

DRAFT

WESTON COMMISSION FOR CHILDREN AND YOUTH
Regular Meeting Minutes
November 18, 2019, at 5:30 pm
Weston Town Hall Meeting Room

Commissioners Present

Shara Kolodney, Chair
Jane Hoeffner
Denese Marshall
Hilary Misiano
Knox Watson

Commissioners Absent

Michelle Albright
Bridget Angus
Denise Harvey
Michelle Tivey

Other Attendees

Laura Cleary, Youth Services Director
Allison Lisbon, Social Services Director
Charlene Monn, Program Director
Emma Spaulding, Weston High School At Large Student Representative

1. Call to Order

Commissioner Kolodney called the meeting to order at 5:33 pm.

2. Approval of Minutes

Deferred to next meeting.

3. Reports as Needed:

- Social Services update: Allison Lisbon
 - Laura Cleary, Allison Lisbon and Commissioner Hoeffner met with a NAMI CT (National Alliance on Mental Illness) representative today. We found out about the programs they offer to family members who have loved ones with mental illness. Purpose of meeting was how do we get a stronger presence for NAMI in Weston. We decided to have NAMI come to Weston to present their programs and resources on 1/7 or 1/8. Thanks to Commissioner Hoeffner for making this happen.
 - Fuel assistance wrapping up
 - Thanksgiving and holiday giving programs coming up.

- Commissioner Kolodney suggested giving NAMI Packet to school counselors
- WOW Report: Charlene Monn
 - Winter registration in progress.
- Weston High School Students: Knox Watson, Emma Spaulding
 - 26 days of Kindness happening between Thanksgiving and Christmas. Kickoff was on Friday but is now delayed. WHS principal Lisa Deorio reached out to the Student Government for help with speakers and support. Ms. Cleary will send Commissioner Watson some ideas and he will send out the calendar so Weston Youth Services can do a parallel 26 days of kindness to share on its Facebook page.
 - Recent events at WHS with Student Government: 30 or so Veterans on a panel at WHS, Q&A with Thomas Burke, Norfield Church, talking about value of getting involved in the community.
 - Discussion on the value of this type of intergenerational activity. Ms. Lisbon: Commission on Aging interested in intergenerational activities
 - Gingerbread making competition: Student Government does this activity for Juniors but looking to expand. Possible to do something with Senior Center? Suggested that Commissioner Watson connect with Senior Center.
 - Ms. Monn: Early dismissal on December 11 could be a time to try to do something with seniors.
 - Ms. Lisbon: Parks and Recreation had Pickleball with Seniors teaching kids Pickleball on Election Day.
- Other:
 - Can we have a booth at events? Discussion about what's the purpose of this? What events would make sense? Decided this is something to think more about- possibly choose one event? Have wellness material, program information.
- WYS: Laura Cleary
 - Parent program Wednesday with Michele Albright at library, part of Parent Talk monthly series. Winter program sheet was attached to agenda email and is 90% final; please ask questions to Ms. Cleary and share our programs via Facebook as much as you can.
 - See Annex A
- Coalition report: Laura Cleary
 - Schools continue to meet with group of invested community people including Joe Parciasepe from Parks and Recreation, parents, students, and teachers to talk about all aspects of School start time. Three-part Wellness series is two down, one to go (vaping and school security). Both are on video. Last one is Thursday. Possibly Spring student attitude and behavior survey was discussed with Denique Weidema-Lewis from Positive Directions.
- Commissioner Kolodney asked whether kids experience trauma from school security drills.

- o This question was asked at the school security workshop. Panel at security workshop (school administration and Weston police department) said no, kids are not experiencing trauma. But general concern from Commission is that it is at least somewhat traumatic. Commissioner Kolodney asked ow to help kids. Ms. Cleary noted it is unclear how to help, and what our role could be. This is a discussion happening all over the country. Ms. Spaulding noted that older kids don't cry but all agreed it can still raise anxiety. Agreement to revisit this issue, possible explore further what role we might have in relation to this issue.
- WHS Liaison: Commissioner Misiano
 - o Commissioners Albright and Misiano met with Lisa Deorio to discuss Dialectical Behavioral Therapy (DBT) project. Ms. Deorio is excited to be doing this program: Freshman have extra quarter of health to learn about this, and staff are learning. Commissioner Misiano will keep in touch with Ms. Deorio re: Weston Youth Services possibly helping with DBT posters.

4. Anti-Defamation League (ADL) World of Difference Program: Commissioner Kolodney

Marji from ADL has sent names of people in Weston who may be interested. Commissioner Kolodney is keeping track of these people. Idea is to start with planning meeting with small planning group, including Commissioners Kolodney, Angus, Marhsall, Harvey and developing list. Commissioner Kolodney will email the starter list to ask interest. Marji can meet only once with planning group in person, but can also do a phone conference call.

5. Member Roundtable

Commissioner Marshall raised a new idea of family dinner nights. Family dinners are a protective factor and promote cohesive families. Discussion of what would work in Weston. Options to promote dinner at home or do community dinners. Possibly partner with faith community. Ms. Cleary and Commissioner Marshall will form a subcommittee on this and meet to flesh out possible ideas.

6. Subcommittee Updates

No additional information.

7. New ideas/discussion

No additional discussion.

8. For the good of the order

No additional discussion.

9. Adjournment

The meeting was adjourned at 6:45 pm.

Respectfully submitted,

Laura Cleary