Thursday November 17, 2022 5:15 p.m. – 7:15 p.m.
Zoom: https://cambridgema.zoom.us/j/92461748993

Summary of Conversation Topics
- Harvard Graduate School of Education: Collaborative Action for Children: Redesigning Education for Equity Course
  - Mental Health
  - Cradle to Career
- Cambridge Youth Council Mental Health Campaign

Present:
Chair: Mayor Siddiqui
Members: Tina Alu, Christine Elow, ~~Fred Fantini, Wendy Georgan, Bob Gittens~~, Michelle Godfrey, Kim Goldstein, Victoria Greer, Liz Hill, Tabithia Howard, ~~Mike Johnston~~, David Kale, Elijah Lee-Robinson, ~~Michelle Lower~~, ~~Alanna Mallon~~, ~~Maria McCauley~~, Derrick Neal, Geeta Pradhan, Bridget Rodriguez, Ellen Semonoff, ~~Tagesech Wabeto~~, Elaine Wen
Executive Director: Nancy Tauber
Find It Manager: Andrew Liedtka
CYC Members - Elijah Lee-Robinson, Elaine Wen
Guests: Nick DeSouza, Julie Roach, Alyssa Gandolph, Bryant Heng, Azure Mauche, Rachel Snyder, Christina Tometchko, Kara Madden, Imogen Hobby, Kelsi Bailey, Cara Mattaliano, Tziona Chernoff, Urbana Barua, Hermone Siyum, Sophia Salehi, Rehaan Anjaria, Luna Valayannopoulos-Akrivou
Notetakers - Ty Ruwe and Elaine Wen

5:15 Meeting Starts
Welcome and Introductions
Family Policy Council Business
- Adoption of Minutes (October 20, 2022)
- Public Comment
- Announcements
  - Baby University is recruiting for the core program beginning in January in the Port for families with at least one child under the age of 4
  - Families
  - Financial Literacy Workshop - Sunday Nov. 20th - 11-12 at the 402 Rindge Ave Community Room.

Presentations and Discussions

Presenters: Students from the Harvard Graduate School of Education Collaborative Action for Children: Redesigning Education for Equity class and the Cambridge Youth Council

Summary: The Collaborative Action for Children course taught by Paul Reville and Rob Watson from the Harvard Education ReDesign Lab. Their work is focused on advancing cradle-to-career, community-based, personalized systems of support and opportunity that goes beyond the schools.

Eighty percent of children's waking hours and all the rest of their lives are spent outside of school, yet society expects schools, alone, to level the playing field and create equal opportunity for all. It hasn't worked.

This class is addressing possible solutions.
Students have studied

- The limitations of our current school system, which despite extensive reform, has failed to close achievement gaps and produce excellence and equity in American education.
- The challenges involved in creating community-based systems that provide young people with the supports they need to succeed inside and outside of school
- They have read many case studies and met with collaborative action leaders who are trying to develop equity-centered approaches to "redesign education"
- They have been learning a great deal from Cambridge and Chelsea through an in-depth field study with both communities.

Presentation #1 Mental Health
How to address and support teens' rising mental health needs given that schools, out-of-school time, and mental health agencies are operating at capacity?
Breakout Questions
- Have we missed anything important?
- Implementation challenges?
- What other questions do you have for us?

Notes
Challenges
- Teens have internal struggles with being comfortable opening up and talking about their feelings
- Structural/institutional obstacles, bureaucracy, how do we overcome those barriers/silos
- Organizations working on these issues individually, How can we provide opportunities for them to know about opportunities to collaborate and/or create opportunities for them to collaborate.
- Access to resources and resource providers are limited/strained.
- In schools, obstacles/conflicts of scheduling/working hours.

- Finding role models, figures of authority, celebrities, willing to speak out about their own struggles and set an example

Questions
- Are there examples from other communities that have done this work? (collective impact model)
- How do we overcome social barriers that make it difficult for young folks to talk about mental health concerns, stigmatization?
- Can CYC take on multi-year plans to take long-term approaches, a structure for continuing the work across cohorts?
  - They're working on it, trying to determine what's feasible for them to take on.
- How do we build out peer-to-peer support?
- How would we measure success?
- How are we supporting teens not in high school (between high school and college)
- How can/is Falcon Block being used to support mental health?
- "[Becoming a Man](#)" - Is it happening in Cambridge? BAM is a school-based group counseling program that guides young men in 7-12th grades to learn, internalize and practice social cognitive skills, make responsible decisions for their future and become positive members of their school and community.
- How can we be proactive/preventative instead of just reacting to problems/crises?
- How would an aspect of mentoring with a caring adult be incorporated as a baseline support?
  - Great suggestion, would make it easier to connect to resources
- Where do parents fit in here?
  - How do we support and encourage families when dealing with mental health challenges?
  - Group thought about parents in terms of consent (as a barrier for teens) but haven't thought about how to inform parents about signs/symptoms, and ways to support their teens
- Problem in Cambridge isn't motivation, it's implementation. Are there things that seem overambitious?
- Screeners
  - Are all students being screened?
  - What capacity does the CRLS staff have for helping students after the screener
  - Social worker at CRLS, and some social workers at CRLS may not have the ability to manage the new screeners

