

Needham Youth & Family Services

Notes from February 12, 2020 Board Meeting

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

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

Director: Ms. Sara Shine

Motion to Approve January 8 Minutes made by David seconded by Kevin. Unanimous approval of January 8 Minutes.

Update on Programs and Awards

The Patrick and Patricia Forde Good Person award ceremony on January 27th was amazing. Ninety people attended and Brian and Kim McLeod, the recipients, were grateful and happy.

Ms. Shine distributed the March Needham Unplugged calendar and the Board made some suggestions and brainstormed various activities.

Ms. Shine discussed “Make a Statement Day,” the partnership with the “Own Your Own Peace (Piece)” group at the high school and how this program will be run this year. The group is looking to do something new this year, exploring options such as making journals, bookmarks with strategies, stress balls and worry dolls. This event is run March 18th after the half day.

Wearing Confidence is starting a second group under Carolyn with thirteen girls enrolled. It has been successful expanding exercise options and creative activities.

Volunteer Days are increasing 2 days during February vacation as well as 2 in April. The hours will be flexible some may be less than 3 hours if for example the hosting site can be fully utilized in less than three hours.

Vaping

Ms. Shine noted that there was a focus on vaping and the Metrowest Foundation Vaping Task Force this month

Vaping Task Force had a working meeting on January 30th. There were many great ideas but nothing is operationalized yet. The mission statement along with the goals and objectives were created but need to be refined. The target is a cessation program for the high school and many examples were provided such as MGH’s partnership with the Natick

schools training all the nurses. Ms. Shine is also focused on the American Lung Association model. The group is also working on a parent Vaping Resource page.

The working outline included strategies and prevention—including prevention and cessation in and out of the schools. The theme though is that vaping addiction happens quickly so that there is a short cessation window of opportunity. Board members noted how the community message is broadcasted is important; maybe highlighting celebrities who do not vape or other role models that youth would pay attention to.

SPAN is focused on the campaign “Be a Good Neighbor”. This is the idea of carding everyone in establishments to build awareness of underage drinking. Many Needham establishments have agreed to have the sticker in their windows. They also want to highlight the social host law where those who furnish alcohol to underage people face prosecution. They are also interested in the Good Samaritan law—those neighbors who call about an underage party or incident do not suffer the consequences of their actions—this works especially well when they are aware of the diversion program that provides the young person with community service rather than a criminal record after party involvement. The Board had a general discussion on hosting parties with the outcome that it is generally advisable not to host parties because though your own children may be mindful they can’t control their friends.

Services

Department Counseling Changes/Serving Larger Community

Ms. Shine noted that the division t will be changing clinical services slightly:

1. The division is going to look at ways to prioritize residents who have limited means to access services elsewhere (due to transportation, insurance, inability to afford co-pays, etc)
2. The clinical work is going to shift to more short term work in order to deliver services to the entire community and cut down on the waitlist. Cases will be discussed on a regular basis and assessed whether longer term services are needed.

Board Goals

Ms. Shine circulated some sample goals and asked the Board to consider formalizing these and to brainstorm at both the March pot luck and the April meeting. The plan is to have formalized goals by the end of the school year. The staff will also be formalizing goals. Clear goals will also assist with future budget requests.

Other Business

There was a discussion of the Ridge Hill/former Nike missile site February 11 public meeting and its effect on other community resources.

A motion to adjourn at 6:00 pm was made by David, seconded by Josh. Unanimous decision to adjourn 6:02 pm

Notes by Faith Crisley, Recording Secretary