

YOUTH SOURCE

Information about youth
and the services of the
Needham Youth
Commission

Volume 11, Issue 1

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Dear Friends:

Welcome to another edition of Youth Source! As we return from the summer, we have so many exciting programs to offer Needham youth and their families.



Below are a few highlights we would like to share with you:

- We are pleased to announce that we have updated the Safe Surf: Internet Safety Guide for Youth and Parents. Underwritten by the Exchange Club of Needham this is available in hard copy as well as online at: www.needhamma.gov/youthcommission/safesurf/guide.
- We welcome our new Clinical Intern, Elizabeth Barnes, to the Youth Commission. Elizabeth is a graduate student at the Simmons School of Social Work who will be providing individual therapy, facilitating groups, and assisting with the Peer Tutor Program.
- We also welcome Ian Campbell to the Needham Youth Commission Board; Ian is a junior at Needham High School (and a Project VAN participant).

We look forward to working with you in the year ahead.

Jon Mattleman

ACCORDING TO A 2008 SURVEY OF 9TH GRADERS
AT NEEDHAM HIGH SCHOOL:

10%

Have been involved in an
abusive dating
relationship

47%

Know someone who has
been in an abusive dating
relationship

Below is a statistical summary of the activities of the Needham Youth Commission for the past year. While these “numbers” tell a part of the story of the last twelve months, behind these numbers are real people, with real stories, and real needs.

Clinical Services

Presenting Problems:

| | |
|--------------------------|-----|
| Family | 36% |
| School | 18% |
| Social | 12% |
| Drugs/Alcohol | 14% |
| Other (e.g. loss, abuse) | 20% |

Source of Referral:

| | |
|----------------------|-----|
| Parent | 36% |
| Schools – Secondary | 21% |
| Self | 9% |
| Schools – Elementary | 21% |
| Other | 12% |

Individual/Family Counseling Hours: 647

Group Counseling/Psych-Ed Hours: 292

Workshops/Events/Presentations

- Loss Program
- Parents Please Talk With Your Mouth Full
- Safe Surf: Internet Safety Workshops
- A Conversation...For Parents of Teens
- Extreme Looks
- Babysitter Training Seminars
- Presentations to school/community groups
- PEEPS & Picture Perfect
- QPR (Suicide Prevention Training)
- Take Back The Night
- Books and Bridges (Parent/Child Book Club)
- Teen Dating Violence Seminars
- Make A Statement Day

Total Number of Participants: 4052

Program Highlights

Needham Unplugged

Established in 2002, this yearly program has been embraced by this community and replicated in over a dozen other Massachusetts cities and towns.

Employment & Volunteer Programs

In the past year 267 inquiries for Employment/Volunteer assistance were recorded. Project VAN (V^olunteers ^Around Needham) provided 403 hours of community service to town and non-profit organizations.

Peer Tutor Program

1,500 hours of peer tutoring services were coordinated and monitored by the Youth Commission in FY 08.

Graduate/Undergraduate Internship Program

This program provided an additional 650 hours of free services to Needham Youth and families over this year.

40th Anniversary Celebration of the Youth Commission

Publication of a calendar with parenting articles, creation of a video highlighting services and programs, and other initiatives to acknowledge this milestone.

Community Outreach

Publications:

Youth Source Newsletter, Ask the Youth Commission Newspaper Articles, NeedhamYouth Card, Parenting Guide to Teen Parties, Parent Dialogue Materials, Making the Middle School Years Work, Networks: A Directory of Area Mental Health Supports and Services, Safe Surf: Internet Safety Guide for Youth/Parents, and many others.

Committees & Partnerships:

Needham Coalition for Suicide Prevention, Needham Women’s Club, Domestic Violence Action Committee, Needham Business Association, Olin College, Needham Public Schools, Needham Community Council, School Health Advisory Council, Rotary Club of Needham, YMCA – Charles River, Exchange Club, and many others.

Learn more about the services of the Needham Youth Commission at:
www.needhamma.gov/youthcommission

THE YOUTH COMMISSION IS NOT JUST FOR YOUTH!

Over the past decade research has indicated that supporting youth involves providing resources to significant people in a young person's life, commonly known as a systems approach. Towards that end the Youth Commission has developed many programs for parents; below are examples of four such programs available in the coming year.

