

**Old Saybrook Youth & Family Services  
Commission Meeting  
Tuesday, May 2, 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”*

<b>I. Roll Call</b>	<p><b>Attendant Members:</b> Mike Rafferty, Chair; Jonathan Paradis, Old Saybrook Parks and Recreation; David Plotkin, At-Large Member; Mary Ann Iadarola, Public Health Nursing Board Representative; Lisa Castro, Old Saybrook Middle School Counselor; Jeff Harder, Community At-Large Member; Michael Spera, Chief of Police</p> <p><b>Absent Members Excused:</b> n/a  <b>Attendant Student Representative(s):</b> n/a  <b>Absent Student Representative(s):</b> Carli Castro, Peter Wisialowski, Bradley Kulmann</p> <p><b>Attendant Staff:</b>  Heather McNeil, Executive Director  Adam Stahr, LMFT  Trisha Strecker, LMFT  Brittany Eckert, Prevention Program Coordinator</p>
<b>II. Call to Order</b>	Meeting called to order at 5:00pm by M. Rafferty Pledge of Allegiance
<b>III. Comments from the Public</b>	None
<b>IV. Approval of Minutes</b>	<b>Motion</b> made by M. Iadarola to approve the minutes of Tuesday; March 7, 2023 as presented. The motion was seconded D. Plotkin and approved.
<b>V. Chairman's Comments</b>	<ul style="list-style-type: none"> <li>• Thank you, Angela – continually a great job on the minutes.</li> <li>• Congratulations to D. Plotkin as new OSHS Assistant Principal.</li> <li>• Hope all had a nice April vacation</li> </ul>
<b>VI. Director's Report for 05/02/2023</b>	<ul style="list-style-type: none"> <li>• <b>H. McNeil:</b> New brochure – thank you A. &amp; B. Gaidry for putting together brochure; incorporating the new YFS logo &amp; colors.</li> <li>• <b><u>Thank student reps</u></b> Seniors- B. Kulmann, P. Wisialowski – heading to college Willingness to be transparent, speaking up on matters when difficult. Congrats on plans after OSHS. C. Castro – continuing as student rep. Commission will appreciate any recommendations for additional student rep members for the year (junior, senior).</li> <li>• <b><u>Summer Programs</u></b> -Brochures in Spanish &amp; English. School distributes for us. -A few programs already FULL. Others 50% capacity, both weeks of community service filled, a few programs not filled. People have so many options between YFS, Parks &amp; Rec, the schools, The Kate, etc. All working to fill the needs, support &amp; interests of the community.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b><u>Community Collaboration</u></b>  -Invited to sit in on a meeting @ Lions Club discuss Sept. Health &amp; Wellness Fair. Same time as ‘One Book, One Town’ – good tie-in, opportunity for wellness checks (eyes, dental), mental health, etc.   -<b>Starlight Festival</b> – 1<sup>st</sup> weekend in December (3<sup>rd</sup> one), economic development, OSPD, etc. Funding from the town.  After last year’s bad weather, planning this year in case of inclement weather to utilize all of Parks &amp; Rec space, if needed   - <b>L. Castro:</b> Wellness Days @ schools went well. OSHS students, interns help @OSMS. Appreciate YFS staff being there.   -<b>H. McNeil:</b> Feedback from staff &amp; students was positive, students engaged. Powerful speaker.   -<b>B. Eckert:</b> vaping presentation @ OSMS. Activity on values, impact that vaping has on values, friends, family, etc. </li> <li>• <b><u>VEOCI –</u></b>  - State Dept Education (SDE) new mandated Data Entry Collection System – for consistency across YSBs for collection of information by July 1<sup>st</sup>.  -Data inquiry for clinical information, truancy, youth use data, etc. </li> <li>• <b><u>Mental Health Services: Director and Clinical Team – Adam Stahr, LMFT and Trish Strecker, LMFT –</u></b>   988 – raise public consciousness for mental health &amp; suicide issues  Presentation: May = Mental Health Awareness Month   *PowerPoint presentation of YFS services (attachment)   J. Paradis – Thank you. greatly appreciate the work &amp; support Heather, Trish, Adam do personally and in the community.  B. Eckert: other towns find it amazing &amp; unusual the ties/partnership YFS &amp; schools, community.   H. McNeil – will send updates during the summer. Any questions reach out.   Have a great summer! </li> </ul>
<b>VII. Old Business</b>	D. Plotkin: OSHS admin team, YFS, student reps, E3 (“youth prevention coalition”) met for very candid & informative conversations about proactive strategies within the OSHS.
<b>VIII. New Business</b>	Nothing to report.
<b>IX. Other Business</b>	Reminder: Town Referendum vote Tues, May 9 <sup>th</sup>
<b>X. Adjournment</b>	Motion to adjourn M.Rafferty, motion seconded by D. Plotkin Meeting adjourned at 5:45 PM.

Submitted by,  
Angela Gaidry, Recording Clerk



# OSYFS Mental Health Services

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## Maslow's hierarchy of needs



# Referral sources

SCHOOLS

PRIMARY CARE/PEDIATRICIANS

SELF-REFERRAL/PARENT/FORMER CLIENT(S)

OTHER PROVIDERS

# LEVELS OF CARE

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OUTPATIENT BEHAVIORAL HEALTH

PARTIAL HOSPITALIZATION (PHP)

INTENSIVE OUTPATIENT (IOP)

Things that impact LOC are levels of symptomology, chronicity, supports, levels of functioning, previous hospitalizations, medication, insurance



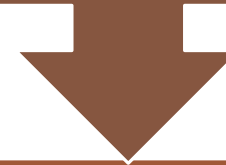
# Who are our clients?

They're often just like you and I

OS Residency requirement

## Intakes/Assessments

Appropriate for this level of care; conversation with Director by phone



Short history taken, need for services detailed, permission to connect with referral source



Case assigned to clinician—clinician calls to schedule intake appt.  
If for a minor, we meet with parent/guardian first to gather information. We use Simple Practice, an Electronic Health Record, and intake packet is e-mailed to client/parent.



# NUMBERS

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CLIENTS WE BILL INSURANCE FOR JULY 2022-MAY 2023 71

<u>Amount collected</u>	<u>\$50,303.14</u>
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ADDITIONAL CLIENTS SEEN HERE AT THE AGENCY 17

(uninsured)

WE SEE ANOTHER 115 PER WEEK (ON AVERAGE) WITHIN THE SCHOOL. This is 2 licensed clinicians, 2 interns and 2 practicum students.