

TOWN OF MEDFIELD

Office of the

Medfield Outreach Advisory Board

TOWN HOUSE, 459 MAIN STREET
MEDFIELD, MASSACHUSETTS 02052-2009
(508) 359-7121

MEETING OF:
February 7, 2022
MINUTES

Members Present: Abby Bligh, MHS Student; Kathleen Cahill, Parent; Molly Frankel, Parent; Michelle Manganello, Medfield Police; Kate Thomas, Karuna Nutrition & Movement

Members Absent: Kathleen Thompson, Nurse Leader for MPS; Katherine Waters, MHS Student

Staff Present: Chelsea Goldstein-Walsh, Outreach Clinician; Meri Haas, Prevention Coordinator; Kathy McDonald, Outreach Director

Location: Virtual Meeting via Zoom

1) Welcome/Call to Order

At approximately 6:00 pm, Board Chair Molly Frankel called the meeting to order. Ms. Frankel read the following:

Pursuant to Governor Baker's March 12, 2020 Order Suspending Certain Provisions of the Open Meeting Law, G.L. c. 30A, §18, and the Governor's March 15, 2020 Order imposing strict limitations on the number of people that may gather in one place, this meeting of the Medfield Outreach Advisory Board is being conducted via remote participation. No in-person attendance of members of the public will be permitted, but every effort will be made to ensure that the public can adequately access the proceedings as provided for in the Order. A reminder that persons who would like to listen to/view this meeting while in progress may do so by following the instructions on the agenda and meeting notice.

2) Approval of Minutes from January 3, 2022 Meeting

Kate Thomas made a motion to approve the Advisory Board meeting minutes from the January 3rd meeting. Molly Frankel seconded the motion, and all present approved.

3) General Update Outreach

a) Clinical

Our clinical referrals are increasing at a rapid rate. We have a waitlist at the moment. We could see high school students during Flex periods, although those are shorter clinical sessions than a normal 45-50 minute session that we can provide after school. We have a graduate clinical intern through the end of April, at which point she will terminate with the clients she has on her caseload. We need more clinical capacity to meet the needs of Medfield residents. Even Interface Referral Service is overburdened and needed to implement a three-week pause on new referrals in order to match existing clients with services. We are trying to balance our caseload with more complex cases and more straightforward cases. Covid has taken a huge toll on the mental health of kids in particular. Every time there is a new variant and a new wave of positive Covid cases, we see an increase in depression and anxiety.

b) Needs Based - Recent Collaborative Meeting

We recently met with the Medfield Foundation and United Church of Christ staff to discuss the Angel Run Fund and the intention of how the funds can be used. One topic that was brought up was whether the fund should be used to pay for expected expenses like rent versus one-off expenses like an illness. Kirsten Poler is bringing our questions back to the MFi Board and will get back to us with answers to help guide our decision-making moving forward.

Kathleen Cahill reported that the Medfield Helping Hands has collected all of the Birthday Wishes for January through March and will drop it off at the Medfield Outreach this week.

Kathy and Chelsea attended the food cupboard distribution this week on Thursday and Saturday to share what our office offers. Many of the visitors were already known to us, while others were new to our office. Molly Frankel suggested having the community needs assessment survey at the Birthday Wishes distribution and at the food cupboard.

c) Prevention Programming

i. Student Presentation and Update

Abby Bligh shared an update about a Medfield Outreach bulletin board that is being put into the high school at a high-traffic area where most students enter the building. The content on the board will rotate on a monthly basis and will include information about the

department and available resources. Abby and other students from the Medfield Active Minds chapter will be responsible for updating the content on the board. Abby also shared about a new youth coalition that will allow real conversation about real issues that impact the students. The youth coalition will be open-ended and will follow the needs and wants of the student participants. The meetings will be held twice a month during half of a Flex period. The limitations of that is that it's only half an hour, but it does allow for students to access extra academic help if needed during the other half of the flex period. She created a flyer that will be put around the school. She is also creating a resource fair that will be held during Mental Health Awareness Month in the library. Students will be able to visit to learn more about how to take care of their physical and mental health, including information about available resources.

Meri Haas shared that a permission opt-out form went out to parents of middle and high school students to participate in the iDecide program, which is a diversion program. Meri also recently met with Jess Reilly from the School Committee to ensure that the lens of prevention is being included in school-related discussions.

Meri shared that we are working on a website where we can put prevention programming content and other Medfield Outreach content. She shared the resource cards that were just created and will be disseminated around the community.

4) Strategic Plan Consultant and Community Needs Assessment

We have started our process of meeting to create a community needs assessment that will include a survey that will be distributed to the community over a two-week period and then used to inform our strategic plan.

a. Mission Statement and Vision Statement

The meeting members discussed a mission and vision statement for the department. Each meeting member brainstormed a vision statement for the community.

Brainstorming statements:

We envision a community where everyone is supported and respected for who they are and where mental health care is destigmatized and accessible to all. In our community, residents' emotional, social, and financial needs are met.

Everyone works together cohesively together and that there is support between all departments, residents, and organizations

We envision a community where everyone felt safe and comfortable reaching out for help through Medfield Outreach. Where all of the different community departments worked together for the benefit of all the Medfield citizens.

We envision a community where people feel safe and confident seeking support for ___ needs (mental health, financial, wellbeing) without judgement and the ability to provide those resources to support anyone in need.

... I like the idea of somehow combining empowerment + destigmatizing... I like how even just Abby as a peer running a bulletin board opened the door for other high school students to seek help, or offer help or use medfield outreach for school projects, etc.... Vision statement feels like it should strives for really encompassing “community” and being able to discuss freely and ask for help

5) Open Floor, Q&A

6) Closing, Set agenda for next meeting

The next Medfield Outreach Advisory Board meeting will be on Monday, March 7, 2022 at 6:00 pm via Zoom.

4) Adjournment

Adjournment - Ms. Frankel made a motion to adjourn. Seconded by Ms. Manganello. Roll Call Vote: Molly Frankel = yes; Michelle Manganello = yes; Kathleen Cahill = yes; Kate Thomas = yes; Abby Bligh = yes; Kathy McDonald = yes; Chelsea Goldstein-Walsh = yes; Meri Haas = yes. The Vote: 8-0.

Respectfully Submitted,

Chelsea Goldstein-Walsh, Outreach Clinician