

YOUTH COMMISSION MINUTES**Thursday, October 6, 2022****Northborough Free Public Library****34 Main Street, Northborough, MA 01532****Attendance:**

Board Members: Gretchen Bean, Sherry Clark, Joan Clementi, Gily Schneider-Nachum, Jennifer Lipton-O'Connor and Sandy Scott

Student Visitor: Landon Jorgensen

Staff Members: June David-Fors, LICSW Director

1. Call Meeting to Order: Motion by Gily Schneider-Nachum at 7:02, seconded by Gretchen Bean

2. Date of Next Meeting: November 17, 2022

3. Review of Minutes: May 19, 2022, June 23, 2022 and August 18, 2022
Unanimous vote accepting minutes with stated changes.

4. Director's Report:

- Board Members review Landon Jorgensen's Application as a Student Liaison from Algonquin Regional High School. Sandy motions to vote on his application, Gilly seconds. The Board unanimously votes in favor of Landon joining the Commission.
- June discussed the QPR Training (Question, Persuade, Refer) she recently attended. This training was conducted by Southborough Youth & Family Services. This program promotes learning the three steps that can help anyone prevent a suicide. It teaches people to have hard conversations around suicide and mental health.
- June mentioned that there is a potential new Board Member for the Youth Commission. The process involves the Select Board interviewing the person with the Director and Chair present. They will then make a recommendation.
- Review of the information for application to the American Rescue Plan Act Funds. Discussion of how much money the Board is requesting from the ARPA Funds. The Commission discusses that they will ask for \$100,000/year for two years (\$200,000). Gily motioned for vote, Sandy seconded the vote. Motion passes.
- Jen suggested that we should cite the data from the MetroWest Health Foundation 2021 Adolescent Health Survey in the application.

June reviewed the rest of the information in the ARPA Document. June presented ideas for how this new staff member could be utilized. This includes support groups, teen groups, providing childcare at the groups in order for parents to attend the meetings.

Discussion about ways to lessen the stigma of mental health. Discussed teen center and enrichment programs, and ways to keep 6-9th graders busy, especially on half days. The new

staff member could possibly conduct a needs assessment.

5. Chair Report, Sherry Clark:

- Sherry discussed setting goals for the year. June suggested a goal to conduct a needs assessment and adding a second student liaison to the Commission. We could also recruit students from Assabet Valley Technical School and St. John's as well.
- Sherry discussed having an event in town that can help to get the word out about the Commission. Discussed Applefest or the Trolley event and having a presence at those events. Is there a way to engage middle school students? Could we come up with questions for the students and get approval from the Principal, Michelle Karb. Should we also get a list of questions for the parents?

6. Board Members:

The Board agreed not to hold a meeting on October 20, 2022. The next meeting is November 17, 2022.

Gily motions to adjourn the meeting. Jen seconds. Motion passes. The meeting ends at 8:29 pm.