

Minutes for April 11 meeting of the Youth Advisory Council

The meeting was held in person at the Town Safety Building. In attendance were: Dr. Malcolm Astley, Wayland School Resource Office Shane Bowles, Wayland Police Dept. Sgt. Tyler Castagno, Ms. Pamela Cerne, Ms. Allison Kates, Rabbi Louis Polisson, Chair Lisa Raftery, Ms. Brenda Ross, and Youth & Family Services Director Jason Verhoosky. Also in attendance were two prospective members: Ms. Caroline Hanlon and Ms. Sherre Greenbaum. The minutes were taken by Mr. Peter Bochner.

At 5:35, Chair Raftery made a motion to call the meeting to order. The motion was seconded by Sgt. Castagno, and then yes votes were made by Ms. Cerne, Dr. Astley, Ms. Ross, Sgt. Castagno and School Resource Officer Bowles.

The members of the group introduced themselves to Ms. Hanlon and Ms. Greenbaum. Ms. Greenbaum said she was on the Board of Public Works and was interested in the opioid settlement fund task force as well as the Youth Advisory Council. Ms. Hanlon said she had graduated from Wayland High School and had two children in Loker. She said that Sgt. Castagno had suggested she join the board. She said she had a strong interest in sobriety issues.

Chair Raftery started the meeting by announcing the committee had “a slew of minutes to approve.”

Chair Raftery made a motion to approve the January meeting minutes. The motion to approve was seconded by Ms. Cerne, then it was put to a vote. Yes votes were made by Ms. Cerne, Dr. Astley, Ms. Ross, Det. Castagno, Rabbi Polisson and Chair Raftery.

Ms. Ross suggested a small change to the February meeting minutes. Mr. Bochner said he would make the change. Chair Raftery made a motion to approve the February pending the change being made. Her motion was seconded by Sgt. Castagno. Aye votes to approve the February minutes were made by Ms. Cerne, Dr. Astley, Ms. Ross, Sgt. Castagno, Rabbi Polisson and Chair Raftery.

Chair Raftery then made a motion to approve the March meeting minutes. Dr. Astley seconded the motion. Aye votes to approve the March minutes were made by Dr. Astley, Ms. Cerne, Ms. Ross, Sgt. Castagno, Rabbi Polisson and Chair Raftery.

School Resource Officer Bowles said he was working on finding a comfort dog to bring into the Wayland Police Department. He said he was on a list for a Labrador Retriever out of New Hampshire. He said, “It is interesting to see the dynamic of the dog Ricky at Loker. He said the Wayland Police Dept. Chief [Ed] Burman is “all in” on the acquisition.

Ms. Cerne mentioned that getting such a dog was an expensive proposition, in the \$25,000 range.

School Resource Officer Bowles said it would be less expensive than that because they will get the dog as a puppy and he would be doing all the training. He said, "I'm really looking forward to it."

He then mentioned that the adult RAD class was coming up at the beginning of June. It will be a two-week course consisting of four three-hour sessions on Monday June 5, Thursday June 8, Monday June 12 and Thursday June 15. He said it was take place at Loker and the instructors will be "myself, Tyler and Melissa Lang. She took the course, loved it and is now teaching it."

He said he will also be doing the Youth Police Academy in late August in Marlborough.

Chair Raftery said she heard they were having trouble filling the RAD classes.

School Resource Officer Bowles said that was true when Parks & Rec ran it, but he said that when he was running it, it was full.

Ms. Ross said, "I took it. It was great."

Det. Castagno said that after a football player had suffered an episode on the field, he was working with the Wayland Fire Dept. to obtain a defib machine. The cost was about \$1500.

Chair Raftery announced that the date of the final YAC meeting of the season had been moved to June 6 due to a conflict. It will be held at Congregation Or Atid. Dr. Polisson gave the temple's address of 97 Concord Road and said the meeting will start at 6 p.m.

