

Needham Youth & Family Services

Notes from April 10, 2019 Board Meeting

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

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

Director: Ms. Sara Shine

Motion to Approve March 13th minutes Made by David, Seconded by Shayan. **Unanimous approval of March 13th minutes.**

Update on Programs, Services and Awards

Make a Statement Day update – the puzzle piece mural was a huge success, discussed the students response to the project and the partnership with the Own Your Peace Group. This project may be duplicated for the community in the fall.

We were awarded a grant for hosting 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.” The showing will be followed by a panel discussion of staff and students. This event will take place May 7th.

Wilderness program – motion to vote on cost of program (\$100 per person) made by Julie Stevens and seconded by David Bookston. There was a discussion about how to get additional involvement of population who can most benefit from the program.

Extreme Looks is a four day workshop that is run in collaboration with the YMCA. This will take place the week after school is completed.

Junior Police Academy is also run the week after school ends. This is being run by Adrienne Anderson in collaboration with Youth and Family Services staff.

Project VAN has expanded for the first time, having 2 days over April vacation. This was also a success with both days maxed out. We are in the process of mapping out all summer VAN projects.

Youth & Family Services has run 3 Youth Mental Health First Aid classes successful, with 3 more scheduled. There was a discussion on how to get as many people as possible to attend these trainings if they have contact with youth. The group processed the benefits of attending the program.

The group discussed the new Intergenerational programs and how these have been very successful. The plan moving forward will be to have one monthly event – the upcoming months include a pool hall day, a Senior Prom, and a picnic.

Parent Programming

In collaboration with SPAN we hosted a night on parent education around vaping use. The event started with, “Hidden in plain sight” which is a mock room to identify ways teens can hide their substances and paraphilia. It was followed by a speaker, Dr. Jonathan Winickoff and some guided discussion groups.

There will be another parent training on technology use and parenting in May.

Sara Shine met with the PTC presidents and will be doing more outreach to the parents involved.

The group discussed Single Parents Support Group and additional support groups that will be offered in the future.

Community Collaborations:

We are collaborating with *Engaging Minds* to provide parent workshops on how to help youth with executive functioning skills. We hope to partner with them to provide ongoing workshops for parents and youth.

The group discussed the e-cig prevention steering committee that meets monthly. There was discussion about the initiatives and ways that other towns have tried to engage in solutions.

Youth & Family Services has been working with the School’s Wellness Advisory Council to help to reduce absenteeism by working on programs to quickly recognize Youth at high risk of “chronic absences” and develop solutions and supports.

Survey Results:

The group processed the results of the survey that was circulating about the services offered and the desire for additional services. We discussed that the primary reason residents do not utilize the services are because they are not aware of the services. We processed how to ensure that as many residents as possible are educated about the services offered. In analyzing additional programs that residents would like to see, additional lectures for parents,

children and community members was the most sought after, followed by school programming. The survey highlighted additional areas to be addressed included anxiety in addition to the stress of school and substance use/vaping. There was additional discussion about how to start to expand services to meet these needs.

Motion to Adjourn 6:50 pm made by David, Seconded by Shayan. Unanimous decision to adjourn at 6:50