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TOWN OF BURLINGTON

Youth & Family Services

Board of Directors' Meeting January 10, 2022

Present: Board Members Martha Simon, Marilyn Langley, Melissa Interness, Chais DiMaggio, Roberta Mills, Linda Collins (Phone in couldn't speak), Christine Shruhan; Executive Director and Jennifer Priest; BYFS Administrative Secretary

Absent: Karen DiRienzo, Becky Norum

I. CALL TO ORDER: The meeting was called to order at 6:05 p.m.

II. MINUTES: The board voted to approve the minutes of the September 2021 meeting. Roll call: Marilyn Langley, Roberta Mills; Chais Dimaggio, Melissa Interness, members voting to approve. Martha Simons abstained. Linda Collins was not present at time of the vote. 4-0-1

III. DIRECTOR'S REPORT:

A. Agency Update:

- a.** Fees collected since the September 2021 meeting total \$5,597.00
- b.** Full time/part time positions- David Lankford was hired for the full time position. David currently is working for Riverside community care in Boston. David also completed a family therapy training with Boston family training. He will be starting on 1/18/2022. The part time position finally got approval to increase from the 19 hours to full time. The current plan is to fund the position for the next 2 years with ARPA funds. If that falls through it would have to go to town meeting in May for approval.
- c.** Referrals- Chrissy Concession has shared with the schools that we have openings with the new hire starting and the increased hours for the part time position. The referral calls from the High School have increased. BYFS has served 115 residence in 2020 and 189 in 2021. Intakes were at 35 for 2020 and 53 for 2021. Also a large increase in basic needs. Looking into what RAFT will be providing moving forward. RAFT was increased to \$10,000 during the pandemic. Emergency housing is on the increase with people living in cars.

IV. COMMUNITY UPDATES:

- A. SEPAC (Special Education Parent Advisory Council):** Not in attendance to update
- B. Schools:** Martha updated the board on the new hires of the school to help support the students. Jennifer Knight who is the Director of Family and Community Engagement. A New guidance counselor who speaks Spanish, Kerry Lamprey and her role with the ESL families, Ray Porch DEI director looking to create committee Move forward together to look at the culture in the schools. Along with monthly talk group. Martha shared with the board about the "Let's talk about it" Community forum that Ray been doing and invited the other board members to attend.



- C. Burlington Police Department mental health services:** Karen wasn't able to attend but had provided Christine an update that she shared with the board.

BPD has hired a part time 19 hour per week Recovery Coach. Hannah Hazlett began her role in mid-November and will be providing assistance and resources to those in recovery or actively seeking substance use treatment. Hannah is available to take referrals from any town departments, including the schools.

Since the beginning of the school year in September, there seems to have been a decrease in the number of crisis calls and incidents involving school age children and teens, likely due to the returned structure of the school day and activities. Most recently there has been an increase in calls involving individuals experiencing significant psychosis, some due to not taking their medication, others due to new psychotic episodes. Happy to report there were no suicides in Burlington in 2021.

Karen recently assisted the staff at Heritage Baptist Church in town with an individual in a crisis situation which has led to some discussion of my role becoming more available to assist the houses of worship if a mental health need arises. Chais has asked me to be a guest speaker at an upcoming Interfaith Clergy meeting to discuss this further.

Karen's role remains part time but is hopeful that it will increase to full time sometime this year.

- D. Transportation Committee:** Melissa is the representation for BYFS on this committee. The committee is working with the report town meeting put together. They are putting together a report with recommendations on what Burlington needs. Martha spoke to Melissa and the board about the school buses as they typically come up as a potential solution during the conversations in the past. She explained the many layers in regards to using the buses from adults needing Cori's, and how the current contract makes it not available for this use. The transportation committee is looking at the safe routes to school program. They see that there is a gap for students, however the gap is greater for adults and senior citizens. Melissa shared with the board her professional experience with transportation. She is the Human service director for the town of Lexington and has professionally been involved with transportation in Lexington as well.

V. NEW BUSINESS

- A.** Christine shared that she is working on her certification to become a yoga instructor. Needs to complete hours and will be offering yoga classes to teachers after school, BYFS staff and town employees. Once her hours are completed and she is certified she will run groups here at BYFS. Christine is also planning to take an additional certification training entitled "Brain Disorders." She will be able to offer groups specifically for children and adult diagnosed with depression, ADHD, Trauma and brain injuries.
- B.** Starting Interviews for next year's interns. One applicant has accepted. This year there has been an increase in diverse applicants.
- C.** Currently offering therapy in person and telehealth. The office is still requiring masks in the building and the front door is locked. When clients arrive they call the office and are let into the building. Roberta asked if the mask are still in schools and Martha Simons answered yes and there is a vaccination requirement for staff.

VI. NEXT MEETING: March 14 2021 6:00 pm

VII. ADJOURNMENT: The meeting adjourned at 6:45 p.m. Roll call Marilyn Langley, Roberta Mills, Linda Collins, Melissa Interest and Chais DiMaggio all responded yes. Martha Simons was not present at time of the vote. 5-0-0

Respectfully submitted,

Christine Shruhan, LMHC
Executive Director