

**Old Saybrook Youth & Family Services**

**Commission Meeting**

**Tuesday, November 10, 2020; 5:00 PM**

**Via Teleconference Due to COVID19/Corona Virus State of CT Public Health Emergency**

**Direct link to the recording:**

**Y&FS Commission Meetings:**

[https://www.youtube.com/playlist?list=PLKX0JMf1KPp8lRBZS\\_ZdP8IwLPaujsfIH](https://www.youtube.com/playlist?list=PLKX0JMf1KPp8lRBZS_ZdP8IwLPaujsfIH)

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

<b>I. Roll Call</b>	<p><b>Attendant Members:</b> Mike Rafferty, Chair; Michael Spera, Chief of Police; Lisa Castro, Old Saybrook Middle School Counselor; David Plotkin, Community At-Large Member; Jeff Harder, Community At-Large Member</p> <p><b>Absent Members:</b> Jonathan Paradis, Old Saybrook Parks and Recreation, Mary Ann Iadarola, Public Nursing Board Representative;</p> <p><b>Student Representatives:</b> Joe Bradley, Kyle Wisialowski <b>Absent Student Representatives:</b> Libby Stuart <b>Attendant Staff:</b> Heather McNeil, Executive Director</p>
<b>II. Call to Order</b>	<p>Meeting called to order at 5:00 PM. Pledge of Allegiance</p>
<b>III. Comments from the Public</b>	<p>No one from the public was present.</p>
<b>IV. Approval of Minutes</b>	<p><b>Motion</b> made by J. Harder to approve the minutes of Tuesday, October 6, 2020 as presented. The motion was seconded by L. Castro and approved.</p>
<b>V. Chairman's Comments</b>	<p>M. Rafferty re: YFS publicity &amp; programs- encourage all commission members to recognize/know about the various programs YFS initiating (examples: suicide program, Narcan training, virtual C.A.F.E., etc) J. Harder- will be submitting article to OS Events magazine re: commission</p>
<b>VI. Director's Report for 11/10/2020</b>	<p><b>Community Programming</b> Community and Family Engagement (C.A.F.E.) Interactive conversations with community and trained professionals. Recent Nov. 9<sup>th</sup> Parenting Teens During COVID - 12 attendees from various towns. Q &amp; A and to find out what other topics of interests. Upcoming Nov. 17 &amp; 19 Adult Mental Health First Aid TBD Youth Mental Health Dec. 8 Suicide Prevention (C. Graham, S. Steinmacher, H. McNeil) All C.A.F.E. will be recorded and videos uploaded a few days later.</p> <p><b>Topical Issues</b> Anti-Bias Training- more information to come from town, Selectman's office</p> <p>BLM leaders and other groups- would like to see more communication from school district &amp; YFS addressing George Floyd Challenge incident involving OS students.</p> <p>OSPD followed up but “no law was broken” and “it wasn't during school hours”. As a community and in the schools there needs to be a conversation ...how to start? Support and education for those involved and the community-at-large.</p>

L. Castro- OSMS students voicing opinions on immigration which is challenging. As educators need to support and educate students and parents. Help those personally affected as well.

K. Wisialowski- OSHS student advisory mtg. addressed the specific incident when it initially occurred but nothing further. More discussion needs to happen re: discrimination, etc.

H.McNeil- students want to talk freely. Had a Fireside Chat scheduled with 16 students planning to attend but was cancelled due to bad weather and the town going to “red” due to COVID.

Suggestion for a Diversity Committee- more information required.  
YFS commission full. For vacancies it’s through the Selectman’s office.

Interns/Staff working on several upcoming programs to help. One area of concern includes isolation that students and adults experience even within the home.

#### **Youth Action Council (YAC)**

Annual YAC Pasta Dinner - Masons provide the supplies, prepare all the food. Proceeds donated to YAC. This year the students wished to donate to H.E.A.T. (who was unable to run their own annual event this year due to COVID).  
At the event, 3 students signed up but 13 actually came to help flag cars, decorate, deliver curbside, etc. Very positive and successful event.

Helping “neighbors in need” – Meals on Wheels – 2 recent high school graduates helping YFS coordinators W. Mill and B. Eckert deliver meals to seniors/other home bound individuals. Nice interaction.

#### **E3 Governor’s Prevention Partnership (GPP)**

J. Bradley – group working on PSA Mental Health or Drug Prevention  
Long-term goals and action-based programs  
Sticker Shock program @ stores that sell alcohol. Help bring awareness to Social Hosting Liability Laws and underage drinking.  
GPP recognizes OS E3 students for their strong dedication and initiatives. Meetings postponed but hope to have virtually for OS E3 students to speak about what they do and how successful they have been- mentor others.

S. Steinmacher (YFS clinician) with A. Pelletier (YFS Intern)  
“Mindfulness for Teachers”

FindCalm OS youtube channel

<https://www.youtube.com/channel/UCETPoNzYoW7lwEmu-RGYInQ>

#### **Holiday Giving/Seasonal Needs with Old Saybrook**

##### **OSPD**

**Turkey Event @ Stop & Shop November 21-22.**

**Turkey Distribution November 23-23 @ 2:30-6:00 Place TBA**

OS Community struggled with the change in how to run the Holiday Giving program. Many individuals and businesses did not want to give gift cards for various reasons. There will be a toy drop-off at the police station. **Donations to be received no later than Thursday, December 17<sup>th</sup> and distribution Friday, December 18<sup>th</sup>.**

	<p>Help is available for heating assistance, food assistance, etc.  YFS and Social Services are meeting the need in our community. Confidentiality is always paramount. Contact Susan Consoli, Social Services 860-395-3188</p>
<b>VII. Old Business</b>	Nothing to report.
<b>VIII. New Business</b>	<p>Action steps and advocacy or report on initiatives by Commission members.</p> <p>Chief Spera - impressed by H. McNeil and YFS staff for adapting during this unprecedented time. YFS team pivoted and initiated telehealth services, helped groups stayed connected, staff pitched in to make sure no one slipped through the cracks. H.McNeil is a true leader in the profession. OS is fortunate to have her. She thinks out of the box and remains forward thinking. Proud of YFS.</p> <p><b>Next YFS Commission meeting December 1<sup>st</sup>.</b></p>
<b>IX. Other Business</b>	Nothing to report.
<b>X. Adjournment</b>	<b>Motion</b> made by M. Spera to adjourn the meeting at 5:43PM. The motion was seconded by D. Plotkin and approved.

Minutes taken from video recording on November 12, 2020  
Angela Gaidry, YFS