

Town Of Northborough Family & Youth Services

October 19, 2017 Meeting at 7:00 pm

1. The meeting was called to order with the necessary quorum.
2. The date of the next meeting was set for November 16, 2017.
3. The director's report was thorough and detailed.
 - a. FY 2019 Budget Proposal & Goals & Objectives
 - i. The town is planning to do a level funded budget. They can also do a supplemental one if they choose to do so.
 - ii. Staffing is a concern. Getting some clinical capacity is an objective, potentially by buying clinical hours (similarly to how Bedford buys clinical hours from Eliot Community Human Services) or leasing out space to someone and referring clients to them. However, some townspeople may push against this. Perhaps the town could offer currently-retired social workers volunteer positions. The town received a grant once for a year and a half but grants usually only pay for new programs, and they like to know how the service will continue once the grant money runs out. The town typically has an intern, but they are only here until May and some families are not comfortable being serviced by interns.
 - iii. Most goals encompass the education and empowerment of kids, families, and the community. One goal is to stop underage drinking and substance abuse by raising more awareness. Previously, Andy Egmont has spoken and a hidden-in-plain-sight program was offered for the community. Another goal is to raise awareness about the lack of mental health resources and to continue collaboration with the schools while raising awareness about the rise of mental illness in schools. Another goal is to create additional

opportunities to celebrate the role of family and youth in the town as well as to spread the word about the Search Institute's Forty Fundamental Assets which provides positive support for youth (guidance counselors and town social workers went to this presentation). Another goal is to potentially get youth liaisons to be able to vote on the Youth Commission Board.

- b. Substance Abuse Prevention Coalition (SAPC)
 - i. The SAPC has been focusing on alcohol, eighth grade vaping in schools, marijuana use by high school football players, and general substance abuse by children and teens.
 - ii. There is a meeting scheduled for November 8th at Algonquin Regional High School for a showing by Mark Wahlberg's brother of "If Only," an intense film about prescription drug misuse. Substance abuse in general is a rising issue, as three or four post-graduates of Algonquin Regional High School have died from opioid use during this school year and some students currently at the school are becoming addicted to opioids.
 - iii. The new profile of the opiate user in the 2010's describes that 70% of users are white and 90% are from the suburbs.
- c. Ayako Reich – Youth Council ARHS & Southborough Youth & Family
 - i. Ayako Reich is working with Southborough Youth & Family Services to form a Youth Council at ARHS. They have recruited some kids from ARHS, and Ayako has begun to make a Google Form to share with students at the school.
 - ii. Goals for this Youth Council include empowering young people, getting their ideas of what they need in the community, and fueling their participation and initiative within the community. Hopefully, these youth

could meet with Northborough and Southborough leaders to give suggestions.

- d. Melican Middle School Monthly Meetings
 - i. Northborough Family & Youth Services has been invited to attend MMS staff meetings once a month. There is concern in the school about major mental health issues, with symptoms including dangerous and aggressive behaviors, anxiety, and suicidal ideations.
 - e. By-Law Proposals
 - i. Town personnel have been discussing the town by-law that delegates that non-union town personnel receive the average raise of what employees in unions get, as long as it has been decided by town meeting. With not all union contracts being negotiated by this time, this can intrude upon this happening.
 - ii. There is interest in revising this by-law. Town personnel would like to further discuss this option with John Coderre.
 - f. Massachusetts Municipal Association (MMA) Human Service Council Speaker
 - i. Once a year, the MMA holds an annual meeting and two-day conference which includes panel and questions. The upcoming one is planned for January of 2018, around the 19th.
 - ii. The MMA has requested for Director June David-Fors to be a speaker at their annual meeting and she has accepted. The theme of this year's conference is that strong families make strong communities.
4. The meeting was adjourned.