

Needham Youth & Family Services

Youth Commission Meeting Notes

4/11/18

Materials Distributed (both prior to or/and at the meeting): Agenda; Minutes of 3/14/2018; April Department Report, Flyers for Extreme Looks, VIP, Junior Police Academy, Peer Tutor, and Project VAN, MASD photo album

- Meeting Commence at 5:30pm, Highland Room, Town Hall
- Accepted Minutes of 3/14/2018, unanimous approval

CLINICAL SERVICES:

Counseling and the Law: We hoped to discuss issues related to counseling and the law (holding confidentiality versus breaking confidentiality, 51A issues under DCF on a case by case basis, CRA Laws changed (child requiring assistance)). We will continue this conversation when all staff members are present.

In addition:

- We have applied to the instructor training for Mental Health First Aid (week long training in May)
- Internship Collaborative has been meeting every other week, the group has held case presentations and had training on the DSM.
- Groups at Pollard are still in progress and are going well.
- We have received more counseling referrals...we currently have 6 children on our waitlist
- We continue to receive SAAP & BIP referrals and are making progress.
- Board member asked how staff stays updated. Various methods including:
 - Several Professional Association Memberships
 - Our Undergrad and Grad School Interns each year
 - Internship Collaborative (Medfield, Dedham, Westwood, Needham)
 - Youth Resource Network
 - Regular attendance at various trainings throughout the year.

PROGRAMMATIC SERVICES:

Extreme Looks: Carolyn asked board member for input on our Extreme Looks Program in the hopes of freshening up this program for this year's program slated for the end of June. Audience is 7th and 8th grade girls.

Currently the program addresses issues of self-esteem, positive body image, the impact of media on that image, and highlights that the workshop includes a free summer membership to the YMCA (This is the 20th year that the YMCA has partnered with youth and family services by offering the free summer memberships to participants).

- Board Members suggested emphasizing media images versus alongside healthy eating and healthy living with an emphasis on exercise. Board Members also suggested discussion of acceptance versus unreality of social media images. Some suggestions: a section on photo shopped images before and after maybe run by skilled high school student volunteers or a comparison with finsta Instagram the opposite of regular Instagram account. A general theme could be everyone is faking it on social media.

It was mentioned there is a different exercise program each of the 4 days conducted by YMCA staff and that the activity at the end comparing printed photos has been a great success because it includes compliments-- engenders discussion without the media component of posting online and is very popular.

Finally Youth staff will use the Oprah channel film extended trailer again "Miss Representation" really well done with the quote "can't be what you don't see". Perhaps a tie in with job/profession stereotyping.

- Board members also mentioned "Embrace: the documentary" a new Netflix film about a woman bodybuilder discussing effects on her life and body after giving birth and supported - the themes in "I Feel Pretty" the new Amy Schumer film.

In addition:

- Our Summer Brochure is updated and being publicized, summer registration starts May 1st. Extreme Looks, Junior Police Academy and Project Van are being promoted
- VIP wrapped up for the year last night. Registration for next year starts on May 1st.
- Babysitting Trainings have also wrapped up for the year
- Second round of Peer Tutor Check ins have been completed and all is going well
- Senior Award Ceremony for all seniors in VIP and Peer Tutor will be recognized on May 10th.
- Second trimester of Picture Perfect took place last week.
- We have started the Teen Dating Violence Seminars at the high school. We have partnered with REACH beyond Domestic Violence and their education specialist Molly to bring these workshops to all 9th graders.

COMMUNITY COLLABORATION:

- Provided 6 additional community consultations this month
 - TV communication's student needing to interview
 - Needham Community Council reached out regarding programming
 - A SPAN subcommittee wanting feedback regarding a senior conference similar to the parenting conference
- Youth Resource Network held another successful roundtable this month. We are in the process of helping 2 families in need, collaborating with clergy association
- Solution Committee meetings continue to meet. We currently sit on 3 committees
 - The Employee Mentoring group held its first training for Mentors this month
- Domestic Violence Action Committee meetings meet monthly
 - Senior Safety Seminar with accompanying parent program this week
- We will be part of the Diversion Program Coordinator interviews this week
- Thank you to the Council on Aging who sponsored a lovely appreciation lunch for all of us and the rest of the HHS staff in honor of Social Work month in March

ADMINISTRATIVE

- Our full budget request has been approved by Kate and the Finance Committee, up next is town meeting
- We are searching for a new board member to fill Jack's vacancy
- We have been updating our website slowly but surely...prioritizing the most current pertinent information first. We hope to have time in the summer to dedicate to updating it more extensively

- Katy Colthart and Carolyn Tracey recused themselves so a discussion of the director interview process and dates could be discussed with Timothy Muir McDonald, Director Health and Human Services. Staff recused at 6:35 pm.
- Discussion of Director Search process, and timeline with Timothy McDonald, Director of Health and Human Services
 - Director position has been posted
 - Tim McDonald updated Board members on the search and sought volunteers for the interview dates/process
- Meeting Adjourned at 6:55 pm, unanimous approval

Members Present: David Bookston, Kevin Keane, Karen Mullen, Susan Patkin, Shayan Raza, Vin Springer, and Julie Steven

Members Absent: Jack Cruickshank

Division Staff Present: Katy Colthart, Carolyn Tracey

Division Staff Absent: Maria Papantoniou, Ben Aronson

Notes by: Faith Crisley, Recording Secretary

Notes edited and submitted by: Katy Colthart