Suggestions
- CYC campaign will also help to bridge the gap between the groups and create a connection to the resources.
- Asset mapping needs to happen - create an ecosystem map for mental health
- Social Worker Collaboration
  - To make it work there should probably be someone whose job is to plan consistent meetings. Who will take ownership? Health Department? CHIP?
  - Might be helpful to have a Slack/Teams thing to share resources between social

workers
- ○ What is the long term plan if social workers do get together?
- ○ Best case scenario - Overall vision is everyone gets the universal screener (that learns as you take it). Then afterwards the young person meets with a social worker to connect w/ resources. Connected social workers can be more informed about the resources out there. If there's an urgent need flagged, interventions can be implemented
- ○ Is it possible for social worker interns (library) to work with teens?
- ● [**Six Science-Based Reasons Why Laughter Is The Best Medicine**](#)

Presentation #2 Cambridge Youth Council
Mental Health Campaign Ideas
Breakout Questions
1. What are your initial thoughts/feelings about the campaign goals?
2. Any goals that are missing?
3. Any suggestions for outreach?
4. In what ways can the Family Policy Council support this campaign?
Initial thoughts:
- ● How can we expect students to perform highly when they're struggling with mental health?
- ● Trusted adults
- ● Adults can come from many places in the community, and finding those trusted adults is very important to the subject
- ● Connecting youth to adults in the summer where there will be a gap in support between school years and students might be left hanging → work with MYSEP
- ● Issues that impact students the most → academics, personal life, family life,
- ● More individual care & intersectional approach
- ● Reduce stigma
- ● Demystifying who gets what resources
- ● Bring in specialists
- ● Adding more resources → more guidance counselors
- ● More training for those who work with teens, so they know how to talk about mental health with young people.
- ● Create spaces and opportunities for students to advocate for themselves
- ● Looking @ the teen health survey for evidence of how teens experience mental health
- ● Looking @ other ways to promote de-stress (not just adding therapists but maybe meditation, working out, fun activities)
- ● Mandated reporting - no time or energy to go to an adult, need to help with that. What is the level that needs to be reported? Wanting young people to understand that some things won't be reported.
Visuals
- ● Posters on buses

- Big banner in the city

Social Media
- Cambridge Raw Perspectives
- Humans of New York

Goals that are missing
- Is there a message for parents of high schoolers?
- How can Falcon Block be utilized?

Any suggestions for outreach
- Swag (t-shirt and bag) with the message on it.
- Reaching margins of high school groups who don't show up to events – the target audience. Try to get those people to the table. Maybe CYC has different perspectives than people who don't usually show up to stuff.
- Teaming up with extracurricular groups.
- Reaching out to teachers for extra credit for students who show up.
- Reach out to the superintendent for support to influence teachers

How can the Family Policy Council support CYC?
- Have each department help with the outreach channels.
- Funding to keep it going
- CEOC (Tina Alu) is willing to make connections with CYC
- Connect with Cambridge Housing Authority, social workers, teen health center
- Discuss the campaign with FPC because they are a wealth of resources
- The library can support CYC if we go talk to them

Presentation #3 - Cradle to Career Pathway
Support Children/Teens
What policy and program recommendations should the Family Policy Council propose to ensure all children/teens receive the support they need along the cradle to career pathway?

Breakout Questions
1. Best Practices from Models
2. Components that are missing or need expanding Cambridge's Cradle to Career Model
3. Area of focus for Cambridge to expand its Cradle to Career work within the next year

Best Practices?
- Interested in the NAZ model/applicability to Cambridge
- Navigator idea seems most feasible/helpful
- Liked formal partnership of Strive Together model
- Focus on education in NAZ can be replicated in Cambridge too
- Love the idea of a family navigator

Pieces that are missing?
- Use families for universal basic income project to help get perspective on what this work could look like?
- North Star Goal for Cambridge
- Data around where the need is

How could these be applied to a city like Cambridge?
- Specific neighborhoods in the city could be good focus areas (i.e. housing developments, etc.)
- Community benefits - Four projects are already happening that are collaboration of agencies. Investing $1M per year in four partnerships
- Launching universal basic income project in Cambridge (~2,000 families will receive $500 for 18 months)
- Cambridge Promise Program?
- Untapped network of wealth that has so much more potential
- Set very concrete goals
- Invite speakers from other communities who have made headway focusing on "Cradle to Career"
- Break down demographics and figure out where the resources go? How much are we spending on what?

Next meeting: January 19, 2023

7:10: Adjourn