

**Old Saybrook Youth & Family Services
Commission Meeting
Tuesday, February 2, 2021; 5:00 PM
Via Teleconference Due to COVID19/Corona Virus State of CT Public Health Emergency**

YFS Commission Meeting Playlist:

https://www.youtube.com/playlist?list=PLKX0JMf1KPp8lRBZS_ZdP8IwLPaujsfIH

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

I. Roll Call	<p>Attendant Members: 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, Jonathan Paradis, Old Saybrook Parks and Recreation, Mary Ann Iadarola, Public Health Nursing Board Representative</p> <p>Absent Members: N/A Student Representatives: Kyle Wisialowski Absent Student Representatives: Joe Bradley, Libby Stuart Attendant Staff: Heather McNeil, Executive Director Chelsea Graham, LCSW, YFS Clinician Samantha Steinmacher, LPC, YFS Clinician Angela Gaidry, Commission Clerk</p>
II. Call to Order	Meeting called to order at 5:02 PM by M. Rafferty Pledge of Allegiance
III. Comments from the Public	No comments.
IV. Approval of Minutes	<p>Motion made by D. Plotkin to approve the minutes of Tuesday, January 5, 2021 as presented. The motion was seconded by J. Paradis and approved.</p>
V. Chairman's Comments	M. Rafferty commends H. McNeil & YFS Team for the great programs being offered.
VI. Director's Report for 2/02/2021	<p>Introduction H. McNeil: Introduce clinicians Chelsea Graham and Samantha Steinmacher to speak about the current treatment plans and kinds of work doing now. Chelsea has been with YFS since 2011 and Samantha recently had 5 yr. anniversary w/YFS.</p> <p><u>Samantha:</u> since start of pandemic (March) the initial concern was loss of resources, activities, and help clients to adapt with coping strategies as there was limited access for clients, no after-school programs, no going to gym, etc. Work to put together “stress management toolbox” i.e. resources, newsletter. Help clients figure out to adjust in a healthy way, be flexible, and accept here & now. Life “after COVID”- how to go back to in-person? Some clients and community members are thriving in isolation (example no bullying @ school or work, etc). They may require some new strategies for re-adjustment.</p> <p><u>Chelsea:</u> more of a need for support in general. Maintain the connection. If missed appointment, clients wish to reschedule quickly. Initially some anxiety/fear but also many happy to be safe at home. Others are experiencing burnout after 11 mos. Continue to work with school for some programs (ex. Chill Camp, Zen) Help students and parents with adjustments.</p> <p>H. McNeil mentions importance to maintain services with students in collaboration with providers within the community, school counselors and other clinicians.</p>

	<p>Thank you to L. Castro and other support staff within the schools. H. McNeil – reminder tonight 6:30 budget presentation to Board of Finance.</p> <p>Coordination between Social Services, OSPD and YFS March-Dec 2020 up +144 households (289 members) for services; 358 households (740 members) Social Services Coordinator Susan Consoli works tirelessly accessing resources during resident's periods of high need and distress. She is assisted w/intern M. Finnegan.</p> <p>C.A.F.E. series for February Feb 3 Home Management re: autism Applied Behavioral Analysis</p> <p>Feb. 9 Trans Awareness with Jillian Celentano. www.transawareness101.com HMcNeil made Commission aware there was some negative feedback related to this CAFÉ topic and encouraged them to attend. Proposed virtual assembly within OSHS, student rep Kyle W. believes school community would definitely benefit from the presentation.</p> <p>Feb. 18 Teen Relationships in 2021- C. Graham Feb. 25 How Substances Can Affect Family & Friends – W. Mill, B. Eckert</p> <p>Positive Youth Development programming: E3 and Young Adult Group CADCA (based in Washington, DC) Young Adult Group (ages 18-24) consistently 9-10 individuals facilitated by C. Graham w/2 MFT interns.</p> <p>United Way Funding All YSB under state legislative mandate to provide prevention education, positive youth development programming and community needs. H. McNeil – grant for many years. Assets in Action grant reduced 47-50% Possible future funding will be awarded to Middlesex County with the idea that it will need to be shared among the communities served. However, each community serves different needs, clients, etc. Meeting with Middlesex County directors next week to work towards identifying possible shared goals. H. McNeil along with program coordinators to become Certified Prevention Specialists to explore/gain access to other funding resources.</p> <p>School-based programming H. McNeil – health classes continue at OSHS. Special thanks to OSHS administration and new health teacher at OSHS. Goodwin group- emotional regulation (Zen) with 3rd grade students and special session with parents following.</p> <p>Chief Spera OSPD helping seniors (75+yo) navigate the VAMS system to get them scheduled for the vaccine. Old Saybrook is currently 2nd (highest per capita) in CT. Hoping the state will open up the program for ages 65+ soon.</p>
VII. Old Business	Nothing to report.
VIII. New Business	Action steps and advocacy or report on initiatives by Commission members. Next YFS Commission meeting March 2, 2021.
IX. Other Business	Nothing to report.
X. Adjournment	Motion made by Chief Spera to adjourn the meeting at 5:26PM. M. Iadarola seconded. The motion was approved.

Respectfully submitted,
Angela Gaidry, Recording Clerk