

Needham Youth & Family Services

Notes from October 10, 2018 Board Meeting

Meeting Commenced at 5:36 pm, May Chapel Room in Youth, Needham Town Hall

Board in Attendance: Julie Stevens, David Bookston, Kevin Keane, Karen Mullen, Adrienne Anderson, Annie Stein, and Shayan Raza

Director: Ms. Sara Shine

Motion to Approve September 12 as **amended Minutes Motion Made by David**, Seconded by Karen. **Unanimous approval of September 12 minutes.**

A general discussion ensued on program fee structure.

Ms. Shine noted program fees must be approved by the Board each fall.

Motion made to approve the schedule of fees and charges at the same rate as last year. They are:

\$45.00 for a session peer tutoring

\$10.00 to receive a list of possible employees

\$45.00 for a session of babysitting classes

Motion made by David, Seconded by Karen. **Unanimous approval of fees for 2018-2019.**

Ms. Shine mentioned and Board agreed that for 2019-2020 the fees will not change drastically as she examines the time, energy and resources needed to address each program.

Programmatic Services/Clinical Updates

The general goal with the **counseling sessions** is to not treat the child as a silo but to involve the family. Ms. Shine noted that 34 client is typical, and that the full-time staff tries to see young people in the afternoons. Ben Aronson and Caitlin White, the two part-time staff and past interns, cover evening hours. We assist the schools with counseling on request basis.

An **open house** will be scheduled by the end of November. Community and school representatives will be invited. The hours will be 4 to 7 pm. This will be an opportunity get community feedback on new and old programs. Invitations will sent week of October 15.

Reach out Days is a four day collaborative project between the Needham High School Wellness Department and Needham Youth and Family Services. Shayan mentioned it might be useful to have it freshman rather than sophomore year in the future. The goal is to make the culture more empathetic and connected. Ben Aronson is in charge.

New Administrative Assistant—Goal is January 2019

The following programs will be coordinated by the administrative assistant in the New Year:

- Babysitter Training; current staff will handle a few for January until new person is on board.
- Updating the Volunteer Program listing. The listing will be kept up to date on activities both within and outside of Needham. Ms. White will be learning the software basics for the fall.

Needham Unplugged will take place in March.

No Homework Day will be scheduled soon. A board member suggested scheduling Monday-Wednesday scheduling to avoid March Madness tournaments which are normally Thursday-Saturday.

A grant supported a screening of **“The Mask you Live in”** which is a film that follows boys and young men as they struggle to stay true to themselves while negotiating America’s narrow definition of masculinity. Shayan is on the panel that will discuss the film afterwards; date TBA.

Summer Updates

- Project VAN—39 youth participated in this summer’s program which was successful.
- Extreme Looks 12 girls participated in collaboration with YMCA
- Junior Police Academy with the Needham Police Department was also a success.

Peer Tutor has started—44 pairs this fall.

Student Board Members Annie and Shayan mentioned Juul and its use at the high school level. There is an official no smoking policy but the use of e-cigarettes is a challenge. A discussion ensued on how to address the e-cigarette issue as their use is growing fast without much knowledge about the dangers. Discussion of how to address at the programmatic level; perhaps a parent lecture on “hidden in plain sight”/nicotine addiction.

Patrick Forde Good Person Award nomination form will be changed; in touch with the children of Patrick and Marie (his wife who passed away in spring 2018). The new nomination deadline is December 1 which will still allow for the award to be made on January 28. The winner is any person in the community who has volunteered their time in an official capacity for the betterment of the same.

Community Collaboration

Ms. Shine solicited more suggestions from the Board now and after the open house so that a discussion can occur later in the year about programs that are working and perhaps eliminating some to allow for new, exciting initiatives to move forward.

Program Analysis Review

Some ideas were parent lecture topics (depression, drugs, cyberbullying, and other social media issues). A new suggestion around the theme of how to understand behavior in relation to legal issues was raised. A discussion ensued around how to teach kids about their digital footprint and online reputations and the fact that actions as a young person will follow you to adulthood. The program should focus on both young men and young women. Goal would be to have the program similar to teaching very young children about roughhousing/play issues and what is appropriate and inappropriate behavior.

Ms. Shine noted the importance of collaborating with other community groups as that also makes more parents and students aware of Youth resources. A lecture this October on gender talk given by Parent Talk, a nonprofit in town, will be attended by Youth and Family services with the goal to collaborate with this organization. Ms. Shine will also be meeting with their Executive Director on October 18.

Other Ongoing Business

- Mental Health First Aid Course—offered to all Health and Human Services staff October 8
- Substance Prevention Alliance of Needham (SPAN) Committee work
- Youth Resource Networked started again with first meeting October 1.
- Hillside School has 2 new groups starting this month
- Pollard Middle School working with Tabatha Bibbo on a SRETCH activity for winter and spring. Goal is to incorporate some substance abuse issues in a fun activity.
- Substance Awareness Program/Building Community Program for High School—Make a Statement Day with tee-shirts and pizza has not been well attended because there are other activities on a ½ day. The goal is to rethink the day. One idea is to bring in an expressive art therapist making a graffiti wall or hanging tee-shirts on a line.

Other Business

Ms. Shine noted all staff are being trained in the **Columbia-Suicide Severity Rating Scale (C-SSRS)** which is a specific suicide assessment tool so that all staff can be consistent in their assessment skills to provide better treatment to their clients individually and in programs. This does not change referring any at risk clients to Riverside.

High Rock Church, 754 Greendale Ave.—we are building a relationship with them; they started in Arlington and now have eight churches around the area.

Board Packets may change over the next three months-update Ms. Shine on what the Board would like to see and Ms. Shine will add issues important to the department.

Ms. Shine mentioned she had enjoyed her first month as Director.

Motion to Adjourn 6:55 pm made by David, Seconded by Shayan. **Unanimous decision to adjourn.**

Notes by Faith Crisley, Recording Secretary