



Meeting Minutes for Advisory Board Meeting – January 27th, 2020

Attendance: Brad Pindel, Mary-Carol Waters, Diana Bezdedeau, Trish Tucke, Sophia Hebert, Sahara Hayes, John Loughnane, Danielle Sutton, David Russell, Christy Harrison, Samantha Nelson, Kevin Cote, Diana Martucci

I. **Call to Order:** The meeting convened at the Islington Community Center and was called to order at 7:06PM

II. **Acceptance of Meeting Minutes:** John made a motion and David seconded to accept the 12/16/19 minutes. All were in favor of approving the minutes.

III. Director's Report:

Clinical Services

*There are currently **37 counseling clients** on the WY&FS caseload, 32 individual clients; 1 family client; 4 parent consultations. (*This total is compared to 40 at our last meeting in December, 48 in January of 2019 and 54 in January of 2018.*)

*There have been **5 new intakes** for counseling services so far in January (*compare to 7 intakes in January 2019 and 8 in January 2018*). There are currently 7 individuals on our waitlist for counseling services, compared to five at our last meeting on December 16th. Whenever there is a waitlist, we share the William James INTERFACE Referral Service information as another option and also offer a one-time meeting with a Y&FS clinician so that families might have some initial resources while waiting. As always, referrals are triaged so that those residents in most immediate need are prioritized and all families are offered the options of day time meetings (during school hours) for more immediate service. Of the seven waitlisted individuals, four have opted to have a one-time consultation with a WY&FS clinician while they wait.

*There are three **Structured Play Groups** currently running, two eight-week groups for Kindergarten/1st graders on Wednesdays and Thursdays and a 4th/5th grade group on Tuesdays with a total of 18 participants across the three groups.

Program Updates

*With some last minute calls for assistance, this year's **Holiday Giving** program ended up serving **71 children in 39 Westwood families** in the holiday season. Thanks to Mary Ellen for coordinating this very important program!

***Bullying Prevention Theater** (BPT) performances took place for the 6th grade class at the Thurston on January 14th and 16th. The Mentors did a fantastic job with their roles and in leading smaller classroom discussions following the performances. A big thanks to the Mentors and to Emily Greco in her first year of leading the program, as well as to Breann Whitelaw, Interim Youth Services Counselor and our Graduate Intern, Hope, for all of their work in rehearsing and preparing for BPT!

*The **Friends Network** program continues with **30 pairs** of "Big Friends" and "Little Friends" meeting across two weekly evening sessions held at the Council on Aging. In January the Friends pairs enjoyed a winter celebration, complete with "twin" outfits, games and crafts!

*An information session and auditions for **Body Safety Theater** took place on January 21st and weekly rehearsals begin this week. The process of coordination of dates and spaces with all five elementary schools and with the high school is ongoing with performance dates set for Tuesday, May 19th and Wednesday, May 20th.

*The next **Friday Nights @ Thurston** event will be held on March 6th. More details to follow!

***Teen Scene @ the Library** is ongoing, with 14 volunteer Mentors serving on Early Release Wednesdays and Fridays working in coordination with the new Teen Librarian to help engage the large numbers of Thurston students that go to the Main Library on those afternoons.

*Our **Graduate Intern**, Hope Dragelin, returned from her winter break on January 6th and is right back into the swing of things with counseling clients, coleading groups and completing other commitments as she moves through the second part of her year with us.

Community Connections

*On the evening of January 6th, Danielle participated in a community event put together by Westwood PTO's. The event consisted of a viewing of **Screenagers – The Next Chapter: Uncovering Skills for Stress Resilience** and audience Q&A with a panel that included WY&FS and members of the WPS Administration and staff. There were approximately 100 people in attendance.

*Regular weekly meetings continue for the **Wentworth Hall Redevelopment Project**. Each Thursday, WY&FS joins other stakeholders at these meetings to learn about and discuss ongoing aspects of the project.

IV. Screenagers – Next Chapter: Uncovering Skills for Stress Resilience –Board members viewed film in its entirety, taking notes for discussion at tonight's meeting and at February 24th meeting. Danielle collected notes with names to be returned for discussion in February.

D. Martucci attended a PTA meeting where feedback was given on community viewing and there was positive feedback on program idea of high school students teaching middle school students. C. Harrison thought important point between connection of sleep and anxiety and depression. K. Cote expressed being bothered by programs where movies like this watched in a certain class (e.g. English) where you might not feel comfortable. S. Hayes talks about Guidance Counselors as good people to lead such discussions about emotional intelligence. Student board members reported no Mental Health Club at WHS, as seen in movie. S. Hebert talked about Yoga club at WHS as a helpful offering. Student board members talked about limitations of Mental Health Week at WHS and desire to have more long term programming/focus on mental health issues and resources and a more "serious" tone. Discussion to be continued at February 24th meeting with focus on potential action steps for programming/services in the community.

VI. Adjournment - The meeting was called to adjournment at 8:36PM

Minutes respectfully submitted by Danielle Sutton