

Needham Youth & Family Services

Notes from December 12, 2018 Board Meeting

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

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

Director: Ms. Sara Shine

Motion to Approve November 14 minutes Made by David, Seconded by Adrienne.
Unanimous approval of November 14 minutes.

Update on Programs, Services and Awards

Ms. Shine noted that she and the staff had 25 people attend the **open house** on December 4. There were only a handful of new people. There was a general discussion of how to reach new audiences about Youth services. Dovetailing onto other programs might work— suggestions included Kevin mentioned having Youth's open house at the end of school open houses as one possibility and David suggesting Back to School tables in fall 2019. Adrienne suggested the parent teacher conference nights for the K-2 age group; and curriculum night for 3-5th grades. There was also a discussion on gathering more attendance in 2019 for the Digital Citizenship Workshop that the DA's office in conjunction with the Police.

Park & Recreation planning a big event. We will pilot the wilderness summer program in summer 2019. It will be 1 week, possibly two with the Pollard children. Angela is the collaborator at the Park and Recreation Department. Adrienne will connect a colleague with Ms. Shine with a wilderness background.

The Mask You Wear Date will be set soon.

"If they had known" film mixing prescription drugs with alcohol will be shown to teach life skills. It will cover substance abuse in general over 4 days. **Ms. Shine will part of the panel discussion at the end of the film on January 22nd she and Katy will split the other days. The program is in conjunction with Ms. Catherine Delano's work in Health in obtaining the access to the school health classes.**

We are working in high school on **gender identity issues**. Surveys will be sent soon to students and staff.

Vaping and marijuana issues with will handled through SAAP (referrals from the high school) though there is a wait list. Adrienne requested that the department look into a different treatment plan for vaping given what she has seen in her work.

Forde Award

Nominations are in; subcommittee will begin reviewing for a decision by the end of November. There are some interesting team nominations this year.

Curriculum Updates

Ms. Shine and the staff are updating **Picture Perfect and Sexual Harassment. Safe Surf** is ready to offer in January.

Ms. Shine has consulted with an expressive art therapist and will meet with Mr. Denton at the high school next week to identify the staff person for **“Make a Statement Day”**

Sara asked Adrienne and Shayan their opinion on what high school kids would like to see: Ideas include: Screen time studies and apps, driving with texting. On board with the Ray of Hope program at some point during the remainder of the school year.

Ms. Shine noted that within 2 years she would like to revisit the **old programming names** and consider revamping.

The **Intergenerational** program with the COA begins end of January.

Community Focus and Administrative Updates

Community Health Resource Group continues to meet quarterly.

The **budget process** continues. The request is for Caitlin to stay part-time 10 hours per week to primarily handle flexible family scheduling. Board was requested by Mr. Timothy Muir McDonald, Director of Health and Human Services, to examine the issue of billing clients insurance or a flex fee schedule which Burlington Youth Services has adopted. A general discussion ensued on all options but the Board's consensus feeling is the Youth services are unique and separate from other counseling services because they are free and because families insurance is not billed and thus they are not limited by the insurance constraints. It was also noted that tracking insurance requires additional administrative time which may not produce much income. Some residents may be deterred from seeking assistance if a fee is billed. Donations are another option, just with some signage noting you can donate if you wish. Finally it was noted that by billing it sends the message Youth is only clinical services while in reality it is only part of the Department's mission.

Ms. Shine mentioned her goals remain 1/3 programming, 1/3 clinical work and 1/3 community outreach.

Training Initiatives

The Board reminded **Ms. Shine they would like to see an article appear in the Needham Times on her work.**

Ms. Shine hopes to have **website training** soon.

A trainer is hired for **Mental Health First Aide**—Ms. Shine completed Thanksgiving week. It will be available to town employees, parents and community members. Training is eight hours. The parent dates are set and Ms. Shine will send to Julie.

Crisis Grief Counseling will occur in the winter for all Youth staff.

Parent Journeys

These are 12 week parenting classes that will also add this year a section on how to deal with difficult situations at different life stages. Parenting Journeys 1 will be the pilot in the spring; others will follow if 1 is successful.

Life is Good Playmakers training will be piloted. This is a separate nonprofit from the Life is Good clothing company. It teaches kids going through trauma with a games and tactics plan. All Youth staff will attend along with two members of the Park and Recreation staff.

New/Old Business

Kevin and Sara will be meeting soon **to redesign the department brochure.**

Ms. Shine asked the Board's opinion on having staff attend future meetings which has happened under previous directors. Karen recommended staff members with new programs to attend at the beginning of meetings so there day was not too long and this way the Board will hear from different staff over the course of any year. David mentioned that the pot luck in March has always been designed as a staff treat.

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

Notes by Faith Crisley, Recording Secretary

