

Needham Youth & Family Services

Notes from January 8, 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 December 11 Minutes made by Kevin seconded by Julie.
Unanimous approval of December 11 Minutes.**

Update on Programs, Services and Awards

The spring brochure is ready and will be distributed soon.

The Patrick and Patricia Forde Good Person awardees are Brian and Kim McLeod. They were modest and flattered to receive the award. They open the Wellesley College Observatory each year to High Rock students and also coach many sports. There was some discussion of reaching out to the high school astronomy class to see if students were impacted by Brian and Kim and may want to attend the ceremony on January 27th at 5:30PM.

Needham Unplugged is in March.

Kristin is working very hard with Park & Recreation and the YMCA on scheduling it

The March calendar will also be shared at the February Board meeting

February Family Fun night is free.

Wearing Confidence will be repeated by in March

Community Collaboration

Volunteers around Needham is expanding to cover April 2020 vacation as well as February 2020 vacation. It provides youth grades 7-12 with one day volunteer activities.

Youth Mental Health First Aid will be offered again. Ms. Shine discussed the necessity of mental health awareness as serious mental health issues are present in Needham and there have been multiple crisis situations. Ms. Shine mentioned that the Jog for Joy sponsored by the High Rock Church in December raised over \$5000.00 to cover the cost of some of the courses. This will be an annual fundraiser. Youth Mental Health First Aid (USA) started in Australia (YMHFA-USA). There will be 6 to 8 trainings this year. The course teaches participants how to identify, understand and respond to signs of mental illnesses and substance use disorders.

Ms. Shine mentioned that it may also be an option to run other courses that are shorter and may appeal to people who cannot commit 8 hours of their time. Adrienne mentioned the holidays are always hard and the Police get more calls in December for this reason.

Ms. Shine mentioned that the spring program brochure will include all mental health services on the inside front cover to provide one stop shopping for the community and to provide more community outreach on the Department's mental health services.

Short Term Crisis Intervention—Ms. Shine noted she is prioritizing certain kids with more serious issues. Adrienne provides some clients through the Police's on call visits in the community on mental health issues.

REAL Coalition—was formed several years ago to address racial inequities in the schools. It is chaired by Dan Gutekanst. A Simmons University professor is consulting, Ms. Shine knows him and is also continuing this collaboration.

CCIT continues. Collaboration is important when crises occur and the group can work across the area providing best practice.

Youth Commission/Youth Services boards have quarterly meetings from many local towns. Ms. Shine continues to attend these and the group includes Bedford, Burlington and Winchester plus a few more communities.

Media Outreach

Media—Local cable had a vaping program; Ms. Shine spoke on how childhood has changed. Needham Channel also covered the Family Fun Makers programming and will cover the Forde Good Person award ceremony.

Discussion of Community Needs

Ms. Shine invited the Board to discuss community needs.

Points covered included:

- Riverside Trauma and its assistance with local tragedies.
- There was a discussion around police training and response to various mental health, domestic violence and substance use issues. Many officers in Needham go through additional training to be able to respond to situations involving mental health. Discussed specific recent needs of Needham.
- Ms. Shine noted that the Diversion position most recently filled by Ms. Lindley will be filled; housed under Youth not under the police budget for 10 hours.

A motion to adjourn at 6:30 pm was made by Kevin, seconded by David. Unanimous decision to adjourn 6:32 pm

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