Mr. Verhoosky said that with the opioid settlement fund, the hope was that "we can commit to working on a space in the Town Building for Youth & Family Services (Y&FS)." He said he would provide an update on the space later in the meeting.

Dr. Astley said that the White Ribbon Group had held an event at the Sudbury Public Library on March 20. The speaker, David Abrams from EMERGE, gave a talk on trying to help men who batter their partners. Dr. Astley said the meeting was well-attended, that a video of the meeting was available online through Waycam, and he was looking for feedback.

He announced that he on the following day he was going to be formally appointed to the Governor's Council under Gov. Maura Healey. He said the Council consists of a wide range of folks from different spaces.

Dr. Astley then said he wanted to urge that the YAC outline the process for the four forms/initiatives. Chair Raftery pointed out that that item was on the meeting agenda. He then asked about plans to hire a social worker to work with the Wayland Police Dept.

Clinical update

Mr. Verhoosky gave the clinical update. He said that [clinical supervisor] Kelsey [Sanclemente] was with a client tonight, but will be here for the May and June meetings. He said, "We maintain a full schedule, with Kelsey as the sole clinician. We are seeing another rise in requests for services, after it had evened out for a couple of months. We have three candidates for the open position [of clinician, when Ms. Sanclemente moves up]. We will be interviewing next Tuesday [April 18]) and hopefully wrapping up the interview process in time to have the new clinician at the May or June meeting. As far as space, we do continue to see the majority of clients remotely. When we do need to see people in person, Kelsey has been able to find a space in town somewhere. Now that the weather is nice, we are doing outdoor walking sessions."

He then said he had spoken to the new town manager, and were looking at options for a rotating space for Y&FS. He was hoping that as different departments shift, that Y&FS would have a dedicated space, but he had been given no specifics.

Ms. Cerne asked if there was a timeline, due to the serious amount of clinical work being discussed.

Mr. Verhoosky said, "I feel very positive about it. We had a conversation yesterday, the town manager has a firm handle on what we need, and wants to move things along quickly."

Ms. Allison Kates entered the meeting and introduce herself to Ms. Carlson and Ms. Greenbaum.

Chair Raftery said she could not remember the last time "we had everyone at a meeting."

Ms. Kates said this was her first YAC meeting in person. She said she was a selectman's appointee two years ago.

Chair Raftery said the next agenda item was a WaylandCares update.

Mr. Verhoosky said the next meeting will be Tuesday, April 25. It would be an in-person meeting at Wayland High School, in either the staff lounge or guidance counselor room.

Ms. Cerne asked if the meetings were back at pre-COVID numbers.

Mr. Verhoosky said no. "A lot of our community engagement has dropped off. We want to rebrand, the let community know who WaylandCares is." In response to a question, he said, "It's an open meeting, anyone can come."

The next topic was the opioid settlement fund. Mr. Verhoosky said, "A hefty amount of work had been done. He had attended numerous meetings at both state level, with the MetroWest Health organization. The town has received a good chunk of money due to

the opioid settlement. This is not unique to Wayland. The state gets 60%, the remaining 40% goes to towns, based on population.

“The way it breaks down for Wayland, in total this settlement is \$51,505 between now and 2038. How that’s going to be distributed remains to be seen. We have received \$94,953. Two of those deposits were received in 2022. One was for \$15,683 and change, and one was for \$16,482. That’s good news, those funds should already have been allocated into the general fund, and should be brought to the Select board and then reallocated to the town fund where we can appropriate it.

“Moving forward, all funds will have to be put on warrant article for every year at town meeting. This allows the town to receive public input. The Attorney General’s office is trying to change that. I’ve had this discussion hundreds of times on how do we do that. On the plus side, Wayland is much further along than a lot of towns, although some are way ahead of us.”

Chair Raftery asked, “Who oversees it?”

