoms increased from 9%-13% and self-injury increased from 6%-8%. Life reports of seriously considering suicide also increased from 10%-12%. This increase in mental health concerns in increasing consistently among various genders.
 - For High School Students: depressive symptoms increased from 13%-22%, self-injury increased from 9%-16% and seriously considering suicide increased from 9%-12%. All of these areas also grew substantially in the Metro-West region.
 - For both middle school and high school, the proportion of youth spending 3 or more hours on screen time on the average school day increased substantially (50% for middle school and 52% in high school).
 - For both age groups: the indicators of school connectedness are lower in 2021, reports of having a friend to talk to about personal problems decreased (M:68%-62%/HS: 73%-66%), and reports of adult supports at school have also decreased (MS:72%-70%/HS:75%-72%).
- We are assessing additional community needs and virtual programming.
 - Our focus is to continue group treatment to increase the number of youth accessing services
 - We are working on increased training for staff in trauma informed care
 - We are working closely with a school group on helping support the school community and families on many different levels.

- We are planning some community presentations to help educate and support residents.
- We are finding nontraditional ways to address mental health such as expressive art therapy workshops and community outreach projects
- Helping to address issues of racism and inequalities and ensuring that all have access to services if needed

PROGRAMMATIC SERVICES:

Go With the Flow Mosaics – This is an expressive art therapy workshop for teens. The workshop series will engage Needham teens and community members in a collaborative art project culminating in the creation of two beautiful mosaic planters displayed in the plaza for all to enjoy. Mosaic art is a mindful and meditative art practice that is easily accessible for all ages and offers participants an opportunity to be a part of something larger than themselves which research has shown to be empowering and contributing to a happy life. The communal aspect of the creation builds connection and reinforces the idea that we all have a part to play in our community. The project has five opportunities for engagement: March – Design Workshop for Teens; April – Intergenerational Mosaic Workshop for teens and seniors; May – Outdoor Community Mosaic Workshop, May – Grout Workshop for Teens; June – Public Celebration. Youth & Family Services hosted the March event that was filled to capacity. The group started to build ideas for the larger community project while being able to take home a Mosaic creation of their own.

Self-Care Workshop for Parents - May is Mental Health Awareness Month. With so many people overwhelmed by events in the world or in their personal experience, gathering together and making art is a way to manage through and engage in some self-care. Youth & Family Services worked with Tova Speter, LMHC, to offer a therapeutic space for parents to have a space to relax, exhale, and find some creative respite during these challenging times. This workshop occurred on May 21st and was well attended. Youth & Family Services will continue to work with Ms. Speter on future programming.

Cuerd@s- staff are working with a local non-profit, Cuerd@s, to host a parent workshop. Cuerd@s is an organization that teaches embroidery to groups to create tactile patches for sensory seeking people to use on their everyday clothing. This workshop will be a space for parents to make clothing for their children while processing the stressors or parents and share strategies.

SHOP (Students Helping Older People) –this is an intergeneration program where we pair students with older adults to make connections and help the older adults with their grocery shopping. This program will give students volunteer opportunities in addition to connecting with the older population and reinforce the importance of relationships, especially to more vulnerable populations during a time when many connections are lost. Y&FS has also talked to some local housing for older adults with the idea that the program could be brought directly to these communities.

Youth & Family Services has partnered with the Needham Community Council and the Becca Schmill Foundation to create a speaker series to help support the community called **Mindful Community Lecture Services – Talking About Mental Health**. Staff have

