

Needham Youth & Family Services

Notes from November 18, 2020 Board Meeting

Meeting Commenced at 5:30 pm, via Zoom per Governor Charles Baker order of March 2020 during COVID Crisis

Board in Attendance: Susan Patkin, David Bookston, Julie Stevens, Kevin Keane, Josh Tuttelman, Karen Mullen, Adrienne Anderson, Arina Collins, Karen Mullen

Director: Ms. Sara Shine

Motion to Approve October 14 Minutes made by David seconded by Josh. Minutes unanimously approved.

Review Schedule of Fees 2020-2021

Current fees are as follows:

Employment list	\$10.00 (Ms. Shine recommends no fee)
Family Fun	\$25.00 (Ms. Shine recommends removal until after COVID-revisit then)
Wilderness	\$25.00-\$35.00 (Ms. Shine recommends removal until after COVID-revisit then)
Peer Tutor	\$45.00 (Virtual)

David made a motion to approve fee schedule with the change of no fee for the Employment List. Family Fun Makers and the Wilderness programs will likely not run until after COVID so fee structure can be revisited then. Kevin seconded the motion. Fee schedule with change unanimously approved.

Forde Award

Ms. Shine noted all nominations submitted as of November 13. The virtual award ceremony will be January 25. The selection committee is Susan, Karen and Julie. Ms. Shine will email the applications on November 19 and the decision is due back to her December 1. Ms. Shine noted the award goes to an active adult community volunteer.

Community Collaborations

- The Select Board approved the **Mural Project** on October 27th and the project will be complete November 16th. Ms. Shine shared a PowerPoint of the final work. She had to start a wait list there was so much interest. The mural is along the Needham Bay Colony trail up a hill from Red Wing Bay. In addition to Youth spearheading the effort, DPW, Park & Recreation and the Rail Trail Association were involved. Unity theme. Ms. Shine noted that a sealant was added so that future graffiti can be washed off. A local artist named Diya and a high school artist were heavily involved in the final

design. A chalkboard has been incorporated for those who wants to tag along with a selfie wall. All Board members were impressed with the project.

- **Suicide Coalition** met on October 15 and decided to expand their focus to the “**Alliance for Safety and Wellness of the Greater Needham Community**”. They will organize a committee meeting virtually to discuss various issues including isolation, racism, mask use, vaccine compliance and those who choose not to receive the COVID vaccine including all the social engagement issues of this time. The committee includes representatives from Riverside Community Health, the COA, the Police Department, the Chamber of Commerce and members of the clergy. A general board discussion ensued around depression and isolation issues during COVID. Ms. Anderson noted that in the Police Departments’ most recent suicide training they were informed that suicide rates are up 30% across Massachusetts. She noted the training included how to recognize manic episodes and how to deescalate these situations. Ms. Anderson noted that the ED has been very busy at BEI, Needham but they do not have a secure unit and are dealing with Norwood cases because Norwood Hospital is closed. Newton Wellesley has a psychiatric unit but there is often no bed available. The Board also noted that many colleges are hybrid and students will be home by Thanksgiving for the semester and that will complicate independence and mental health issues. It was noted seasonal affective disorder will complicate issues and was noted that many students feel they are not learning consistently in their remote programs. Ms. Shine noted that with remote learning she gets more community calls as opposed to referrals from the schools. The concern is that with students in school less, mental health issues are not being as easily recognized. The board discussed ways that mental health could be a focus by encouraging activity outdoors (which is hard with daytime hours and constant computer activity). The board processed other ways that could help with physical activity such as online programs.

Update on Programs and Services

- **Two new School Groups filled**
 - Elementary Age Art Therapy (split into two sections)**
 - Middle School Coping Skills**
- **Engaging Minds on October 27th**

This was a great success with over 100 people registering. A copy of the recording was circulated for those who could not attend last minute.
- **Jog for Joy** with the High Rock Church is end of November until December 6. This will be a virtual event with all High Rock churches so both Youth and national organizations will receive funding. Ms. Shine noted that in Needham this fundraiser supports the mental health first aid training course. This year the first 500 adults who register will receive a beanie; children will receive a mask.
- **Chapter 84 Nicotine Prevention Program** has participated in a youth summit where they won \$500.00 to help with future programming. Among other things are working with MIAA to advocate no penalties for missing games for athletes who seek help in giving up tobacco. (The group is named after the 84% of youth who did not smoke when the program started.)
- **Vaping Task Force** This is a grant that will help coordinate cessation efforts at the high school—it paid to train high school nurses and the program will begin mid-November.

- **CCIT Continues** to biweekly
- **Wellness Week Activities** from spring 2020 were raised by Kevin who included the link—www.needham.campuswell.com/8-ways-to-build-friendships-that-matter
- **Board had questions on clinical community needs**
Ms. Shine noted that were clients who continued to be seen year and year without any true treatment goals. Ms. Shine has done some work with the team on identifying clients who are ready to terminate and trying to focus on shorter term treatment goals so that the larger community can be served. All the clinicians use assessments/treatment plan goals to move clients from the lists. Remote work has also assisted more clients as staff can move seamlessly on Zoom from one meeting to another. Also, some clients are once a month rather than once a week.

New/Old Business

- **Pollard Middle School will be reopening November 19th.**
They were temporarily closed due to COVID-19 related issues. Other schools have also had various groups of staff/students who have needed to quarantine – all systems are doing their best to keep staff and students safe and in school. The board discussed an increase in attendance which shows the desire to learn is very strong in the community.

No other new business.

David made a motion to adjourn at 6:22 pm. seconded by Josh. Unanimous vote to adjourn.

Notes by Faith Crisley, Recording Secretary
Edited by Sara Shine, Director