Mr. Verhoosky said, “When I met with [acting town manager] Steven Crane, I did my best to put forth a proposal. We have a working committee at the town level, consisting of myself, Wayland Town Nurse Michele Schuckel, Director of Health Julia Junghanns, Town Manager Mike McCall, Police Chief Burman and Fire Chief [Neil McPherson]. The committee is not a closed group. We are also putting together a public group, because we need to see public comment. We need people with actual experience. All those things are happening.

“We’re predicted to receive \$20,000 to \$30,000 annually through 2038.

“We are looking at prevention and community education; that’s one pocket. Another is harm reduction and destigmatizing. Another is supporting actual users and their families through direct intervention. We will be providing physical supplies, including Narcan and fentanyl test strips, as well as training.

“As far as a youth and community approach, we will be increasing the current curriculum in education wellness programs, looking at the current state of opioids and synthetic opioids.

“We will be conducting a survey so that by the time students reach Wayland Middle School they are already making decisions around substances. We want them to make healthy decisions.

“The town social worker position that will work in conjunction with us and the COA [the Council on Aging], in conjunction with Julie Secord.

“In addition, community education, providing free training in the administration of Narcan and free availability of Narcan. Right now you can only get Narcan through

emergency providers. We will train the town staff and school staff. We are seeking different ways to make Narcan available to the public, with no questions asked,

“We have been running into some legal loopholes. We wanted to put this with the AED [automatic electronic defibrillator] boxes, but were told we can’t do that. We can’t just have sitting out there because it’s still prescribed. So we are looking to have signage at all spots to tell people where to go, where the first-aid and AED boxes are. When someone is overdosing, seconds matter.”

Asked if Narcan has an expiration date, Sgt. Castagno said it ranges from two to four years. He added that Narcan is completely benign.

Mr. Verhoosky said, “In addition to that, we are lining up speakers, such as [Dr.] Ruth Potee, and working with members of Learn to COPE.

“A lot of our other communities may not have the resources to offer short-term detox or additional recovery services. We are making people aware of drop-in centers, places to get food and medical attention or take a shower, and then move them into long-term recovery.

“We are looking to hire a community outreach coordinator, someone who is clinically licensed, someone to work with the police department on domestic violence. Most communities have this position. We are looking to use a chunk of this money to hire someone for two years. The hope is that the town then sees the value in this position and they do it.

“Because substances know no borders, we are looking to support regional efforts such as this. MetroWest Adolescent Health Survey data shows that few people are single-substance users, so we are going to look at the use of substances leading up to that.”

Dr. Astley asked, “Is the use of funds mainly directed at elementary schools? Can this also have a relationship focus? We need a universal approach that entails opioids, healthy relationships and alcohol.”

Ms. Carlson said that she had heard through a fifth-grade health teacher that the community outreach coordinator position had been approved.

Asked about the fentanyl test strips, Mr. Verhoosky said they will show whether fentanyl is in a substance. He said there are more and more cases of kids taking Adderall, and learning that fentanyl was in the pills.

He said that once a framework is in place, we will be putting together an opioid funding community task force.

Chair Raftery said the next item on the agenda is spring/summer alcohol messaging and social host liability.

Mr. Verhoosky said that in the next couple of weeks there will be an in-person event.

School Resource Manager Bowles said, "I will help anyway I can."

Mr. Verhoosky said the effort will be a multiprong focus. "We have event social host liability when we come back from April vacation, in the time leading up to proms, i.e., the last week of April, first week of May. In addition to that, we will be doing our trip through wellness programs, talking about alcohol and binge drinking, and cannabis. After that, towards the end of May, we will follow up with postcards."

School Resource Officer Bowles said there was an uptick this year in parties.

Mr. Verhoosky said that through SBIRT, all the 8th graders had been screened and that today the screening of 10th graders at the high school started.

Asked about the online influence in terms of substance abuse, Mr. Verhoosky said "we are seeing that more and more, particularly on TikTok and Instagram, around drinking and cannabis use."

Regarding social host liability, Ms. Kates said, "There are two schools of parents: One is no way no how, the second is that if my kids are going to do that, it is safer if they do it in my house."

