

TOWN OF MEDFIELD

Office of the

Medfield Outreach Advisory Board

TOWN HOUSE, 459 MAIN STREET
MEDFIELD, MASSACHUSETTS 02052-2009
(508) 359-3027 (508) 359- 6182 Fax

MEETING OF:

May 24, 2021

MINUTES

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

Members Absent: Meghan Bannister, MHS Student; 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 6:04 pm, Kathleen Cahill, in place of Board Chair Molly Frankel, called the meeting to order. Ms. Cahill 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 April 26, 2021 Meeting

Kathleen Cahill made a motion to approve the Advisory Board meeting minutes from the April 26 meeting. Kathy Thompson seconded the motion, and all present approved.

3) Program Updates

a) Budget

The FY22 budget was approved last week at the Annual Town Meeting. It was a flat

carryover budget from last year with no changes. In upcoming years Kathy McDonald plans to look closely at the department's budget and make changes as needed. Meri Haas' position is so important that we aim to sustain it past grant funding. In the future, we hope to eventually add an additional part-time clinician to support the mental health needs of the community. We also aim to get two first-year clinical interns from Boston College School of Social Work for the upcoming school year. Kathy Thompson shared that the town voted in a full-time public health nurse for the upcoming fiscal year. We hope that this position will support Medfield Outreach and the coalitions as well. This role will do disease prevention to take some of the burden off of the school nurses. This public health nurse could potentially be a healthcare sector representative for MCAP. A full-time adjustment counselor is also added to the FY22 budget for the public schools. A discussion about the general mental health of youth in Medfield during this time then ensued. Medfield Outreach has been seeing a general trend of youth having more severe symptomatology. Our caseload is almost full at this point. Kathleen Cahill made the suggestion of including flyers and handouts at the parent information nights in the fall to inform parents of our services and reach more students who may need help. This is another way to market our services. Molly Frankel suggested attending the meetings in person instead of just sending a flyer.

b) Mural

A student in the National Honor Society painted a mural outside the Medfield Outreach office. Chelsea shared her screen to show photos of the mural.

c) MCSP

May is Mental Health Awareness Month, and the coalition is hosting the Medfield Moves for Mental Health campaign to promote mental health and wellness throughout the month. The coalition primarily raises funds for the Interface Referral Service contract. We have had over 90 people participate in the campaign. We have been holding weekly drawings with items donated from local businesses. We hung over 30 flyers all over the Medfield State Hospital Grounds with facts about mental health. The flyers include a QR code that leads to the MCSP website. So far, this campaign has raised over \$1700. We will think of other programming for the future to raise additional funds. This includes Medfield Day and other events in September for Suicide Prevention Month.

d) MCAP

Meri Haas shared updates about the Medfield Cares About Prevention Coalition and provided a small data presentation. The data was collected in November 2020 to measure the functioning of students during the pandemic, especially in the absence of the regularly scheduled MetroWest Adolescent Health Survey. The surveys were administered to all middle and high school students in the Medfield Public Schools. The trends in the data revealed that reported symptoms of anxiety and depression increased among middle and high school students, particularly in the high school. Rates of alcohol, marijuana, and vaping use generally decreased during the pandemic across all grades,

with the exception of seniors in high school, as compared to the 2018 MWAHS data. It is likely that this decrease is related to access to substances. Students in the LGBTQ+ community reported significantly higher rates of depression, anxiety, and suicidal ideation than those who do not identify as LGBTQ+. We hope to use this data to take action and to provide resources to those students most in need. Molly commended the incredible amount of work it took to create, administer, and analyze this survey, as well as create a presentation.

Other updates include: We are updating and vetting resources for the MCAP website, including treatment resources. We are planning on creating a parent survey for the fall that will be administered at the same time as the MetroWest Adolescent Health Survey to measure and track community norms among both the youth and parent populations. We also want to host a speaker series during the next academic year

4) Brochures

Kathy McDonald shared her screen to show the latest version of the Medfield Outreach tri-fold brochure. She solicited feedback about the mockup, created by Rogan and Robbins, who also designed our logo and signage.

5) Updates from board members

A discussion about the recent presentation to high school students regarding mental health and suicidality was discussed. More opportunity to discuss the presentation among students after watching the talk would have been helpful. Watching the presentation with mental health support or clinicians would have been helpful as well.

6) Closing, Set agenda for next meeting

The next Medfield Outreach Advisory Board meeting will be on Monday, 6//28/21 at 6 pm via Zoom.

Adjournment

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

Respectfully Submitted,

Chelsea Goldstein-Walsh, Outreach Clinician