organized and helped to support the following presentations for this initiative: 1/31/24 – Navigating the Child and Teen Mental Health System presented by Riverside (postponed from 1/10 due to illness). This workshop was presentation by Kimberly Martin, Assistant Vice President of Children and Family Services at Riverside Community Care and she spoke on Navigating Mental Health Resources for Kids. On March 13th, Dr. Robert Brooke spoke on Nurturing Hope and Resilience in Children and Teens During Troubled Times. Lastly, Youth & Family Services hosted nationally recognized anxiety expert, Lynn Lyons, LICSW who presented a talk titled *Modeling Matters: What Parents Need to Know (and Do) to Decrease Stress, Worry, and Anxiety* on Thursday, May 9 at Broad meadow Performance Center from 7:00-8:30. A brief Description of the presentation: Current news about young people and mental health has created warranted concern, but the information can be overwhelming and hard to sort through. Parents need strategies to help their children manage their anxiety, moods, and social pressures. Based on current research and over 30 years of clinical experience, Lynn Lyons talked about the common traps adults fall into and the key adjustments needed to prevent and help mental health challenges in our kids. She is author and contributor to many publications as well as hosting a very popular podcast, Flusterclux. This event was very well attended with over 100 people. Staff are going to continue to work on this partnership to have additional presenters starting in the fall.

Peer Tutor – This program pairs High School students with younger students in need of academic support and mentoring. This program is a great opportunity for High School students to receive their 30 hours of community service. The peer tutor program has officially wrapped up for the year although some of the tutors and tutees continue to meet to make up missed sessions. This year was a little different as staff collaborated with the librarians to provide two times weekly for tutors and tutors to meet. Staff are also working to expand this program into the Extended Day program at Eliot Elementary School next year. Mrs. Stein and Mrs. Nichols have office hours for tutors to come in and complete a survey with feedback and their community service forms.

VIP (peer mentoring program) - This program pairs High School Students with 3rd, 4th and 5th graders to offer fun and peer mentoring. This program has come to an end this year, staff hosted a fantastic year with 21 pairs of bigs and littles. Everything ran really smoothly this year and it has been nice to see the development of some wonderful peer mentoring relationships. This year staff also have some “big” floaters to help make sure the “littles” can still participate when a “big” missed a meeting.

Ms. Stein and Ms. Nichols work with the Needham Public Library and Family Access Community Connections on a **Family Playgroup** for caregivers and their babies (ages 0-1). This playgroup started last summer and has continued as there is such a high interest in this group. This program provides a space for parents to connect and have the support of clinical staff to discuss stressors and coping. It also creates a social environment for very young children. This program will continue through the Spring and pick back up in the fall.

Volunteers Around Needham is an opportunity for middle and high school students to give back to the community while also getting their needed community service hours. Staff had two successful days during February Vacation, one at Circle of Hope to help sort clothes and donations for homeless families and one with Youth & Family Services to help prepare for future programming. Staff implemented two days of April vacation at Temple Beth Shalom and had 15 volunteers. Volunteers helped them clean up their grounds, laid mulch in the

playground area, put new sand in the playground sandbox, and replenished the pollinator garden box in addition to created 250 kits for preschool kids for a bookmaking project. Dates and locations for the summer programming have been secured. Staff will host days at Temple Beth Shalom, Circle of Hope, the Needham Community Council, Clean up at Riverside Park with Parks and Forestry, The Needham Community Farm (2 days), and the Needham Fire Station.

Youth & Family Services has also started a new volunteer relationship with Newbridge on the Charles. Staff have helped to offer multiple sessions for students to get connected to this organization. At these events, our volunteers learned about Newbridge on the Charles and services that are offered. The goal is to give Needham High School students an opportunity to earn 30 plus hours and have flexibility with their schedules.



Members of the Health and Human Services team have been trained to teach **Youth Mental Health First Aid virtually**. Youth Mental Health First Aid is a public education program that teaches participants how to recognize and respond to the signs and symptoms that suggest a potential mental

health challenge, how to listen nonjudgmentally and give reassurance to a youth who may be experiencing a mental health challenge, and how to refer a person to appropriate professional support and services. Eleven people were trained on March 4th including all of the school nurses. Youth & Family Services and Public Health have trained all big groups of staff at the Needham Housing Authority and the Needham Community Council. Thank you to the Needham Community Council for sponsoring these trainings. There has been a huge increase in interest in this training.

