



Kids' Council Meeting Minutes May 16, 2013

Summary

Summary of Conversation Topics

- Goodbye and thank you to KC members who are moving on
- Youth Perspective on Family Engagement
- Accomplishments of KC 21012-13 and hopes for KC 2013-14

Key Agreements

- The Kids' Council supports a proposal to co-sponsor an event regarding Adverse Childhood Experiences (ACE's) with the Healthy Children's Task Force
- Kids' Council members will be interviewed by Nancy Tauber over Spring/Summer

Next Steps

The group identified the following next steps (or commitments) during the meeting:

What	Who	By When
Agree to 2013-14 Meeting Schedule * Calendar for FY14 Kids' Council Meetings on the 3 rd Thursdays of the Month - o September 19, 2013* - o October 17, 2013* - o November 21, 2013* - o January 16, 2014 - o February 27, 2014 (4th Thursday because of school vacation week) - o March 20, 2014** - o May 15, 2014 *Possible Retreat (5:15 – 9:15 p.m.) **Please hold this date as possible Kids' Council mtg.	KC members and affiliates	September Meeting
KC members interested in being a part of a planning Committee for a KC/HCTF event regarding Adverse Childhood Experiences	Claude, Betty, Neal	September



Kids' Council Meeting Minutes

May 16, 2013

5:15pm – 7:15pm

344 Broadway, 2nd Floor Conference Room

Detailed Notes

Present:

Charlotte Avant, Betty Bardige, Andrea Collymore, Jessica Daniels, Nadia Davila, Henrietta Davis, Michelle Godfrey, George Halfkenny, Claude Jacob, Barbara Kibler, Lori Likis, Neal Michaels, Ellen Semonoff, Steve Swanger, Nancy Tauber, Shubham Dhital, Isobel Schpieser, Griffin Andres, Zach Spitz, William Austin, Alessandra Fix, Jamila Derring, Emily Schwartz-Vartikar, Jwahir Sundai, Mohammed Sayed, Peterson Phillippe, Ehazzusaman Satu,

Chair: Mayor Davis

Executive Director: Nancy Tauber

Note taker: Nadia Davila

Desired Outcomes:

- An awareness of the work of the Youth Involvement Subcommittee
- An agreement by Kids' Council members to meet with Nancy Tauber to evaluate FY13 and discuss FY14
- An agreement by the Kids' Council to co-sponsor an event regarding Adverse Childhood Experiences (ACE's) with the Healthy Children's Task Force
- An agreement by Kids' Council members to encourage the necessary people to attend the *Promising Practices for Family Engagement Networking Event* on May 23rd
- An acknowledgement of this year's accomplishments and ideas for next steps

Call to Order:

5:30pm – 5:36pm

- Welcome and Introductions
- Agenda Overview
- Adoption of March 23rd, 2013 Kids' Council Meeting Minutes
 - Quorum not present
 - Will need to be adopted during September's KC meeting

Announcements and Updates:

5:36pm – 6:40pm

- Acknowledge Kids' Council members who are moving on: Steve Swanger, Isobel Schpeiser and Shubham Dhital
 - THANK YOU for everything
- Review Kids' Council Schedule for FY14
 - Agreement from group to review and agree upon schedule in September 2013
- Proposal - Kids' Council will co-sponsor an event regarding Adverse Childhood Experiences (ACE's) with the Healthy Children's Task Force

