

**Old Saybrook Youth & Family Services
Commission Meeting
Tuesday, November 8, 2022; 5:00 PM
Via Teleconference and In-person**

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; Lisa Castro, Old Saybrook Middle School Counselor; David Plotkin, Community At-Large Member; Jeff Harder, Community At-Large Member; Mary Ann Iadarola, Public Health Nursing Board Representative; Michael Spera, Chief of Police;</p> <p>Absent Members: Jonathan Paradis, Old Saybrook Parks and Recreation</p> <p>Attendant Student Representative(s): Carli Castro, Bradley Kulmann</p> <p>Absent Student Representative(s): Peter Wisialowski</p> <p>Attendant Staff: Heather McNeil, Executive Director Adam Stahr, YFS Clinician, LMFT Brittany Eckert, Prevention Program Coordinator Angela Gaidry, Commission Clerk</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. Spera to approve the minutes of Tuesday; September 6, 2022 as presented. The motion was seconded by M. Iadarola and approved.
V. Chairman's Comments	<ul style="list-style-type: none"> • New Logo – modern, great colors, welcoming to all • Programs & events for all – YFS continue to do good work in the community • Advertising of programs well done
VI. Director's Report for 11/08/2022	<p><u>Logo</u></p> <ul style="list-style-type: none"> • Open Door (previously reflected on the house logo) – open to all residents of the community • Colors of Town Seal <p><u>Adam Stahr, Clinician LMFT – Collaboration within schools</u></p> <ul style="list-style-type: none"> • Collaboration with the schools in the district • Goodwin – groups for girls/boys in 2nd & 4th grade (Clinicians Trish & Adam), social & emotional skill building • OSMS – guidance & administrative staff, great partnership. Interns. Lunch bunches, groups, 1:1 therapy, great feedback. • OSHS – drop-ins (Tues/Thurs), great success, various grades & wide range of students (some new as well as familiar faces). Demand has been greater. Working to accommodate the need. Collaboration with staff has been great. • D. Plotkin – Has observed an increased need with more students asking to attend drop-in.

Student Representatives

- Brad K. – Drop-in is a great resource; needed
- Carli C. – Homecoming good turnout, outdoors, better than last year
- Included Westbrook students (D. Plotkin total= 390 total)

ARPA Funding

- Application process 9-10 mos long. Funding approved by BOF last week.
- Town mtg. Nov 28th encourage town residents vote to approve.
- Social Services \$242K and YFS \$95K – mental health services for youth & students, positive youth development, programming, etc.
- Additional 3hrs/week for licensed clinician – increased rate of service, increasing trends, suicide prevention
- An available bi-lingual MSW challenging to find at this time – heavily utilized elsewhere & at much higher pay rates. Need approved. Outreach work between student, schools & family, bridge the gap. Specialized position for clinical work.
- Part-time Prevention Program Coordinator approved for additional hours.
- L. Castro commented it is a hard time finding bi-lingual therapists

December community/parent/caregiver survey

- Original student survey that was presented to district & school leadership did not get approval at this time. Maybe next academic year.
- This new survey is not as substantial as original. Some data for post-covid. Need data to support. Hope to identify needs within the community, student mental health, areas of needs, etc.
- Superintendent did agree to distribute via parent/grandparent/caregivers email database in order to reach community; access to the students. English and Spanish. Gather information to write grants.
- Always looking for ways to connect, communicate w/people throughout the community
- Rebuilding connections “have you or anyone you know utilized any YFS programs?” Wilderness, YAC, mental health services, social services, etc.

Staffing

- Vacancy: 1 part-time Prevention Program Coordinator. Challenging as other YSBs using ARPA funding to hire as full-time position with higher rate of pay and benefits. Need to be more qualified than this position previously written for.

CYSA Annual Conference presentation (B. Eckert)

- CT Youth Service Association presentation – vulnerable sharing

B. Eckert, Program Coordinator- E3 updates

- Meet every other Mon@ YFS & in-school (Wed – flex)
- Reconnection & re-building connections (30 students)
- Sticker Shock – local package stores, do not sell if under 21
- Gov Prevention Programs (Nov 28, Dec 5 – health classes)
- CADCA – January
- Turn OS purple, Book Walk (Just Ask), & Flower Walk – great turnout.
- OSECC Seasons of Books – Acton Library (7 days of reading with family), Documentary Chasing Childhood w/discussion (possibly @ The Kate)
- Volunteers – Estuary?

	<u>Community programming and events</u> <ul style="list-style-type: none"> • Starlight Festival (2-6pm on Sat. Dec. 3rd) –fundraiser to SSKP • Interactive art installation • Hero Tree, choral groups, various speakers, Gold Star moms, etc. • Turkey Drive – distribution date 11/21-11/22 • Holiday Giving – English/Spanish, available on the website, toy drive @ OSPD drive-thru • OS Westbrook Exchange Club – fundraiser funds • Emblem Club – provide cooked meals to those in motels, seniors, etc.
VII. Old Business	<p>Discussion re: meeting every other month</p> <ul style="list-style-type: none"> • Chief Spera proposed a meeting schedule of certain months (i.e. may vary depending on activities/events & needs) • Agenda – vote next month vote
VIII. New Business	Next YFS Commission meeting December 6, 2022.
IX. Other Business	Nothing to report.
X. Adjournment	<p>Motion to adjourn D. Plotkin, motion seconded by J. Harder</p> <p>Meeting adjourned at 5:51 PM.</p>

Respectfully submitted,
Angela Gaidry, Recording Clerk