Old Saybrook Youth & Family Services  
Commission Meeting  
Tuesday, September 6, 2022; 5:00 PM  
Via Teleconference and In-person

YFS Commission Meeting Playlist: 
[https://www.youtube.com/playlist?list=PLbEt7-HiGQ8lg0PvMBKyID3YRDhLnur-W](https://www.youtube.com/playlist?list=PLbEt7-HiGQ8lg0PvMBKyID3YRDhLnur-W)  
“To collaboratively support and advocate for positive relationships in an inclusive community”

| I. Roll Call | Attendant Members: Mike Rafferty, Chair; Lisa Castro, Old Saybrook Middle School Counselor; David Plotkin, Community At-Large Member; Mary Ann Iadarola, Public Health Nursing Board Representative; Michael Spera, Chief of Police; Jonathan Paradis, Old Saybrook Parks and Recreation  
Absent Members: Jeff Harder, Community At-Large Member  
Attendant Student Representative(s): Carli Castro  
Absent Student Representative(s): Bradley Kulmann, Peter Wisialowski  
Attendant Staff: Heather McNeil, Executive Director  
Brittany Eckert, Prevention Program Coordinator  
Angela Gaidry, Commission Clerk |
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| II. Call to Order | Meeting called to order at 5:02 pm by M. Rafferty  
Pledge of Allegiance |
| III. Comments from the Public | None |
| IV. Approval of Minutes | Motion made by D. Plotkin to approve the minutes of Tuesday; June 7, 2022 as presented. The motion was seconded by M. Iadarola and approved. |
| V. Chairman’s Comments | Welcome back to 2022-2023 school year. Busy year ahead. As a commission, will continue to support YFS and H.McNeil.  
Intro of OSHS student representative in attendance – Carli Castro (junior).  
Not in attendance: Seniors Peter Wisialowski and Bradley Kulmann also participated with YFS at Camp Hazen last week. |
| VI. Director’s Report for 9/06/2022 | Summer Recap: Programming and Counseling Services  
- Freshman orientation and training with OSHS staff Kara Santopietro & Link leaders, YFS staff and interns.  
- Increased need for counseling services over the summer. With clinical staff & 2nd year interns had no waiting list – able to accommodate all the requests received.  
Staffing/Interns  
- At June mtg. mentioned 28hrs. clinician Samantha Steinmacher would be focusing full-time on private practice. Have filled the position - Trish Strecker will be returning to OSYFS. Trish (former CCSU intern same year as Adam Stahr) working past 3 years at sexual assault crisis center and private practice – high level intensity of clinical experience, certified through Dept of Education as a school based MFT. School will be happy to have her back. Will be at YFS a couple of days a week in September and then officially October 3rd.  
- Samantha continues to see clients in September (high trauma, EMDR – |
Survey 2022: grade 7-12, potential timeline

- Today met with Superintendent Jan Perruccio re: survey this fall. Youth Voices Count (not the Search survey historically since 1977).
- Youth Voices Count is a behavioral health survey, uses everyday language and conducive to grant applications. Target and efficient (20 minutes).
- Bonnie Weyland Smith (designer of the survey) used to work at UCONN as a researcher. Centers around data driven planning and program evaluation for Federal, State and local grant programs.
  H.McNeil meeting with Board of Ed September 27th with Bonnie (attending virtually).
- Looking to administer the survey in November (2nd week). School has another large survey in October (DESA – social, emotional learning development)
- Ease of administration, specific add-ons of questions, etc.
- Share the information (approx. 4 weeks or sooner)
- More information and details will be coming. Other languages available will need to discuss (additional cost).

Camp Hazen/LINK collaboration

- Camp Hazen Reflections/Feedback:

D. Plotkin- reputation of the event precedes itself. Valuable in-person experience for newest high school students especially since nothing during Covid. Important reminder of the importance of this event for transition from middle to high school. Collaboration of Kara Santopietro, YFS & chaperones. Other communities have asked how to facilitate it.

C. Castro- Agree with D. Plotkin. However, while important to get out of “comfort zone”, some students not happy that they weren’t with friends or at least 1 friend. Some do not get along and felt it was not the best experience for them.

J. Paradis- Great group that seemed to enjoy it. Nice to see leadership role of former summer staff member. Great experience.

B. Eckert- Great experience. Focus students to make good choices. Some got out of their comfort zone. Most had a positive experience.

B. Eckert invited a very impactful speaker, Matthew Rivera, to speak at Camp Hazen. Met at a Positive Youth Development conference (June) Topic: facing fears, life, new changes is about going down an unknown path with no map, need to figure things out.

Thank you to OSHS staff Alex and Mark.

B. Eckert - Prevention Program Coordinator Recap (E3/drop-in, CYSA, CADCA, Marijuana & Zoning)

- Successful collaboration of LINK & YFS
- E3 group on Mondays (back 9/12)
- OSECC: One Book One Town (Oct) story walk with Acton Library (Emily Sheehan, Children’s Librarian) “Just Ask- Be Different, Be Brave, Be You” by Sonia Sotomayor. Sale of purple lights throughout the community.
- Free Little Library – Town Beach (needed some repair & upkeep, thank you to Heston Sutman) and Trask; continually stocked & utilized frequently.
- E3 students preparing for CT Youth Service Association (CYSA) – giving a presentation on mental health, connection & advocacy.
- CADCA – Annual leadership conference (in-person) end of Jan/Feb
- High School Advisory – Kara Santopietro asked for help from YFS to be involved during flex time. Health classes.

H. McNeil – some students attended zoning board meeting re: marijuana dispensary. Chief Spera - regulatory review of proposed location; received new traffic study for recreational marijuana right off I-95, warrants further discussion.

**Community Programming**
- OSPD, Social Services 120-150 backpacks with school supplies
- SS provided info for other programs community members may qualify for.
- Economic Development – Starlight Festival Sat. Dec 3 only on town green @1:00-4:00pm? Activities at low or no cost to families.

C. Castro: community service opportunity for high schoolers i.e. One Book One Town? B. Eckert will discuss with school administrations.
J. Paradis – Parks & Rec will have program opportunities as well.
C. Castro: Morning announcements - please give information to OSHS so students know. Graduation requirement.

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<th>VII. Old Business</th>
<th>Nothing to report.</th>
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<td>VIII. New Business</td>
<td>Change November date from Nov. 1 to Nov. 8 due to conflicts (M. Rafferty, H. McNeil both unavailable)</td>
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<td>Motion to move the November date made by Chief Spera, seconded by J. Paradis.</td>
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<td>Future discussion: think about changing meetings to every other month.</td>
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<td>IX. Other Business</td>
<td>Nothing to report.</td>
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<td>X. Adjournment</td>
<td>Motion to adjourn M. Iadarola, motion seconded by L. Castro</td>
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<td>Meeting adjourned at 5:43 PM.</td>
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Respectfully submitted,
Angela Gaidry, Recording Clerk