

# TOWN OF MEDFIELD

*Office of the*

## **Medfield Outreach Advisory Board**

TOWN HOUSE, 459 MAIN STREET  
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(508) 359-3027 (508) 359- 6182 Fax

MEETING OF:  
March 22, 2021  
MINUTES

**Members Present:** Meghan Bannister, MHS Student; Kathleen Cahill, Parent; Molly Frankel, Parent; Liz Sandeman, Parent; Michelle Manganello, Medfield Police; Kathleen Thompson, Nurse Leader for Medfield Public Schools

**Members Absent:** Katherine Waters, MHS Student

**Staff Present:** Chelsea Goldstein-Walsh, MO 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, Molly Frankel, Board Chair, 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 February 22, 2021 Meeting**

Kathleen Cahill made a motion to approve the Advisory Board meeting minutes from the February 22, 2021 meeting. Kathy Thompson seconded the motion, and all present approved.

### **3) Program Updates**

**a) Clinical**

The Medfield Outreach office has experienced an increase in clinical referrals to the office. There is a possibility that a clinical intern from Salem State University who can join the office over the summer but that is to be determined. Our clinical intern has a caseload of three clients that may need to be picked up when she terminates at the end of April. We are not full in our caseload but are getting there. We plan to take on one or two clinical interns next fall as well and will be able to offer more group work.

**b) Student Volunteers**

Meri Haas has been working hard to make and bolster connections throughout the community as part of her coalition work. In connecting with Beth Sancher, the head of the National Honor Society, we had a lot of interest from high school students who are looking for community service hours. Medfield Outreach staff brainstormed different service projects the students could sign up for. One of those projects is a beautification project for the office front entryway. We will have the students assemble a bench and plant flowers in a barrel when the weather improves. We have another student who is painting a mural on the wall outside our office door. Another project has been reserved by a student who is working to update the MCAP website, including checking all links and updating resources. Four students have volunteered to help the Medfield Coalition for Suicide Prevention with Mental Health Awareness Month in May.

**4) Coalition Updates**

**a) Make Moves for Mental Health**

May is Mental Health Awareness Month, and the Medfield Coalition for Suicide Prevention is promoting a month long campaign to “make moves” for wellness. Making moves could mean anything from playing with your dog to going on a run to advocating for a cause you care about. We will encourage people to register and share photos of them engaging in movement. Any photo that is submitted will be entered into weekly drawings of items donated from local businesses. We plan on hanging green hearts around town as we did last year, pending approval from the Board of Selectmen. Representative Denise Garlick has agreed to contribute funds to purchase t-shirts with the MCSP logo on the front of the shirt and the slogan “Make Moves for Mental Health” on the back, along with credit to Rep. Garlick for the sponsorship. We plan on leaving a date off the t-shirt so they can be used at future events if there are leftovers.

Molly Frankel suggested exploring merchandise made by Demetrius Harmon, who created “you matter” merch, including a hooded sweatshirt with the words “you matter” on the front. He became famous on social media and many kids have become interested in this merchandise.

**b) Medfield Cares About Prevention**

Meri Haas provided an update about the MCAP coalition. We have several subcommittees that have formed and are working on various initiatives. The data collection subcommittee is wrapping up a data presentation to present to Jeff Marsden shortly. The tri-annual meeting planning subcommittee is making plans for the first tri-annual meeting for the coalition. The end-of-the-year student event subcommittee has pivoted away from a drive-in movie plan to be more flexible to support initiatives that are already being planned. The coalition engagement subcommittee is planning on how to recruit and retain members. The data planning subcommittee is currently researching how data is being collected in other sectors of the community.

The Reaching Into Medfield group has met a few times and Meri is working with Medicine Wheel to tweak the approach to ensure that the students that are participating remain engaged. Meri thinks this is such a great opportunity and is excited to see where it goes.

Meri has been reaching out to all the sector representatives to review the memorandum of understanding and ensure that the agreement works for all parties. Meri reached out to three students who went through the CADCA training to inquire about interest in being a Coalition Sector Representative for the youth sector.

Meri shared her screen to show the updated MCAP logo with a broader diversity of skin tones represented in the circle of hands. Rogan and Robbins cleaned up the logo and created a higher quality logo that can be used for graphics and other branded items.

## **5) Update and Discussion of Brochure Edits**

Kathy McDonald shared her screen to show the updated language that Molly Frankel drafted for the new Medfield Outreach brochure. The meeting attendees shared their feedback and Kathy edited the language in live time. Medfield Outreach staff will update to document based on feedback from Advisory Board members and will bring back the updates at the next meeting.

## **6) Open Floor / Q&A**

Meghan Bannister shared updates about the Active Minds Medfield chapter. The Active Minds organization had an opportunity for chapters to apply for a grant to have a professional mental health speaker come to speak to students at school. Meghan and Katherine applied for the \$1,000 grant and secured it. Maddie's sister from the book "What Made Maddie Run" is coming to speak on April 28th during Advisory to all students. There will be a discussion afterwards for students. The anti-stigma posters are being hung around the school this week. Meghan and Dr. Worthley are meeting with the sister next week, prior to the presentation, to make sure they are prepared and know how to support students throughout the process.

For Kindness Week, the Student Council will be decorating the school to create a more positive

atmosphere during this time. The posters will be seen during this time as well. Medfield Outreach and MCAP want to work with Active Minds to help promote and amplify their messaging and initiatives.

Kathy also asked her to report on her perspective as a student in the high school about student mental health. With AP exams and the SATs coming up, students are feeling particularly stressed. There is also a rumor that the All Night Grad party is not happening this year and it is taking a toll on the senior class. Meghan thinks that support is needed among seniors in particular.

Michelle Manganello provided an update on the DA Office grant opportunity. The grant is for up to \$5,000 and we are eligible to apply to help to fund the Interface Referral Service. We need the superintendent and chief of police to sign a letter of support. Andreea Cazacu will help to apply for the grant, as she has done a tremendous amount of work to raise funds for this service. Michelle also said they are seeing an uptick in age 12-25 year olds reporting worries about suicidality in friends. The police have been responding to these reports and transporting the youth to the hospital.

Kathy Thompson reported that the Wheelock and Dale Street Schools opened full-time for students today. Pooled testing is going well. Liz Sandeman has been volunteering to help test at the schools- thanks Liz! People are feeling better overall about being in the buildings, due to increase in vaccinations among staff. According to a survey Kathy administered three weeks ago, two-thirds of teachers either had a vaccine or had made an appointment.

#### **7) Closing, Set agenda for next meeting**

The next Medfield Outreach Advisory Board meeting will be held on Monday, April 26, 2021 at 6:00 pm via Zoom. We will revisit the brochure updates at the next meeting.

#### **Adjournment**

Adjournment - Ms. Thompson made a motion to adjourn. Seconded by Ms. Cahill. Roll Call Vote: Kathleen Cahill = yes; Kathy Thompson = yes; Liz Sandeman = yes; Michelle Manganello = yes; Molly Frankel = yes; Meghan Bannister = yes; Kathy McDonald = yes; Meri Haas = yes; Chelsea Goldstein-Walsh = yes. The Vote: 8-0.

#### **Respectfully Submitted,**

Chelsea Goldstein-Walsh, Outreach Clinician