Below is information regarding ACE's

- Agreement from group that supporting and educating community on ACE's is an important issue and a good idea to co-sponsor an event with HCTF
- Agreement from Claude, Neal and Betty to join planning committee
 - Discussion points for planning team to consider:
 - Looking at the continuum/the whole life: Event emphasis on children or adults? What happens to adults when their child experiences trauma? What happens when children who experience trauma become adults?
 - Exploring the possibility of more than a one day event: many complexities in trauma (witnessing violence; fleeing trauma from home countries. More than one day could allow for particular groups to link up with those working on that very issue (i.e. domestic violence, maternal depression etc.)
 - Follow up after the event: creating a response network; more meetings; a forum
 - KC members are individuals who make decisions: having the forum come from people who make decisions has a lot of impact
 - Could have starting points for various groups to then start addressing ACE in their own way
- Nancy Tauber will interview members of the Kids' Council over the spring/summer
 - Look out for an email from Nancy in the next few weeks
- *Promising Practices for Family Engagement in Cambridge* Networking Event Update
 - Thursday, May 16 from 9:00 am – 12:30 pm. Breakfast and lunch will be served
 - Closing date to RSVP was May 10th, by May 8th spots were all filled
 - Great planning group! Commissioner Haas, Michelle Godfrey, Lena James, Lori Likis, Steve Swanger were the Kids' Council members on the planning team.
- Youth Involvement Subcommittee Update
 - *Presentation and group discussion on Family Engagement from the Youth Perspective (Presenters Zach Sptiz, Alessandra Fix, William Austin, Isobel Schpeiser and Shubham Dhital)*

Below is a summary of the YIS presentation

Follow-up discussion

- College Process
 - College process starts earlier than the beginning of senior year/end of junior year and family engagement is very important throughout the whole process
 - Challenges:
 - Parent time; parent unfamiliarity with process (ex. first child vs. second or third child applying, parent didn't go to college); Parents not aware that they need to be aware about the college process (could classes help? Could a website help?); price tag for college is very expensive

- Students' who drop out of college
 - Some people don't like it and that's okay; sometimes it is because and/or their families can't pay for it; a place to go, like a Cambridge Office of College Success, could be nice to receive extra support and help
- What is important for parents/adults
 - Communication between child and parent; being careful about how to message college importance pre-high-school years; supporting your child no matter what; encouraging child to be independent and smart (going to college doesn't equal success)
- What is important for youth
 - Communication between child and parent; presenting yourself positively (grades aren't everything)
- YIS possible next steps for 2013-14: looking into the ways families are engaged about the college process; re-labeling Family Engagement; running parent workshops
- Other Announcements
 - Tonight is the one month anniversary of the Boston Marathon bombings. Coping group co-sponsored by Cambridge Health Alliance and Cambridge Peace Commission tonight at Senior Center.
 - CHA is offering a Mental Health First Aid course, co-taught with Police Department
 - Hoops N' Health will be on Saturday, June 15th
 - Mohammed Sayed (YIS member) presented at Facing History Facing Ourselves New England Benefit Dinner with a standing ovation!

Review 2012 -13 Accomplishments and Discuss Next Steps

6:40pm – 7:10pm

Group work at tables

- Group report out and discussion on accomplishments
 - Established Kids' Council Guiding Principles and Member Agreements
 - Created *Criteria for Choosing and Area of Focus*
 - Agreed on a working draft vision statement for successful family engagement in Cambridge
 - Decided on a Topic (Family Engagement) and Area of Focus (Enhance the capacity of the CET)
 - Learned more about the CET
 - Recommended budget suggestions to the City Council to add more CET outreach workers and begin planning for a city-wide training program
 - Co-sponsored 2 projects with the CET – Survey and Networking Event
 - 2012-13 Youth Involvement Subcommittee
 - Their work with middle school students
 - Their presentations at KC meetings throughout the year
 - Sense that Kids' Council accomplished something
 - Better engagement and positive energy
 - Focus on Family Engagement was rich
 - New membership
 - Information distributed kept members engaged

- o Group working together
- o KC leadership and staff
 - KC reconstruction (time-bound projects, meetings, selection of project)
- o KC and YIS working closer together on similar issues
 - Helped both groups achieve more
 - Powerful connection
- Group report out and discussion on things group wished we had done
 - o To spread the word more
 - More parents and public at meetings
 - o Networking breakfast between KC and YIS in the beginning of the year
 - o Active participation with private sector partners
- Group report out and discussion on what to continue for next year
 - o Running focused meetings
 - o YIS continuing their work with middle school students
 - o Keep a strong YIS and KC partnership
 - o Keep focused on community and family engagement
 - o Looking at young adults post-high school (hot button issue)
 - o Focus on one topic, and doing that well
- Group report out and discussion on hopes for next year
 - o Keep tables and small group conversations
 - o Expansion of YIS work
 - o KC becoming better known in the city
 - o KC becoming a model that other cities can look at
 - o More connections between KC and smaller/grassroots organizations
 - o Have a strong vision for 2013-14 with a strong FE policy to propose and a budget with CET (especially with the change of Mayor)

