

Minutes of the Youth Advisory Committee Meeting 2/5/16 9:00am

Members Present: Ms. Ruth Backman, Ms. Brenda Ross, Ms. Deborah Seidman, Dr. Malcom Astley, Ms. Sarah Greenaway, Rev. Theodore Crass

Also Present: Dr. Lynn Dowd, Dr. Dossie Kahn, Mr. Jason Verhoosky (WaylandCares)

Absent: Ms. Corrie Dretler (committee member), Ms. Jane Purser

The meeting was called to order at approximately 9:10 am by Ms. Seidman.

The minutes for 1/8/16 meeting were corrected with these changes:

- word “among” was added to Page 4 paragraph 3
- omit word “and” on Page 4 paragraph 7
- Define DBT (Dialectical Behavior Therapy)

Ms. Backman moved that the January minutes be accepted. Ms. Greenaway seconded the motion. The minutes were approved unanimously.

Staff Updates:

Dr. Dowd reports that referrals continue to be steady, new referrals and previous referrals.

Dr. Kahn reports that this is busiest time of year, but Wayland Youth and Families continues to be able to meet with clients within 2 week time period.

Ms. Seidman asked about any new referrals for diversion, brief discussion followed, no significant change in numbers were found.

Mr. Verhoosky reported that at the MOM to MOM meeting last month he presented the Metrowest Health Survey, information about E-Cigarettes, and gave an overview of programs WaylandCares is providing for Wayland. Jason spoke about availability of E-Cigarettes in Wayland and the places in town Ms. Purser was able to purchase E-Cigarettes and related items were brought to meeting for visual impact. WaylandCares also promotes the Developmental Assets Program which describes ways that communities and caregivers can provide optimal support for healthy youth development.

Mr. Verhoosky also reported on a mock trial that was held at the Wayland High School during winter week. Approximately 60 students attended and were given opportunity to argue for or against legalization of marijuana. This was presented as a prevention program with facts. WaylandCares did not advocate the use of marijuana. There was an interview with the Wayland Student Press following the mock trial.

Mr. Verhoosky also reported that WaylandCares is currently developing stickers and flyers for a prescription drop-off program in collaboration with the Wayland Police Department.

Mr. Verhoosky reported on upcoming program to be held at the Natick Mall called "Hidden in Plain Sight". This program is for ages 21 and over and is to promote awareness concerning teenage drug use.

Mr. Verhoosky reported on signs displayed by WaylandCares at the Wayland High School regarding "Healthy Decisions" during exams.

Ms. Seidman asked if there was a prevention group at the High School available for current "known" drug users with prepared topics for group discussion. A brief discussion followed. The committee took no action.

Dr. Kahn noted that programs promoting mindfulness and stress reduction are correlated with a decrease in drug use. She is hopeful that more programs will be available through WaylandCares in the coming year.

Mr. Verhoosky reported that he continues to have open conversations with different communities. He is currently working on bringing SBIRT (Screening, Brief Intervention, Referral to Treatment) to our Health Department as a quick useful tool to assess risk in teenagers. A brief discussion followed.

Mr. Verhoosky also reported that the WaylandCares Coalition is currently working on electing officers and filling subcommittee positions.

Ms. Ruth Backman asked if there was any awareness surrounding traditions such as the "Senior Show" at the Wayland High School and possible positive messaging for healthy choices during Spring. A brief discussion followed. No action was taken.

Ms. Dowd proposed that the Youth Advisory Committee become more familiar with:

- Developmental Assets Program
- SBIRT
- Drug Free Communities Grant

It was determined that a report on all three at one meeting would be too time consuming, so the committee voted to have WaylandCares report on SBIRT and Drug Free Communities Grant at the March 2016 Meeting. The vote was approved unanimously.

Ms. Seidman asked about any plans for youth input at meetings. A brief discussion followed, no action was taken at this time.

STATS: Dr. Dowd notes that there were more elementary school referrals recently. The committee discussed comparing these numbers at the end of the year for reference.

Ms. Seidman wonders why the referrals for diversion numbers are so low. A brief discussion followed. No action was taken.

BUDGET: Ms. Dowd reports that Wayland Youth and Families has already spent two-thirds of its salary budget. She will talk with Mr. Brian Keveny, the town Financial Director after the upcoming Special Town Meeting as to possible reasons.

Ms. Backman asked why we did not have to get town approval for separate budgeting this year. Dr. Dowd explained that the WaylandCares town funding was included in the general departmental budget this year. The Drug Free Communities funding is in a separate budget that is submitted to the federal funding source.

PROGRAM PROCESS/STRUCTURE: The committee agreed to hold this item over for the next meeting.

OTHER ITEMS: Dr. Astley mentioned his concerns in the area of teen suicide. A brief discussion followed. Dr. Kahn asked Dr. Astley if he would like to join Dr. Dodyk and Dr. Kahn to explore the possibility of additional prevention surrounding suicide.

Ms. Seidman voiced a concern over the terms we use when addressing families and if we are including family units who do not have parents in the community. A brief discussion followed with the understanding that all youth are “at risk” and we should consistently be encompassing this with our messaging.

Next meeting will be on March 4, 2016. We will start with check-ins where each member of committee will propose a topic they would like discussed at a future meeting down the road.

Meeting was adjourned at approximately 10:40am
Respectfully submitted by Sarah Greenaway