In addition, 5 staff have been trained to be **teen Mental Health First Aid** trainers which teaches teens how to help their peers experiencing a mental health challenge. The hope is that the class will not only give skills to the students but will also help eliminate barriers to treatment (including stigma and access) and will help identify students in need. The goal this year is to teach the entire 10th grade which has required hours of planning, scheduling, and preparing. Staff have completed training the entire 10th grade and plan to continue the work next school year.

Each class required 4.5 hours of training time over six sessions. The session contains the following information:

Session 1: Mental health, what mental health challenges are, and how common they are in teens.

Session 2: The impact of mental health challenges on teens, how people with mental health challenges can get better, professionals who can help.

Session 3: Helping a friend who is in crisis because they are suicidal, introducing the tMHFA action plan (look, ask, listen, help your friend) and how it can be used in a crisis situation. A video shows a teen helping a friend who is experiencing suicidal thoughts.

Session 4: Helping a friend who is in another type of crisis, such as threatening violence or harm to others, engaging in non-suicidal self-injury, or experiencing a traumatic event such as bullying, abuse or assault; practicing using the tMHFA Action Plan in these types of crisis situations

Session 5: How to help a friend who may be in crisis due to substance use, how to help if someone might be developing a mental health challenge. tMHFA does not teach you how to

diagnose! It's information about being a supportive friend, encouraging friends to seek help and knowing when it is time to get a responsible, trusted adult involved.

Session 6: Recovery, resiliency and all final activities to complete the tMHFA course.

Question, Persuade, and Refer (QPR) training– 2 staff members, Mrs. Whirley and Mrs. Weitzel, completed QPR training and have started to provide training. Staff are working on developing a training schedule for this. “QPR is a suicide training for participants to be able to recognize warning signs of suicide and question, persuade and refer people at risk for suicide for help.”

Employment Program Update: Youth & Family Services help connect residents to students who are looking to do various residential jobs such as lawn care, shoveling, babysitting and odd jobs. Staff are slowly recruiting more students for these lists that have helped to support older adults and other residents in need. Staff have also started a volunteer list as well so that people who need assistance but may not be able to afford to hire someone can still receive the services.

COMMUNITY COLLABORATION:

Jog for Joy- Highrock Church Metrowest is hosting their annual Jog for Joy. The Jog for Joy is an annual 5k which started in 2019. The fun run is in support of mental health resources for the community and build awareness around mental health, decreasing stigma. A portion of the proceeds continues to support Youth & Family Services. This run is on June 9th at 10AM.

International Overdose Awareness Day - Youth & Family Services joined a group last year dedicated to planning and implementing **International Overdose Awareness Day** and will continue this collaboration again this year. The vigil will occurred on Thursday August 29th and there will be a flag display at Memorial Field.

Youth & Family Services has joined a group led by the Needham Housing Authority called **Family Self Sufficiency Program Coordinating Committee**. This purpose of this program is to provide a comprehensive range of services including education, job training, financial literacy and homeownership assistance which will equip participants with the tools and resources necessary to achieve self sufficient and break the cycle of poverty. The first meeting occurred March 12th and staff will continue to be involved in this initiative.

Youth & Family Services has joined a **Needham Homelessness Prevention Coalition** that helps assess needs in the areas and helps to prevent homelessness. This meeting occurs monthly. This meeting is a meeting to address homelessness on a larger scale and discuss patterns and solutions for individuals and families, many of the attendees in this group help with specific incidents on a day-to-day basis.

Youth & Family Services has joined the **Online Safety Coalition**. This is a group that has gotten together to help caregivers navigate the always changing online environment that children spend so many hours engaging in. The Coalition includes representation from the Needham Board of Health, Youth and Family Services, Community Council, Beth Israel Deaconess Hospital, Walker School, Needham High School, Becca Schmill Foundation and community members. The coalition will provide parents with reliable information about

various online safety topics. The group is working on a newsletter to be distributed regularly. This month the Coalition was able to sponsor a cellphone and parenting class for parents free of charge. In addition, there was an event on February 29th titled **Navigating a Digitally Demanding World**, which including a showing of the multi award winning documentary "Celling your Soul" and a discussion with the filmmaker, Joni Siani. There is also a ReThink book club for students meeting at the Needham Public Library.

