

Needham Youth & Family Services

Notes from December 11, 2019 Board Meeting

Meeting Commenced at 5:32 pm, Highland Room, Needham Town Hall

Board in Attendance: Julie Stevens, Kevin Keane, Karen Mullen, David Bookston, Josh Tuttelman, Annie Stein, Adrienne Anderson

Director: Ms. Sara Shine

Motion to Approve November 13 minutes made by Julie seconded by Kevin. Unanimous approval of November 13 minutes.

Presentation on Family Fun Night: Carolyn Tracey, Youth & Family Services Clinician

Carolyn Tracey presented on a new program she has introduced this past Fall/Winter. The program was created based on needs of the community. After attending the spring and fall fairs many families approached the Department table asking for more family and elementary aged programs. This program also helps unplug children and their families from technology for a few hours. The most recent MetroWest survey showed how many hours children/adolescents are spending time online and extracurricular activities have decreased.

November class 8 families attended to create a family painting. December has 2 families.

Decided to run the program to keep the momentum going and target those families increased in the program.

Nicholas' Pizza has generously agreed to assist with the cost of pizza and salad for the program. Their business has been very accommodating for programs this past year and hope to continue to work together.

There was some discussion about the event being geared more towards connecting families during dinner time. Sara Shine mentioned The Family Dinner Project also happened in November, where they gear their program to help families connect and make time for family dinner.

Other feedback regarding the program: Home Depot also loves to donate projects to communities, possible cooking class (homemade pasta), possibly competition aspect to projects, play music, decorate pillowcases.

Logistics for to program were asked about and who else assists. Carolyn mentioned staff helps to order supplies, helps with set-up, ordering/picking-up food. Overall has been manageable with just Carolyn running the night. Staff has offered to help.

Future Family Fun Nights have been planned for January, February and March. March will be free to the community to be included in the March Unplugged calendar.

UPDATE ON SERVICES/AWARDS/PROGRAMS

Peer Tutor:

Carolyn reported 42 pairs and has had great feedback so far this school year.

Extreme looks:

Carolyn discussed the history of the program of always running in June the week after school was out for the summer. Numbers have decreased over the past couple of years. When Carolyn took over the program, she decided to give the program an update. Carolyn mentioned she didn't want the program to be presented as an intensive seminar, but more group fun activities. She switched the time of the program to make it a 6 week Wearing Confidence Girls Group. The Fall class was maxed out with 12 registered. Each week was flip flopped of a group activity and exercise class. Help to build confidence and connections. Carolyn teamed up with Alyssa from Rev'd Indoor Cycling (Past Needham Resident) to end the class with a indoor spin class. Carolyn will be running the class again in the winter.

Project VAN – Volunteers Around Needham:

Carolyn will be running Volunteers around Needham during both February and April vacation weeks. She had a great response after increasing the program during April Vacation 2019. The program will run on Tuesday and Thursdays during the breaks for grades 7-12.

Forde Award:

Annie, Adrienne and Karen will review the 4 nominations and vote in the next week on who to nominate. Will then be presented to Sara Shine.

COMMUNITY COLLABORATIONS AND INITIATIVES:

Vaping Task Force

Sara Shine is heading the vaping Task Force. Next meeting is planned for January 2020 and has been working closely with school personnel.

This week has been Vaping Awareness Week. There was a discussion about some of the activities not being as powerful as others and more peer to peer interventions. Students need to be advocates to other students.

MetroWest survey numbers were mentioned, 42% of students vaping. It was mentioned that students are aware of the dangers, but are still vaping.

Barbara Singer, head nurse, Smoking Sensation program, working with students on how to quit. Adrienne added promoting a healthy body with a positive spin presentation for grades K-5. Some schools have pushed back on bringing vaping awareness to younger grades.

Jog for Joy

Jog for Joy was a huge success. Over 240 individuals registered to the run/walk. The High Rock MetroWest Church raised over \$5,000 for the Youth & Family Services Department to be able to run the Mental Health First Aid Course free to the public for at least 2 years. High Rock Church hopes to run this event yearly with the goal to help raise funds for Mental Health Awareness and

the Youth & Family Services hopes and plans to be apart of this great event. Sara, Carolyn and Kristin all attended the event.

General Discussion/New Business

The Town of Needham hired a new PIO, Public Information Officer, Cyndi Roy Gonzalez. The Department will work closely with Cyndi to promote programs and help spread important information to the community.

A motion to adjourn at 6:45 was made by David, seconded by Adrienne. Unanimous decision to adjourn.

Notes by Kristin Scoble, Administrative Assistant
Edited by Sara Shine, Director