A Conversation...For Parents of Teens: Funded by the Needham Women's Club, this free program is limited to 9 participants per evening and creates a forum in which parents discuss the challenges of parenting teens in a supportive and confidential setting. Parents may attend any/all of the following evening meetings (which will include dinner). October 29th — Alcohol and Drugs; November 19th — Make Peace/Not War With Your Teen; December 3rd — Open Agenda; February 4th — Challenges of Being Single and Parenting; March 4th — Teenagers and Sex; and March 25th Stress, Depression, and Suicide. To learn more, visit us online at: www.needhamma.gov/youthcommission/aconversation.



QPR — Suicide Prevention Training: The Needham Coalition for Suicide Prevention and the Needham Youth Commission are offering free QPR trainings. QPR (Question, Persuade, Refer) is based upon the following concepts: Those who most need help in a suicidal crisis are the least likely to ask for it; The person most likely to prevent a person dying by suicide is someone they already know; and, That prior to making a suicide attempt a person typically sends warning signs of their distress and suicidal intent to those around them. Register for one of the following training dates: November 5, 2008; January 21, 2009, or March 24, 2009. To learn more, visit us online at: www.needhamma.gov/youthcommission/qpr.

Parent Coffees: These free gatherings for parents of middle and high school youth are held in peoples' homes in the evenings and focus upon issues such as the new literature regarding the adolescent brain and the impact of alcohol, as well as the role that parents can play in keeping their children safe. Over 400 Needham parents have already been trained. Learn more about how to schedule a "coffee" at your home online at: www.needhamma.gov/youthcommission/coffee.



Parents Please Talk With Your Mouth Full: The Needham Youth Commission and Sweet Basil Restaurant invite parents to participate in this unique collaboration. During these one evening workshops, parents will enjoy a terrific meal and have the opportunity to share, learn, laugh, and talk about the joys and challenges of parenting. Learn more about this program and dates being offered this year at: www.needhamma.gov/youthcommission/parentsplease.

Contact Jon Mattleman at 781-455-7518 or Jmattleman@town.needham.ma.us to register or for further information regarding any of the above programs

Books and Bridges

Books and Bridges is a two-session program for parents and kids who are looking for a wonderful opportunity to share in the exciting world of reading and group discussion. We offer several sections of Books and Bridges throughout the year for various age levels and parent child configurations. Each session meets for an hour and a half, with snacks, pizza, or refreshments provided. During the first session, the group participates in fun activities and receives a brief overview of the book. In the second session, the group participates in a discussion of the book, as well as activities related to the themes of the book.



To learn more and for scheduling information, visit us online at www.needhamma.gov/youthcommission/booksandbridges or by phone

Patrick C. Forde

Good Person Memorial Award

Created by the Needham Youth Commission, the Patrick C. Forde Good Person Memorial Award is designed to recognize a Needham adult who helps to make our community a better place to live through their volunteer work. The recipient will be a person of high character, someone who has contributed in some significant way to Needham children, youth, and/or families, and who has enhanced those with whom they interacted. This award is a recognition that through volunteerism and caring, each person in our community is able to enhance Needham. The Youth Commission accepts nominations from local businesses, schools, religious or civic organizations, or individuals at any time of the year.

To learn more or to nominate a person, download the form on our website at www.needhamma.gov/youthcommission/fordeaward or contact the Needham Youth Commission at 781-455-7518.

What Are Summer Programs Like at the Youth Commission??

Each summer the Youth Commission offers two exciting programs for youth — Extreme Looks and Project VAN

Extreme Looks is a four day mind/body/spirit workshop for middle school girls; below is a sampling of comments from participants in this years program:

- **“This group was awesome”**
- **“I am special”**
- **“Add a fifth day”**
- **“That you have to be yourself”**
- **“We talked about girl things and had fun”**
- **“Love is something you have to work for”**
- **“I look great and that is the truth”**

Project VAN offers youth the opportunity to work as part of a team providing valuable community service to non-profit organizations in Needham; below is a sampling of comments from participants in this past summer:

- **“I like it a lot yes, because it shows you work ethic.”**
- **“It’s really fun, and you feel really good about helping out around your town and stuff. It’s really rewarding!”**
- **“I have fun and learn more about Needham. I would recommend this to others because you meet new people and it’s a really fun way of volunteering.”**
- **“Project VAN is a great, easy, and fun way to get your community service hours! It is also a very flexible program, and I would recommend it to kids.”**

Needham Youth Commission

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www.needhamma.gov/youthcommission

**“Life can only be understood backwards,
but it must be lived forwards.”**

Kierkegaard