



Thursday May 2, 2024 5:15 p.m. – 7:15 p.m.

Citywide Senior Center (Ballroom) 806 Mass Ave Cambridge

### Summary of Conversation Topics

#### Review Meeting Outcomes

1. Sarah Lincoln and Connor Epsteinkraus from the Public Health Department will be leading a discussion about Youth Wellness and Prevention. They will share their vision for what this could look like in Cambridge and how it fits into Success Planning.
2. Andrew will share with us some very exciting news about Find It!
3. If you have not done so already, please consider donating to the CYC Fundraiser. This year they are donating the money they raise to organizations that support our immigrant community. More information is on the flyers at your table. You can take as many flyers as you want to share with others.

**Chair:** ~~Mayor Simmons~~

**Co-Chair** Sumbul Siddiqui

**Members:** Tina Alu, Abel Asefaw, Rehaan Anjaria, ~~Urbana Barua~~, Christine Elow, Lida Griffins, Michelle Godfrey, Kim Goldstein, Victoria Greer,, Tabithlee Howard, Caroline Hunter, ~~Mike Johnston~~, ~~Michelle Lower~~, ~~Maria McCauley~~, Matt Nelson, Geeta Pradhan, Bridget Rodriguez, Ellen Semonoff, Liz Stapleton, Tagesech Wabeto, Ayesha Wilson

**Executive Director:** Nancy Tauber

**Find It Manager:** Andrew Liedtka

**CYC Members:**

**Guests:** Sarah Lincoln, Connor Epsteinkraus, Mary Kowalczuk, Melina O’Grady, Christina Turner, Tyriqie Kitrell, Dawn Baxter

**Notetaker/CYC Coordinator:** Izzy Schpeiser

### 5:30 Welcome and Introductions

- Can everyone introduce themselves - name, how you are connected to the Family Policy Council. And a word that comes to mind when you think of wellness and prevention.
- Family Policy Council Business
  - Approval of February 29, 2024 Minutes
    - PASSES: Unanimously

- Public Comment
  - N/A
- Announcements
  - The Family Policy Council is the Advisory Council for The Center for Families, the Coordinated Family and Community Engagement Grantee.
  - [Find It Easier](#) – Check out the new and improved [Find It Cambridge](#).
  - **Cambridge Youth Council Annual Fundraiser** – Here is the [link to donate](#).
  - **Cambridge Citizens Workshop** on May 21<sup>st</sup> at Sanofi 450 Water Street, Cambridge 02141. Free legal help for green card holders to apply for U.S. Citizenship. Check out the attached flyer for more details.
  - **Cambridge Welcomes** on Friday, May 31<sup>st</sup> (5-8 p.m. at Cambridge Library Front Lawn 449 Broadway. A celebration to welcome and appreciate Cambridge’s immigrant communities. Check out the attached flyer for more details.
  - [8th National Flagway Tournament - May 18, 2024!](#) Here's an article and video about Flagway featuring students from Putnam Ave. Upper School who went to the 2023 tournament: [Math You Can Grab, Run, and Feel](#).

## Presentation and Discussion

### Success Planning Overview

### Youth Wellness and Prevention in Cambridge

Sarah Lincoln and Connor Epsteinkraus - Public Health Department Youth Wellness Team

- [Presentation](#)
- Small Group Discussion 1 - What are some other ongoing prevention initiatives, projects, and pilots?
  - CYC wellness retreats
  - Consent workshops
  - Wellness course at CRLS
  - Safety Net
  - Early Intervention
  - Youth Build
  - YWCA
  - DHSP Cambridge Youth Programs
  - Cambridge Public Library
  - SHA
  - CCTV
  - Religious organizations

- SOARS
- Colleges
- Sports
- Community Engagement Team (CET) and American Born Black Team (ABBOT)
- MIT Upward Bound
- C.A.R.E. Team (Community Safety Department)
- Police
- Mayor's Summer Youth Employment Program
- Center for Families
- Cambridge Arts Council
- CPS Village and CFCC
- Small Group Discussion 2 - Who are some additional potential partners?
  - DHSP
  - Universities
  - Nonprofits that run programs for children and youth
  - Early childhood programs
  - Cambridge Health Alliance
  - CCTV
  - Arts programs
  - C.A.R.E. Team (Community Safety Department)
  - Cambridge Arts Council
  - Libraries
  - Notices a lack of LGBTQ+ focused support
  - Little league and other sports leagues and teams

### Small Group Discussion 3

- What surprised you?
  - The numbers of who were not involved in OST opportunities.
  - Students view extracurricular and social connection the most helpful
  - Middle school students report less depression and anxiety compared to high school students (2 times)
  - Many resources
  - The lack of working together.
  - We didn't know the resources listed.
  - Youth Mental Health First Aid is available.
- What questions do you still have?
  - How many kids are working who were not included in OST activities?
  - How do we eliminate the barriers that cause a low number of after school spaces such as low staff and spaces?

- How do we provide training for everyone involved in school such as custodians?
- How much do cell phones impact students and learning?
- How does social media impact youth (especially young women)
- Restrict cell phone access - Is it the phone or the youth?
- What are the short term goals?
- How are they measuring success?
- Youth Mental Health First Aid
- Since 78% look to their peers, Is there a peer model?
- How can we better equip young people to support each other?
- How do we raise awareness of the Community Behavioral Health Center?
- How do we raise awareness of all the resources, what mental health problems are, and how to identify mental health issues?
- How can we ensure that families who have mental health needs know how to access barriers?
- What is your level of work? Training? Messaging about mental health issues and/or resources for addressing issues?

What advice do you have for Sarah and Connor as they continue to do this work?

- Show data on impact of social media impact and COVID
- Do outreach and advertise the programs that you work with.
- Outreach and networking
- Become a bridge
- Continue to set goals
- Come back to our group!

How can the Family Policy Council support the Youth Wellness and Prevention working group that will develop a youth wellness and prevention system of support?

- How can we support parents and coordinate services better?
- How can we have a more equitable distribution of resources so targeting underserved demographics and not over serving affluent demographics etc,
- Can we do what we did with language justice for youth wellness and prevention?
- I am leaving this meeting with some hope - there is a high percentage of support from a friend or family.
- The work we do right now is helpful.
- Outreach to the community
- Collaborative effort with different groups
- Train Family Policy Council

- We need to figure out how to work on changing the way of thinking about mental health, especially for different cultures where mental health issues are not recognized - and before it has turn into a crisis.

**Next Steps**

- May 30, 2024 - Cambridge Youth Council Meeting Takeover

**Adjourn**

7:15