Youth & Family Services continues to work closely with the students involved in our **Chapter 84**, which is a peer-to-peer led nicotine prevention group. Students are involved in various trainings and advocacy initiatives.

Youth & Family Services' staff regularly attend the meetings of **SPAN** --- Substance Prevention Alliance of Needham (formerly known as the Needham Coalition for Youth Substance Abuse Prevention). Youth & Family Services is represented on all 3 action teams and are also represented on the steering committee. There are several initiatives coming out of this group including creating online substance use support, peer support, community activities and educational webinars. Director, Sara Shine, was part of a SPAN community event titled "Edibles, Vapes & Spiked Seltzers: Tips for talking with your teens about drugs & alcohol in today's world." The event hosted Dr. Safdar Medina as he spoke about tips for talking with teens about drugs and alcohol, followed by a panel with Pollard Middle School Principal, Tamatha Bibbo, Sara Shine and a SALSA student.

Narcan - We have two staff who are currently trained in Narcan administration (aka Naloxone) through the Public Health Department. We are now more equipped to educate families on the use of Narcan to prevent fatal overdose, how to contact emergency responders, and the existence of the Good Samaritan Law in Massachusetts. While we cannot directly provide residents with Narcan due to required licensing, we are collaborating with public health nurses on the best protocol to provide to families in need who may be facing stigma. Narcan is a life-saving measure that works as an opioid-antagonist which means that when opioid use overwhelms our brain's receptors and begins to cause respiratory distress, slurring of speech, nodding off and other signs of overdose - Narcan is an agent that binds quicker to our receptors, effectively "knocking off" the opioids, restoring the brain back to normal functioning and reversing the symptoms of overdose in a matter of minutes.

The **Domestic Violence Action Committee (DVAC)** meets regularly. Youth & Family Services has a representative at these meetings. Some of the staff have attended various training courses to help support their committee work around domestic violence. In addition, staff have joined a DVAC has a sub-committee that is working on a cable channel series to be aired in October for Domestic Violence Awareness Month. This is a 6-part series and staff will be participating in the 4th episode called Healthy relationships.

Staff have continued to be involved in the **Community Crisis Intervention Team (CCIT)** and attend these meetings regularly. This meeting is attended by the police department, fire, town social workers from various divisions, the health department, a SPAN representative, and Riverside Crisis Team. The team discusses community members in crisis who may need additional supports. Quarterly, there is a larger meeting that includes other community partners including the hospitals, Walker, local mental health, and substance use organizations.

Quarterly this team meets with larger community providers (including local mental health agencies, BID, NWH, Walker) to discuss the overall community needs and trends.

The Youth Resource Network is a roundtable including representatives from multiple youth-serving organizations that meets during the academic year to address specific needs of school-age youth and families that reside and/or attend public school in Needham. These meetings have been very popular this year as there are so many families in crisis. Youth & Family Services chairs this meeting monthly.

Staff are attending the quarterly **Youth Commission/Youth Services meeting**. Represented at the meeting are directors from towns such as Medfield, Hopkinton, Holliston, Wayland, Wellesley, Southborough, and several more. We have also joined a smaller group of Directors from the Metro-West region to increase collaboration. There has been an effort to bridge gaps between programs so that staff have more co-workers to collaborate with. There have also been conversations about working together on therapeutic groups and community presentations. We hosted an all staff meeting on October 26th – staff from 8 towns participated and staff were able to collaborate and share resources.

Youth & Family Services is part of the **Community Health Resource Group** which gets local agencies/departments together for information sharing/support. This meeting is attended on a regular basis.