Mr. Verhoosky said, "The problem with that is that if you're that second school, you're on the hook."

Dr. Astley said, "The Violence Prevention Task Force needs to address school shootings. This all fits together. Summer is the time when there is an uptick in violence. Kids in relationships are contemplating breaking up or actually breaking up. We need to be monitoring information points. I urge we do that."

School Resource Officer Bowles said, "Maybe a meeting or presentation could be done by Zoom."

Dr. Astley said, "I don't know who should be there. Maybe us, but we're not enough. We need to connect with parents."

School Resource Officer Bowles he had been at meetings with 50 parents, and some with only three.

Chair Raftery said, "Parents need to be educated."

Dr. Astley said, "[Dr.] Dossie [Kahn] [former supervisor of Y&FS) helped set up an initiative for breakups. We don't want to just wait. We hope we can ask the school committee and high school administrators what they have available.

Chair Raftery said, “We could take headlines from the survey and point them to parents.”

School Resource Officer Bowles said, “This is something that Jason and I, we could maybe do a night, where parents could ask questions of me, for legal, or Jason.”

Ms. Kates said, “The parents that come to these meetings are not the ones throwing the parties.”

Mr. Verhoosky said, “When people have young children is when they are the most focused.”

Ms. Kates said, “When kids are at a young age, they say, ‘I’m not gonna do that.’” She recalled the time one of her children tasted champagne and said they would never drink that.

Dr. Astley said, “The high school council is working on what they need to communicate. What do we need to have to keep the safety net in place?”

Chair Raftery announced it was 7:01, and time to wrap up the meeting.

Mr. Verhoosky said there will be another Youth night in May. He then turned to the agenda item of Violence Prevention. He said the Violence Prevention Task Force, consisting of [Wayland Middle School principal] Betsy [Gavron], [Wayland High School principal] Allyson [Mizoguchi] and [Counseling Department Coordinator] Marybeth [Sacramone], had met with Molly [Pistrang-Gomes], the coordinator at REACH. He said that the relationship violence reporting form was now in a testing phase, and that there was a user-driven transparency campaign related to what happens when you report a situation. We’ve done tests with students and staff to discuss the fonts being used, which keywords to use. Some are very simple. There is a link tree built into the QR code.

Another version of the form, he said, is much more in-depth. It will be distributed widely in schools, handbooks and school bathrooms. It should be ready to go for the fall.

Dr. Astley said, “I hope we can work out a plan of attack for each of the four initiatives [the four forms of the document].”

Chair Raftery said, “I will propose that for our next meeting. I will bump up violence prevention to the top of the agenda.”

Dr. Astley asked, “Can we get a school council member at the next meeting?”

At 7:11 p.m., Chair Raftery made a motion to adjourn the meeting. The motion was seconded by Ms. Cerne. Ms. Kates voted yes and Ms. Cerne voted yes.

Dr. Astley suggested reaching out to the Wayland Middle School and Wayland High School councils. He said, "I think it should be WaylandCares who does that." He aid that inviting someone to each meeting would "allow us to have a more in-depth conversation." He said, "The school council and the school committee are the groups with the most perspective."

Mr. Verhoosky said, "We can look to the school council, the Violence Prevention task force and school administrators. There is a lot of overlap in all those groups. For the time the Violence Prevention task force has the most impact.

Dr. Astley said, "If we can get those key players — Allyson (Mizoguchi), Betsy [Gavron], Marybeth [Sacramone] or [School Adjustment Counselor] James [Chiarelli] and Molly[Pistrang-Gomes] — you would cover all those groups with the most information for the last time.

Mr. Verhoosky said, "I will send the email."

Dr. Astley said he would love to get an update, and then voted yes to adjourn the meeting.

The meeting was adjourned at 7:18 p.m.

Mr. Verhoosky said the first two payments are \$15,683 and \$16,482. The largest payment is [approximately] \$62,000, but that is spread out over 30 years, an option to giving communities 10 years of payments.