

**Old Saybrook Youth & Family Services
Commission Meeting
Tuesday, September 12, 2023; 5:00 PM**

YFS Commission Meeting Playlist:

<https://www.youtube.com/playlist?list=PLbEt7-HiGQ8lg0PvMBKyID3YRDhLnur-W>

“To collaboratively support and advocate for positive relationships in an inclusive community”

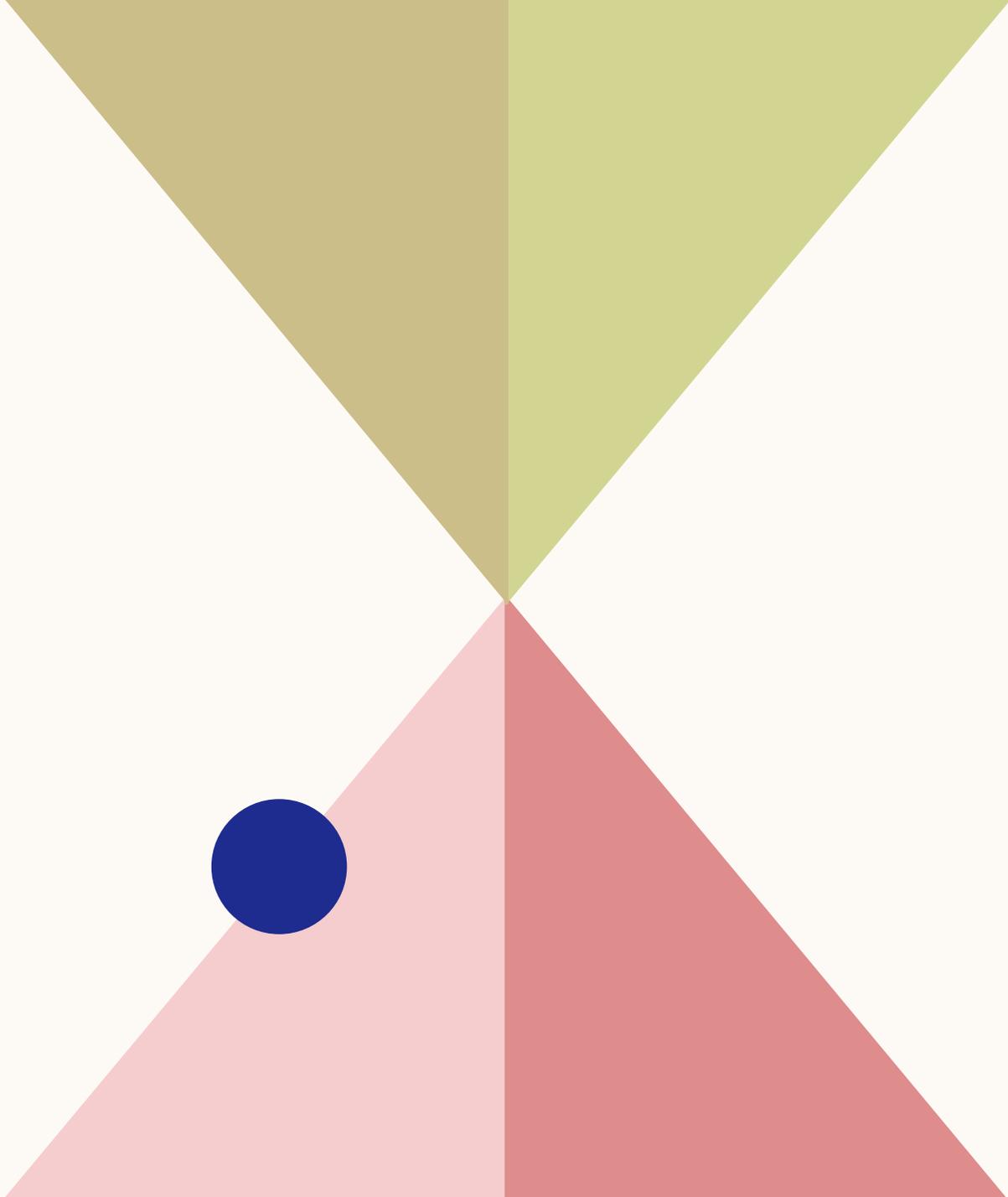
I. Roll Call	<p>Attendant Members: Mike Rafferty, Chair; Jonathan Paradis, Old Saybrook Parks and Recreation; David Plotkin, At-Large Member; Mary Ann Iadarola, Public Health Nursing Board Representative; Jeff Harder, Community At-Large Member</p> <p>Absent Members Excused: Lisa Castro, Old Saybrook Middle School Counselor; Michael Spera, Chief of Police</p> <p>Attendant Student Representative(s): n/a Absent Student Representative(s): Carli Castro</p> <p>Attendant Staff: Heather McNeil, Executive Director Justin Alessio, LMFT-A & Prevention Program Coordinator Brittany Eckert, Prevention Program Coordinator</p>
II. Call to Order	Meeting called to order at 5:00pm by M. Rafferty Pledge of Allegiance
III. Comments from the Public	None
IV. Approval of Minutes	Motion made by M. Iadarola to approve the minutes of Tuesday; May 5, 2023 as presented. The motion was seconded D. Plotkin and approved.
V. Chairman’s Comments	<ul style="list-style-type: none"> • Thank you, Angela – continually a great job on the minutes. • Hope all had a nice summer vacation. • Great programs, activities & flyers being sent from YFS
VI. Director’s Report for 09/12/2023	<ul style="list-style-type: none"> • <u>H. McNeil – New Staff:</u> -Welcome & introduction of Justin Alessio LMFT-A; former CCSU practicum student who interned with us for 2yrs. -Dream job: clinician and prevention program coordinator; excited to develop & execute new programs (recently Snack Trends, Safe@ Home, etc.) -Certification of Geek Therapist: trains to incorporate “geek/nerd culture” - Marvel, superheroes, Magic the Gathering, D&D, Pokémon, etc. - into real time therapy to relate and help a certain population of clients. • <u>Summer staffing & programs</u> -Short of staff due to someone out on medical leave, but Justin started after graduation so offered a lot of quality programming & time to gather information for fall programming. • <u>Community Collaborations</u> -Working with Lions Club at Health & Wellness Fair (Sat 9/23); saves resources, family-friendly event -OSECC event, B. Eckert - One Book One Town “The Magical YET” -Economic Development Dept: 3rd annual Starlight Festival Sat., Dec 2nd