Youth & Family Services staff, Christin Weitzel, developed and implemented a training for staff at the Needham Public Library around mental health, recognizing signs and symptoms, and self-care. This program was a huge success. Ms. Weitzel is going to present to the Town of Needham Leadership Team on June 20th to discuss similar topics but is also going to include a piece about managing others who may be experiencing mental health challenges or crises.

ADMINISTRATIVE SERVICES:

Staffing Update: The two new positions funded by money from Children's Hospital have been filled. Youth & Family Services is excited to welcome Anthony Serio as the Outreach Clinician and Kristina Kozak as the Community Training Coordinator. Both new employees will be starting this month.

Case Management Services: Youth & Family Services staff helped many families in need with various support such as camps, gym, YMCA memberships, after school programs, childcare and transportation. In addition, staff have been able to connect families with some specific mental health supports and wrap around services.

Youth & Family Services' budget for FY25 has been approved by the finance committee and Town Meeting. There is a modest request for increased funds for expenditure in addition to keeping the FT ARPA funded position, moving this position to the operating budget.

Youth & Family Services continues to raise money for family in need by promoting the **Crisis Donation Fund**. There is now the ability to donate to this fund online electronically, making

it easier for people to donate. Youth & Family Services has received a number of donations this holiday season. Most recently the Needham Community Council has donated \$5, 000 to this fund.

Interface Referral Service is a service that helps connect residents to therapeutic services when needed. Funds for this service were secured last year but the contract ends in June – HHS is working on the contract for FY25. BID-Needham and Needham Public Schools have generously offered to help fund the program as they have in the past. The hope is to keep these services as they help support residents, but they continue to increase their cost significantly, so staff are monitoring this.

Youth & Family Services has consistently been a placement for clinical interns – Kristin Wilcox and Alexandra Nagle have been working very hard this year. They have been engaged in individual, family, and group therapy in addition to helping support a number of enrichment programs. Both interns have ended their internships for the year. In September Youth & Family Services welcomes 2 additional interns.

Youth & Family Services has been very focused on training staff to make sure that staff have the clinical skills necessary to manage the current mental health crisis. Some of the trainings that staff have attended include suicide prevention, Internal Family Systems modality when working with clients with trauma history, grief and loss, trauma, the Social Work Symposium, and other current mental health trends.

Staff have been building our social media platforms in hope of reaching more community members with the information, programs, and events our department has to offer.

Facebook: Facebook.com/needhamyouthservices 748

Instagram: 630 Followers @NeedhamYouthServices

NotifyMe (Listserve): 1145 signed-up

Below are the voted upon meeting dates for FY 2024:

Wednesday, September 13 th	Town Hall
Wednesday, October 11 th	Town Hall
Wednesday, November 8 th	Town Hall
Wednesday, December 13 th	Town Hall
Wednesday, January 10 th	Town Hall
Wednesday, February 14 th	Town Hall
Wednesday, March 13 th	Town Hall
Wednesday, April 10 th	Town Hall
Wednesday, May 8 th	Center at the Heights
Wednesday, June 12th	Town Hall

Proposed schedule for FY 2025:

Wednesday, September 11 th	Town Hall
Wednesday, October 9 th	Town Hall
Wednesday, November 13 th	Town Hall
Wednesday, December 11 th	Town Hall
Wednesday, January 8 th	Town Hall

Wednesday, February 12 th	Town Hall
Wednesday, March 12 th	Town Hall
Wednesday, April 9 th	Town Hall
Wednesday, May 14 th	Center at the Heights
Wednesday, June 11 th	Town Hall

Board voted on dates for FY 25 meeting dates. Ms. Mullen voted to approve dates, Ms. Ly seconded. Decision made by unanimous consent.

Ms. Mullen made a motion to adjourn. Ms. Stevens seconded. Meeting adjourned at 6:00pm.

Notes written by: Sara Shine, Director