

Health Advisory Council Meeting
City Hall, Health Conference Rm 106C
May 16th, 2018, 7pm

In attendance: Brenda Anders Pring, Lisa Terrizi, Matt Stafford, Asa Faneli, Michelle Drolsbaugh
(Committee members)

Alice Kelly, Murali Vemula

Meeting Minutes

Discussion of personnel investments for FY19

- 3 FTE school nurses, transitioning two health aides to FT nurse positions and adding one new personnel line for a new nurse. Additional nurses will be placed at Newton North, Newton South and Day Middle School. This will be the first step in having Newton work toward a 1:500 nurse to student ratio per State recommendations and allow us to keep our students healthy and well cared while in school

New initiative for summer food program outlined.

- Partnership with the FUEL program (affiliated with Church of the Redeemer). Discussed model which involves multiple distribution sites throughout the city having plain backpacks filled with non-perishable food items available to be picked up by families with children under the age of 18 to help off set the loss of the free or reduced lunch and breakfast program that is offered through the public schools. The program will operate all summer and families will receive word of it before school is out as well as through communication efforts during the summer. Distribution sites are being finalized now. The FUEL program is taking responsibility for the packing of the backpacks and getting them to the sites as well as replenishing. HHS has offered to assist with this whenever needed. Parks and Rec will be helping with the bulk food pick ups.

Discussion of Programs that were held in FY2018 with request for feedback on types of programs and priorities and questions answered about goals and impacts.

- Positive feedback on the Chris and Kathi Sullivan program. Request that we definitely repeat next year and try to ensure that as many high school students

as possible attend. Discussion about timing in the year and hope that it could happen even earlier in the school year if possible.

- Positive feedback on the Psychological First Aid program
- Positive feedback on the Gather for Hope program
- Positive feedback on the executive functioning workshops for middle and high school students. Discussion of other ways we can provide support for students to be successful in school and alleviate stress
- Positive feedback on the initiatives around e-cigarettes and prevention with a discussion about ways to deepen and strengthen these efforts next year
- Discussion of the limited attendance to the preschool fair and suggestions about ways to improve this next year if we decide to do this again
 - Include a touch a truck or other “draw” for families with young children
- Discussion of the hoarding related programming and the other social service efforts in this arena. Efforts to work on this issue will continue although don't intend to repeat these exact public programs but rather focus more next year on individual support and interventions

Brainstorming discussion of what priorities in programming should be for the upcoming year

- Explore whether hunger and homelessness is an issue among our college students and if so, engage in efforts to address this
- Continue the efforts around addiction of all types including e-cigarettes, alcohol, marijuana and opioids
- Consider other ways to work with young people around issues of anxiety, stress and competition that members report being very prevalent within the high school culture. Some suggestions were programs around mindfulness, finding joy in the present, outdoors unplugged experiences, and alternative approaches to building a happy life with inner richness outside of the high pressure elite college competition culture
- Consider ways to work with parents of teens to help them see the value of de-stressing the worlds of young people and navigating their role as parents in ways that alleviate stress and don't inadvertently add to it
- Explore programming and supports for parents of adult children who are struggling