

DRAFT Minutes of the Youth Advisory Committee Meeting,
December 4, 2015

Members Present: Mr. Malcolm Astley, Ms. Ruth Backman, Rev. Theodore Crass, Ms. Corrie Dretler, Ms. Sarah Greenaway, Ms. Brenda Ross, Ms. Deborah Seidman

Also Present: Dr. Dossie Kahn, Ms. Jane Purser, Mr. Jason Verhoosky, Dr. Lynn Dowd

Minutes of YAC November meeting were reviewed. The following corrections were made, 1 comment misattributed to Ms. Dretler, was actually made by Ms. Seidman. Three typos were found and corrected. Amended minutes for October and November meetings will be presented for review 01/08/15.

Dr. Dowd reminded members of conflict of interest training documentation requirements.

Staff updates

- Dr. Dowd and Dr. Kahn continue to receive new referrals.
- No new WPD diversion cases were referred.
- Dr. Kahn continues to provide monthly Grandparents Support group, weekly WHS Snack and Relax.
- Mr. Verhoosky presented the WaylandCares Internet Safety program for elementary school families in collaboration with PTOs and all elementary Principals. The program was held at Happy Hollow School on 11/12/15 at 7:00 PM. Over 200 community members attended. Both children and parents participated actively in the program.
- Mr. Verhoosky taught WaylandCares Internet safety lessons to all WMS 8th grade classrooms. Students participated actively and demonstrated a good understanding of a wide range of issues in internet safety. The pressure of being socially “relevant” was cited by Mr. Verhoosky as a primary concern for this age group.
- Dr. Kahn and Mr. Verhoosky attended the Metrowest Health Foundation presentation *Adolescent Mental Health: Learning from Data and Each Other* on December 3, 2015.
- WaylandCares will launch Holiday Tips – helping families celebrate safely and learn some seasonal risks for youth.
- Mr. Verhoosky described ongoing planning about Wayland Cares involvement with WHS Winter Week.
- WaylandCares is collaborating with Superintendent Stein and the Wayland Police Department on addressing the Opiate crisis through school curriculum. WaylandCares is implementing a prescription drug disposal program through the 2 Wayland pharmacies. The second phase of this program will be through outreach to Wayland Physicians.

Discussion

- Dr. Kahn and Mr. Verhoosky offered to share information from the 12/03/15 Metrowest Health Foundation meeting on mental health with the board at the next meeting. Ms. Seidman motioned to have a presentation at the next meeting. All agreed and voted to schedule the presentation.
- The group expressed concern over teen suicide risk and discussed approaches seen in surrounding towns.

- Ms. Seidman cited mental health screening of high school youth in Natick and offered to share the information with YAC.
- Rev. Crass cited an article about teen suicide risk in this month's *Atlantic* magazine.
- Mr. Astley recommended that the committee address how the town should respond to issues related to internet pornography, sexism and the effects of objectification of women on social health.
- In conversations about internet safety, all committee and staff members expressed concern about the availability of pornography online and the effects this has on youth sexuality and development. Mr. Astley cited an NPR series on pornography and youth development as a recommended resource for understanding the problem.

Future YAC Meeting Dates: 01/08/16, 02/05/16, 03/04/16, 04/01/16, 05/06/16, 06/03/16, 9:00 AM, Wayland Town Building Second Floor, School Department Small Conference Room unless otherwise notified.

Respectfully submitted,

Dossie F. Kahn, Psy.D.