



Meeting Minutes for Advisory Board Meeting – October 26, 2015

Members present: Domenic Cianciarulo, Gioia Cianciarulo, Trish Tucke, Simone Greenberg, Austin Bushey, Conor Connaughton, Robbie Antonucci, Emily Keith, Arlene Kasajian, Olivia O’Shea, David Russell, Nina Banozic, Alicia Lamonda, Danielle Sutton, Mary Ellen LaRose

I. Call to Order: The meeting convened at the Westwood Senior Center and was called to order at 7:05 p.m.

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

III. Introductions: Danielle introduced interim youth services counselor, Nina Banozic to the group.

IV. Director’s Report:

Clinical Services

*There are currently **34 counseling clients** on the WY&FS caseload, 2 more than in the month of September: 25 individual clients; 4 family clients; 5 parent consultations.

*There have been **5 new intakes** for counseling services in the month of October. 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.

*Danielle noted that the department is thankful for the Town administration’s support of the Interim Counselor position during this year of transitions. Having the position has allowed the department to not run a waitlist and to have an overlap period of time with Nina Banozic and Joanna Bengel before her maternity leave.

*Girls Only! Groups and Structured Play Groups are up and running with 22 participants across three weekly groups.

Program Updates

*The Holiday Giving program is in full swing, thanks to the coordination efforts of Mary Ellen! Danielle explained the confidential process of matching Westwood families in need with local donors.

*This year’s first Thurston Dance/Teen Center Mentor event took place on Friday, October 16th. There were 21 Mentors volunteering at the event and over 200 6th grade students in attendance!

*The Bullying Prevention Theater program rehearsals continue on Thursday night, and performances are expected to take place at the Thurston in January.

Community Connections

*WY&FS participated in this year's **Westwood Day** event on Saturday, October 3rd, with a table and family-friendly activities in the Mini Town Hall.

*On October 6th Danielle attended the annual **Family Homelessness Conference** in Worcester, networking and gathering resources and ideas as a part of Y&FS leadership role in supporting the families in Emergency Shelter in Westwood.

*Since September, WY&FS, along with the IAM Strong Foundation, have attended monthly **Westwood Disability Commission** meetings as local mental health representatives. The Disability Commission invited this representation as they are focusing on mental health issues throughout this year and into spring of 2016.

*On October 14th, Y&FS assisted with the fall **Westwood Cares** event. Speaker, Joani Geltman, presented to over 200 audience members on the topic of *"Drugs and Alcohol: How Does Your Teen's Personality Style, and Your Parenting Style Impact Their Experimentation with Drugs and Alcohol?"* Our graduate interns will be collecting data from the parent surveys. Danielle explained the history of Westwood Cares and WY&FS role with the committee.

*On October 29th, Y&FS will join other community leaders from Westwood at the **Regional Substance Abuse Collaborative** held in Needham. This is a multidisciplinary collaborative created out of the Regional Substance Abuse Prevention grant that Westwood (via Board of Health) secured along with the towns of Needham, Dedham and Norwood.

*On Wednesday, November 4th, the IAM Strong Foundation and Westwood Pediatrics will be hosting a presentation by **Kevin Breel, "Confessions of a Depressed Comic", at the Norwood Theatre at 7:30PM**. Kevin Breel is well known for his TED Talk on the same topic, and is an advocate for de-stigmatizing mental health issues. Everyone is encouraged to attend!

V. Old Business

All board members are now in compliance with CORI checks.

VI. New Business

Danielle shared with the board information about the William James College INTERFACE Referral Service, which will be available to Westwood residents beginning on November 1st. It's a subscription service the Town of Westwood, Westwood Public Schools, Board of Health, the Council on Aging and WY&FS are jointly paying for that connects any Westwood resident or employee with mental health resources. INTERFACE will assist residents with finding providers that accept their insurance, have openings and specialize in the area an individual or family is seeking assistance with. The database has up to 6000 providers. WY&FS will be listed as a provider option. The service is available Monday-Friday 9 a.m.-5 p.m. Danielle asked the group for their assistance in getting the word out to residents.

The board broke up into small groups to design a mock up flyer that will be used to publicize the service throughout town.

VII. Community Updates

Middle School

Austin told the group about the upcoming SOS – Signs of Suicide Program that will be presented in mid-November to the 7th grade. This is the second year of the partnership with WY&FS and the Middle School. The model was well received last year. WY&FS will assist with screening process. Last year the program was able to provide services to kids who may be struggling with issues that were not on radar of the school and/or their parents. Parents were invited to an informational meeting and had to sign a permission slip for their child to participate. The program may eventually be part of the health curriculum.

Board members asked general questions on the process and student/parent feedback.

High School

Gioia gave an update on performing arts at the high school. Over 60 students auditioned for 8 spots in the acapella group. The spring musical will be *9 to 5*. Tri-M honor society inductions will be held in late October.

COA/Food Pantry Trish mentioned the Scouting for Food Program that benefits the Food Pantry. The sorting day this year is November 14th.

Alicia updated the group that Westwood Young Women's Club will be hosting Winterfest this year on December 5th.

Meeting adjourned at 8:35 p.m.