



## Meeting Minutes for Advisory Board Meeting – January 28, 2019

**Attendance:** Nora Sinno, Madeline Medina, Diana Bezdedeanu, , Kevin Cote, Brad Pindel, John Loughnane, Mary Ellen LaRose, Sarah Baroud, David Russell, Talia Pincus, Domenic Cianciarulo

I. **Call to Order:** The meeting convened at the Islington Community Center and was called to order at 7:00 p.m.

II. **Acceptance of Meeting Minutes:** Brad made a motion to accept the 12/17/2018 minutes, Kevin seconded. All were in favor of approving the minutes.

### III. Director's Report:

#### Clinical Services

\*There are currently **48 counseling clients** on the WY&FS caseload, 43 individual clients; 2 family clients; 3 parent consultations.

\*There have been **7 new intakes** for counseling services so far in January. There is a short waitlist for services, but residents are typically able to be placed with a clinician or graduate intern with an average turn-around time of two or three weeks. When there is a waitlist, we share the William James INTERFACE Referral Service information as another option. As always, referrals are triaged so that those residents in most immediate need are prioritized.

\***Girls Group** ended before the winter break and a 2<sup>nd</sup>/3<sup>rd</sup> grade group wrapped up last week. There are 2 **Structured Play Groups** running currently with 14 participants across these weekly groups.

#### Program Updates

\***Bullying Prevention Theater** performances took place on January 15<sup>th</sup> and 17<sup>th</sup> for all 6<sup>th</sup> graders at Thurston Middle School. Thanks to our 26 awesome BPT mentors!

\***Body Safety Theater** auditions and information session took place on January 22<sup>nd</sup> with 24 mentors sign up.

\*The **Friends Network** program had their winter party on January 16<sup>th</sup> with snack, crafts and BINGO.

\*The third **“Thurston Friday Night Out”** was held on January 25<sup>th</sup> – the theme was “neon” and was decided by TMS Student Council. The turnout was a little lower than usual, but still a great time with about 110 middle school students.

#### Community Connections

\*WY&FS has seen a recent trend in **grandparents** making referrals and/or looking for supports for their grandchildren, under their guardianship. WY&FS staff has brainstormed resources including food, financial support and collaboration with the Westwood Public Schools, in addition to counseling through our department when needed.

\*WY&FS Staff has been asked to help WHS with their annual **Signs of Suicide (SOS)** programming for 9<sup>th</sup> graders in February, and to help TMS with their upcoming **Screening, Brief Intervention & Referral to Treatment (SBIRT)** screening.

### IV. Old Business

**Advisory Board Membership Process:** A nominating committee to find additional board members has been formed and will meet after the advisory board meeting. The goal is to come up with a process of recruiting new board members with the hope of having a slate of new board members to be voted on at a spring meeting. Mary Ellen and Sarah thanked John, David and Diana for stepping up to serve on the committee.

**Islington Center Redevelopment:** Phase 1 of the development is proceeding and preliminary reports are that the new CVS will open in late summer 2019.

**Holiday Giving Program:** The Holiday Giving Program has wrapped up for the year. Thank you notes have been sent.

## V. New Business

**New WY&FS Programming Ideas:** Sarah and Mary Ellen shared with the board two new ideas for programming.  
-Birthday Giving Program: They discussed a new birthday giving program idea that would run similar to the holiday giving program. Board members were receptive to the idea and gave multiple suggestions including having donors donate gift cards to be disbursed rather than actual gifts. WY&FS staff will continue to explore this idea and will update the board on new developments.

-Friends Network 2.0: Sarah and Mary Ellen shared that over the last few years parents including former Friends Network parents have inquired about having a similar program as students transition to Thurston. Sarah noted that WY&FS lacks programming for this age group. A potential program could run after school with 6<sup>th</sup>/7<sup>th</sup> graders and WY&FS WHS mentors perhaps with only upperclassmen as “Big Friends” so there is more of an age difference. Board members expressed support for the idea. David suggested checking in with other towns to see what programming they offer for middle school students.

**Recognize A Youth Award** – Mary Ellen mentioned that the department has begun marketing the Recognize A Youth Award Program for the year. An online application option for nominations has been added this year. The deadline for nominations is March 31<sup>st</sup>.

### Community Liaisons:

**Westwood Cares:** Sarah shared that the group meet is planning a spring presentation on vaping and tobacco. Kevin and other WHS members noted recent unexpected fire alarms related to students vaping in the high school bathrooms. Diana noted there have been four alarms in the last month. The board members continued a general discussion on the topic. Brad talked about how he visits to 6<sup>th</sup> and 8<sup>th</sup> grade health classes to discuss vaping, nicotine and the negative health effects of both.

**Early Childhood Council:** Sarah mentioned that Nina, WY&FS staff member is attending ECC meetings and keeps us up to date on their programming offerings. Sarah noted that WY&FS continues to keep ECC in mind as the new WY&FS office space is designed.

**Comprehensive Plan:** Sarah noted that she will be working on a document for the committee on WY&FS’ work and what space needs WY&FS will need going forward so the department can continue to serve and expand services to Westwood residents.

**Westwood Police Department:** Brad stated that there have been a few house break-ins in the last month. He also shared more about his recent visits to TMS health classes.

**Westwood High School:** Students discussed that reports cards recently came out and exams in social studies, math and science were given. Winter sports are in full swing. The drama department will be putting on the musical *Freaky Friday* in March. Kevin noted that the parking spots were redistributed in a lottery recently.

**VI. Adjournment** - The meeting was called to adjournment at 8:04 p.m.

Minutes respectfully submitted by Mary Ellen LaRose