



Meeting Minutes for Advisory Board Meeting – October 24, 2016

Attendance: Daniel O'Connor, Zane Rahabi, Jan Midiri, Simone Greenberg, Austin Bushey, Olivia Goldberg, Olivia O'Shea, Domenic Cianciarulo, Robbie Antonucci, Danielle Sutton, Mary Ellen LaRose, David Russell, Alicia Lamonda

I. **Call to Order:** The meeting convened at the Islington Community Center and was called to order at 7:02 p.m.

II. **Acceptance of Meeting Minutes:** Minutes from the September board meeting were accepted.

III. Director's Report:

Clinical Services

*There are currently **37 counseling clients** on the WY&FS caseload, 30 individual clients; 2 family clients; 5 parent consultations.

*There were **5 new intakes** for counseling services in the month of October (*4 within the past week!*). There is not currently a waitlist for services, and residents are able to be placed with a clinician or graduate intern with an average turn-around time of two weeks. As always, referrals are triaged so that those residents in most immediate need are prioritized.

***Girls Groups** and **Structured Play Groups** have 25 participants across three weekly groups.

Program Updates

*This year's second **Thurston Middle School Dance** event took place last Friday, October 21st, with nearly 200 middle school students in attendance! There was a great turn out by the high school Mentors, too, and fun was had by all!

***The Dub Club**, formerly known as Thurston Thursday Club, continues to run on Thursday afternoons in Room 114 at the Thurston.

***Bullying Prevention Theater** (BPT) rehearsals are up and running and the Mentors have received their roles. Performances typically take place at the Thurston in January.

***Friends Network** matches have been made between 3rd, 4th and 5th grade 'Little Friends' and their high school aged 'Big Friends' and orientation will be held for the 'Big Friend' Mentors

this Wednesday, October 26th. The actual program will begin next week with a record numbers of participants! There are currently 30 Friend pairs matched for the two sessions that will run each Wednesday evening from November-April.

Community Connections

*On September 27th, the WY&FS staff and our graduate interns were treated to a great CPR and basic first aid class with Deputy Fire Chief, Mike Reardon. Thank you, Mike!

*WY&FS continues to be a part of the Community Crisis Intervention Team (CCIT), started by Sergeant Joseph Vinci of the WPD. The last meeting was held on October 13th and discussion centered on the creation of resource packets that include local mental health and substance abuse support services and brainstorming of ideas for supporting individuals after receipt of Narcan by first responders.

*WY&FS continues to take part in the **Islington Center Task Force (ICTF)**, which is moving along in the process of gathering resident input and reviewing proposals for development in the area. The last meeting of the ICTF was Thursday, October 13th.

V. Old Business:

CORI checks – All junior class student members submitted their information.

WY&FS Parent Survey Results: In September the group reviewed the results/data and gave feedback on the Parent Survey that was conducted this spring. WY&FS received 301 parent responses. Some highlights included coming up with new ways to inform the community of the services WY&FS provides, connecting parents to additional parenting information perhaps in a webinar series, additional online links and continued collaboration with WestCAT. The group will continue the discussion at future meetings.

VI. New Business

Holiday Giving Program: Mary Ellen shared that the WY&FS Holiday Giving Program is in full swing. A number of new sponsors have stepped up this year. In the coming weeks sponsors and participants will be confidentially matched. Last year 77 children were served by this program.

Community Updates:

Thurston Middle School: Austin reported progress reports came out last Friday. Parent teacher conferences begin next week. The guidance department met with 6th graders to explain how the grading system works at TMS. An 8th grade parent meeting was held last Thursday to go over details of the annual trip to DC and the school continues to fundraising to fund scholarships so that all students who want to attend the trip can. There was a general group discussion regarding homework quantity vs quality and what kind of homework produces better results. Danielle asked the student board members about their experience managing the transition from middle

school to high school. They noted the importance of learning to manage your time, building up a strong work ethic, etc. It was noted that these topics could be helpful to discuss in the TMS advisory block.

Westwood High School: Student board members shared that many seniors are in the midst of completing college applications. Olivia noted there will be a homecoming dance this year near Thanksgiving. Robbie noted it is playoff season for many of the WHS fall teams.

Westwood Cares: The group is bringing Rick Cresta, LICSW to town on November 15th for a talk titled “The Impact of Marijuana on Teens and Young Adults”. The discussion is funded through a grant from the Foundation of Westwood Education and West Suburban Community Health Network Area (CHNA) 18.

Food Pantry: David shared the Food Pantry is looking for volunteers for their upcoming “Food Drive Sorting Day” on Saturday, November 19th.

Westwood Community Chest: Alicia mentioned the Chiara/Silent Auction event will be held again this year on January 30th. Core Asset Fitness will again be holding a charity boot camp on Thanksgiving morning for WCC.

Early Childhood Council: Alicia shared the ECC, the Westwood Public Library and WY&FS are sponsoring a Mindfulness series for 5-8 year olds during the month of March. ECC is also coordinating efforts to build a “little free library-take book—leave a book” boxes at School Street Playground and the Tot Lot.

WY&FS Promotional Videos Viewing and Discussion: This past summer WY&FS and WestCat collaborated on the production of short videos explaining the programs and services that WY&FS offers residents. Danielle and Mary Ellen showed the board members the final product. The videos can be viewed on WestCat’s web channel, local access cable stations and on the WY&FS website www.townhall.westwood.ma.us.

VI. Adjournment – The meeting adjourned at 8:06 p.m.

Minutes respectfully submitted by Mary Ellen LaRose.