

Minutes of the Youth Advisory Committee Meeting,
October 4, 2013

Members Present: Ms. Corrie Dretler, Ms. Sarah Greenaway, Deacon Geoffrey Higgins, Ms. Deborah Seidman, Ms. Jane Purser, Mr. Joe Karbowski

Also Present: Dr. Lynn Dowd, Dr. Dossie Kahn, Dr. Marlene Dodyk

Minutes of 05/03/13 and 09/13/13 reviewed and accepted.

Staff Updates

- New referrals increasing.
- Diversion program: no new police referrals in September, continuing work with 1 WHS referral.
- Dr. Kahn continues to facilitate Grandparents discussion group, she will present at Mom to Mom on reducing family stresses and when to seek treatment for anxiety and depression, she spoke at October SEPAC meeting on sibling support, she is planning to co-facilitate a "Sibshop" with JF&CS in Waltham this year, She will lead a Meditation Book Group for middle school students November 12 at the Wayland Public Library.
- Dr. Dowd has enabled WYFS to offer free online Mental Health screening highlighting Depression Awareness and National Depression Screening Day.
- Dr. Dowd and Dr. Kahn will be guest speakers in WHS health classes teaching about depression and anxiety. Classes will view the short film "More than Sad" provided to teachers by WYFS before the class visits.
- Dr. Dowd will offer Senior Parents group again this year, Dr. Kahn will attend WHS guidance Senior parents coffee to present the group and learn about parent concerns this year.

Stats and Budget Reports: FY12 & FY13, committee reviewed material presented at last meeting.

FY15 Budget process: Dr. Dowd presented the need for additional administrative support. She will present the proposed budget to the YAC at our November meeting. Future budgeting needs for added primary prevention were also discussed.

Board Updates and Discussion

- Open Meeting Law training will was offered 09/19/13; Ms. Seidman attended and summarized for Committee
- Wayland Cares review process discussed in light of community concerns about substance abuse prevention.
- Goal of involving youth in YAC discussed, to continue in October meeting.

Future YAC meetings: 11/01/13, 12/06/13, 01/03/14, 02/07/14, 03/07/14, 04/04/14, 05/02/14, 06/06/14; all meetings to be held in small School Department conference room WTB 8:45 AM.

Respectfully submitted,
Dossie F. Kahn, Psy.D.