

TOWN OF MEDFIELD

Office of the

Medfield Outreach Advisory Board

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

MEETING OF:
August 1, 2022
MINUTES

Members Present: Abby Bligh, MHS Student; Kathleen Cahill, Parent; Michelle Manganello, Medfield Police; Kate Thomas, Karuna Nutrition & Movement; Kathleen Thompson, Nurse Leader for MPS

Members Absent: Molly Frankel, Parent, Board Chair

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, the meeting was called to order and meeting members were welcomed.

2) Approval of Minutes from June 6, 2022 Meeting

Kathy Thompson made a motion to approve the Advisory Board meeting minutes from the June 6th, 2022 meeting. Kathleen Cahill seconded the motion, and all present approved.

3) Staffing Updates

Clinical intern from Boston College School of Social Work will be starting in September. She is a first-year graduate level clinical intern. Medfield Outreach will be hiring a new clinician to replace Chelsea, who will be leaving at the end of August. We will also be getting some funding through the opioid settlement that may be available for prevention programming and potentially staffing.

4) Community Needs Assessment and Strategic Plan

The results of the community needs assessment and strategic plan are finalized and we are excited to release them to the public. Part of this meeting was used to present the final products to the Advisory Board. These documents will be available on the Medfield Outreach website at

this link: <https://www.town.medfield.net/2120/Outreach-Strategic-Plan-Community-Survey>. The findings show that mental health, being different in this community, and unhealthy technology use are top concerns in residents' own families and in the community in general.

The strategic plan was created based off of the data revealed in the community needs assessment. The strategic plan overview can be viewed here:

<https://www.town.medfield.net/DocumentCenter/View/6471/2-Page-Executive-SummaryMedfield-Outreach2022-2027?bidId=>. The five goals for this department over the next five years are: (1) Develop an effective and efficient infrastructure; (2) Continue to provide high-quality services to Medfield residents; (3) Increase awareness of Medfield Outreach's mission, services, and how to access help; (4) Increase prevention services in order to build a healthy community; and (5) Build upon diversity, equity, and inclusion competencies within our department as well as within programming and services.

5) General Update Outreach

a) Clinical

We are continuing to receive clinical referrals and are at capacity. We are holding people's names so should a placement open up we can contact them. In the meantime, we are working to refer residents to alternate ways to access therapy, including the Interface Referral Service and the MetroWest Care Connector. Molly Frankel asked if this uptick in referrals is typical for this office, to which Kathy McDonald responded that there is a general increase in the need for mental health care services. Kate Thomas shared that July and August tend to be her busiest months in her practice, often because there is more time to access auxiliary services when school is out of session. We are looking at each referral on a case-by-case basis to determine the best fit and availability.

b) Needs-Based

We are continuing to work closely with the Medfield Foundation and the United Church of Christ to discuss the public need fund and administration of the funds. There are likely more campership funds available than are slots available at the Medfield Park and Recreation camps, so we are exploring alternative options. Outreach staff are circling back to the Park and Rec department to inquire about the status of the waitlist and how they are framing the messaging for families who are waiting for a spot. Kidsborough was discussed as one alternative option for camp funds.

c) Prevention Programming

Meri Haas shared an update about the prevention programming the department is implementing. We just wrapped up presentations in the 10th-grade wellness classes where the topics of mental health and substance use were covered. Compliance checks were conducted at all of the establishments with liquor licenses in Medfield (14 in total), and all of them passed! MCAP will visit the establishments with members of the Medfield Police Department to congratulate and thank them and provide them with certificates. The compliance checks are conducted in partnership with ABCC and the police department. Meri is also working to create signage to hang up on the school athletic fields to inform visitors that drugs and alcohol are prohibited on school properties.

We just wrapped up the Mental Health May initiatives and we had a lot of support from the community. Donors included Fitness Together, Nosh and Grog, Noon Hill Grill, Holistic Wellness Center, Starbucks, Medfield Yoga Studio, Basil Restaurant, Zen Nails, and Brothers Market.

Abby Bligh shared how her “Medfield Connects” wellness fair occurred at the end of April for all MHS students. The resource fair included organizations from within and outside the community who shared resources about mental health and wellness. Abby organized and executed this resource fair herself with support from Meri- well done Abby!

Medfield Outreach has begun more in-depth discussions with MHS students who are involved in the Active Minds group to discuss partnerships around promoting mental health and reducing stigma.

Meri shared some updates about the All-Night Grad Party, which occurred the night before. Meri volunteered for a shift and noticed that MCAP signage was all over and visible. She had a great impression and feels strongly that the spirit of the DFC grant aligns with the mission of the ANGP. MCAP also leveraged funds for prom bus transportation to and from prom for safe choices.

6) Medfield Day- Saturday, September 24, 2022

Medfield Day is Saturday, September 24th this year. We will have a double booth again this year with both coalitions and the Active Minds group from the high school. We will have the wheel game with prizes again for the kids, resources, etc. We would love ideas for activities we can use at our booth. We should find a way to engage the parents of the kids who play the game. Kathy Thompson thought that the stress cards were helpful for adults. We will request additional materials from the Massachusetts Clearinghouse for suicide prevention. The meeting members

brainstormed ideas for activities and giveaway items for the booth. One idea is to advertise our speaker series and a sign-up for services with a QR code.

A discussion ensued about the 988 number that is launching in July 2022 that will lead to the National Suicide Prevention Lifeline and upcoming changes to the mental health resource landscape, such as grants that police departments can apply for to get a social worker on staff. Some towns are sharing this position if their population is small.

7) Sector Updates

Kathy Thompson reported that Covid numbers are trending down. There was a vaccine clinic last week and administered 205 doses, many of which are boosters.

8) Closing, Set date for next meeting

The next Medfield Outreach Advisory Board meeting will be on Monday, September 19, 2022 at 6:00 pm.

9) Adjournment

Adjournment - Ms. Cahill made a motion to adjourn. Seconded by Ms. Thompson. Roll Call Vote: Kathleen Cahill = yes; Kathy Thompson = yes; Michelle Manganello = yes; Kate Thomas = yes; Kathy McDonald = yes; Meri Haas = yes; Chelsea Goldstein-Walsh = yes. The Vote: 7-0.

Respectfully Submitted,

Chelsea Goldstein-Walsh, Outreach Clinician