

Needham Youth & Family Services

Notes from September 11, 2019, Board Meeting

Meeting Commenced at 5:30 pm, Highland Room, Needham Town Hall

Board in Attendance: Julie Stevens, Kevin Keane, Karen Mullen, Susan Patkin, and David Bookston

Director: Ms. Sara Shine

Motion to add April 15 meeting made by David, Seconded by Kevin. Unanimous approval to add the April 15 meeting.

Motion to Approve Amended June 10 Minutes made by David, seconded by Susan. Unanimous approval of edited June 10 minutes.

In answer to a Board member's question Ms. Shine noted that 11% of teenagers have tried smoking cigarettes but this number is not habitual smokers.

Ms. Shine presented an update on programs, services and awards

Summer Review

Rock band concerts were a success.

The Wilderness program took place on consecutive Fridays with individual signup for each day. It will continue in the fall depending on Triple EE/tick situation. Kayaking and Tree Tops units had particularly high ratings. There were 5-8 students per group with buddy pairing.

Extreme Looks is changing this year as the program is being updated and assessed. Instead of 4 full intense days of treatment, the program will consist of 6 hour long groups over the course of the fall and will run again in the spring. It will be called "Wearing Confidence". There will continue to be an exercise component including spinning and YMCA classes.

Ms. Shine shared the **new logo** design. Susan and Julie liked the image of a tree and person as representing growth and uplift. Ms. Shine noted it will be an easy design to print on stress balls, other giveaways. Kevin likes the happy uplifting feel.

Carolyn will be presenting to on "**Family Fun Makers**," her new program. Each staff member is excited to create new programming this year.

All events include a dinner sponsored by Nick's Pizza, with an included activity. The first is a recycled materials project, the second is a painting class and the third is build a birdhouse. The cost is \$25.00 with low income fee waivers available. The goal is to meet the needs of

reaching younger kids, make these children and their parents more aware of Youth services early on and focus on family dynamics.

SPAM is partnering with the Family Dinner Project—training families as deterrent to substance abuse. SPAM will train all Health and Human Services staff.

Bridging the Gap/Generations at Play Update

This takes place the first Monday of every month for grades 6-8. The program piggybacks on this age group already active at the COA. Ms. Shine is planning on opening it to younger grades. Elementary schools already have programs at COA and so this is a natural place to expand.

Mental Health First Aide

We are also partnering with High Rock Church who will co-sponsor a 5K walk/run on December 8 to fund the Youth Mental Health First Aid program for 2 years. This will allow the program to be free to Needham Residents.

Ms. Shine will have a resource table as recommended by the Board for youth and families at every single back to school night except Sunita Williams.

Youth will have a table at Harvest Fair on October 6.

Ms. Shine is in the process of leading a Vaping Task Force to help battle the vaping epidemic. Ms. Shine will meet with the superintendent of schools to learn his priorities and how to best start the process of getting the vaping program into the schools. This task force will work collaboratively with SPAN in reaching the goals. Other towns have already started implementing programs that have been successful and data collection about these are the first step.

Gift Account—Crisis Category

Ms. Shine is working with the Town on approval for this account. The purpose of this account is to help families in crisis, often those presented in YRN or CCIT. These funds will help families be successful in whatever capacity is needed.

Ms. Shine will invite the new **school officer** who works with Ms. Anderson to one of the Board meetings. He is at the high school allowing Ms. Anderson to focus on the middle and elementary schools.

A discussion of gender neutral language occurred in conjunction with Ms. Shine's update on the "Join the Conversation" gender equity and potential sexual harassment discussion at the high school.

Community Focus Discussion

Ms. Shine is planning a meeting with the new director of Housing. The youth population here is generally underserved and there have been eviction notices recently which may have caused stress for other young residents.

Part-Time Staff

Caitlin and Ben have reduced hours; Ben is now working at Elliott School and continues with the Diversion Court program but there are no new referrals. Ms. Shine is meeting with the principal to see if high school will be referring students who get caught vaping. Ms. Shine will post a new part-time position as both the budget and the need are in line.

The electronic medical record for all client files is now operational.

Motion to Adjourn at 6:25 pm made by David, Seconded by Kevin. **Unanimous decision to adjourn.**

Notes by Faith Crisley, Recording Secretary