	<p>-Friday, Dec 1st Youth Prevention Coalition (5-8pm) will be offering childcare (fundraiser - a fee will be determined) so parents/caregivers can take advantage of some of the specials area restaurants & businesses are offering, etc.</p> <p>-Estuary: Grandparents Raising Grandchildren Group – previously Henry Carter Hull Library had been running it (director retired) 4th Mon of every month clinician T. Strecker, LMFT & Director H. McNeil LMFT, LADC. There are currently approx. 64,000 grandparents raising grandchildren in CT.</p> <p>-Collaboration with OS Police Dept Back-to-School distribution of backpacks & school supplies (August)</p> <p>J. Paradis: Thank you to YFS for helping drive Parks & Rec camp kids on Fridays to the splashpad during the summer.</p> <ul style="list-style-type: none"> • <u>Incoming Interns (5 new & 1 returning in Jan)</u> -Represent CCSU, Southern CT Univ, Univ New Haven -Increase availability in the schools & in the community -Great training and experience within our agency • <u>Fall programming and events (Sept-Dec)</u> *see Powerpoint Presentation • <u>Other:</u> -Thank you note from Peter Wisialowski (student rep graduated last year) -Community Foundation of Middlesex County-River Valley Fund for Families donated \$3,800 to YFS. <p>Feedback from Commission Members: -M Iadarola – nothing currently. -D. Plotkin: Athletes – Captains Council -M. Rafferty: Important to address any issues/concerns of the disconnect parents/schools having.</p>
VII. Old Business	Nothing to report.
VIII. New Business	Nothing to report.
IX. Other Business	Nothing to report.
X. Adjournment	Motion to adjourn D. Plotkin, motion seconded by J. Harder Meeting adjourned at 5:45 PM.

Submitted by,
Angela Gaidry, Recording Clerk

OSYFS SCHOOL PROGRAMMING

Fall 2023



IN SCHOOL SERVICES INCLUDE:

1:1 counseling

Attendance at PPT's and 504's

Facilitation of groups: Goodwin, OSMS/HS

Drop-in services at OSHS

Truancy Board

CSST attendance and participation

IN SCHOOL SERVICES CONTINUED

Age/developmental stage workshops
Prevention workshops—outside speakers
Teacher in-service



2023/24 PLANS

Goodwin: 4th grade boys group
Lunch bunch(es)
4th. Grade girls group

MIDDLE SCHOOL 2023/24

- 7th grade Boy's Council
- Wilderness Lunch Bunch
- Lunch Bunches gr.5-8
- 1:1 services and family options at agency
- Coping Skills Group

HIGH SCHOOL 2023/24

- Drop-in Tues./Thurs. during flex (extended hours as needed)
- Drop-in Wed. theme-specific
- Groups as needed and requested by guidance staff
- 1:1 sessions as requested and family support at agency

MEMORANDUM OF UNDERSTANDING

- The current draft of the MOU:
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- “Our goal is to support students within the OSPS, the staff of the OSPS and the family members within the community.”
- The in-kind report indicates how we utilize grants and other funding to support this service connection

AREAS OF FOCUS

**DETERMINED BY INPUT FROM CLIENTS,
FEEDBACK AND INPUT FROM SCHOOL TEAMS**

- Every other month we meet as a team
- (CSST- Collaborative Support Services Team) has been meeting since 2011 and discuss shared cases, have trainings, speakers, and create an atmosphere for out-of-the-box thinking to support some student/family complex situations

SUMMARY

Every point of contact is an opportunity for us to connect the student and family to the continuum of care and the larger community. We take these opportunities to increase their abilities to attend school, take part in pro-social activities, get involved in a creative outlet, get connected to another caring individual.



THANK YOU

Heather McNeil LMFT, LADC
Director