

Arlington Youth Health and Safety Coalition  
February 2021 Minutes

Date:February 4, 2021  
Time: 5:30- 6:30pm  
Location: Virtual (via Zoom)

Staff Present: Karen Koretsky

Attendance: Bryan White, Cindy Bouvier, Sarah Lee, Cindy Curran, Joe Curro, Colleen Leger, Douglas Grant, Kerry Austin Smith, Gwen Van Allen, Kathy Hirsch, Carlene Newell, Christy Kiernan, Sarah Augood, Pat Egan, Max Ballerini

**Minutes**

Attendees reviewed the January meeting minutes. Doug moved to approve, Carleen seconded, all approved the January meeting minutes

Following up on Sara Burd’s presentation on Interface given in the January meeting, Karen presented usage numbers Sara provided: from 12/1/20-2/5/21 Arlington has had 50 referrals, 39 under 18 and 11 were adults, 18+. At a cost of $ 250/referral this is a value of $12,500 in a little over 2 months.

Sara connected with APD about a palm card.

Joe C. has shared information about Interface with the Council on Aging.

Karen reported on a conversation she had with Adrienne Principe, Founder and Executive Director of Turning Life On (in Concord, MA) a digital wellness non-profit. Do we want to have them offer a presentation on digital wellness to Arlington?

[https://www.turninglifeon.org](https://www.turninglifeon.org/)

**Special Presentation:**

Guiding Good Choices update by Cindy Curran:

A new way of leading the course using Zoom. Added 2 sessions on the series. 25 parents enrolled. Some parents are finding having family meetings easier now, others say it is more challenging. Concerns about screen time issues. Conversations were not as robust as when meeting in person.

**Committee Updates:**

**Students-**

Gwen spoke about the mini-grant students have been awarded. Sarah Lee is the faculty advisor. The students are doing a community mapping project relating to tobacco and vape retailers in the community. They are now collecting data and will create a video. Students are working on a script and shooting on location. Will use Instagram. Karen mentioned that businesses/signs should remain anonymous.

Kathy Hirsch: Some concerns among administration about student substance use outside of school. The protective factor of school has been removed. Will substance use accelerate?What types of interventions and services are available?

On a positive note: with school not in session peer pressure and ease of access are reduced.

**YRBS:**

There was a webinar for Freshman and Sophomore parents that presented stats from the YRBS.

Cindy B is planning with JSI the rollout of the YRBS for this year. It is supposed to be administered in March/April. There will be a few additional Covid questions relating to mental health. JSI has sent out a sample survey. Arlington can add 5-6 questions. Content is being reviewed. 6th grade administration in question.

**Bishop PTA:** Linda and Colleen presented to the PTA about anxiety.

Talked about offering an informational session with someone from JSI about the YRBS tool, confidentiality, quality of data, have a student on the panel?

Meeting adjourned at 6:45 pm.

Next meeting is scheduled for March 4th, 2021 at 5:30pm.