Adjourn

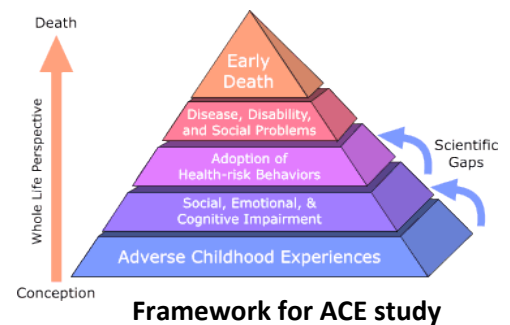
7:16pm

What are Adverse Childhood Experiences(ACEs)?

- Experiences in childhood that may impact social, emotional, and physical development
 - Child abuse, neglect, sexual abuse
 - Growing up in a household environment with:
 - Domestic violence
 - Caregiver who abuses substances or has mental illness
 - Caregiver who is incarcerated
 - Separation from parent/caregiver due to death, divorce, or separation

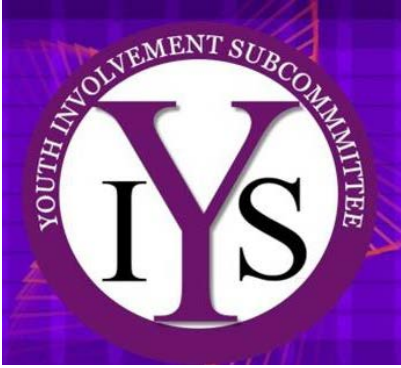
The ACE Study

- Led in collaboration by Kaiser Permanente, San Diego, CA and Centers for Disease Control, Atlanta, GA
- Conducted in a primary care setting to describe the long-term relationship between childhood experiences and medical and public health problems
- Examined retrospectively and prospectively the relationship between ACEs and
 - Disease risk factors and incidence
 - Perceived quality of life
 - Health care utilization
 - Mortality
- Sample & Study Design: 17,421 adults who completed a health appraisal at Kaiser between 1995-96 were eligible to participate; surveys sent 1 week after health appraisal; response rate was 70.5% (9,508/13,494)
- Findings: Almost 2/3 of participants reported at least one ACE, and more than 1 of 5 reported 3 or more ACEs; short- and long-term outcomes of these ACEs include a large number of health and social problems
 - Persons exposed to ACEs compared to those who experienced none were at increased risk for: alcoholism, drug abuse, depression, suicide attempt, smoking, sexually transmitted disease/HIV, adolescent pregnancy
 - Number of ACE categories related to presence of disease: ischemic heart disease, cancer, chronic lung disease, skeletal fractures, and liver disease
- Impact of ACEs on Children:



Cognitive	Mental Health	Social
- Slowed language development - Attention problems - Speech delay - Poor verbal memory - Loss of brain matter	- Poor social/emotional development - Early substance use - Mental health problems	- Aggression and violent outbursts - Peer self control of emotion - Cannot modify behavior in response to cues - Social Isolation

Reference: Adverse Childhood Experiences (ACE) Study. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Division of Violence Prevention. <http://www.cdc.gov/ace/>



Youth Involvement Subcommittee

cambridgeyis@gmail.com

617 349 6239

Who we are:

The Youth Involvement Subcommittee (YIS) is the youth civic engagement component of the Cambridge Kids' Council. The YIS is comprised of a diverse group of sixteen young people ages 14 to 18 and is youth led and adult supported.

Our Goals this year:

Aligned with Kids' Council's 2012-13 vision of Family Engagement, the Youth Involvement Subcommittee has dedicated its year to supporting upper school students with their transition to high school.

What we have done:

This year we have presented interactive workshops at many of the youth centers in Cambridge and partnered with Upper Schools and STARS to reach as many upper school students and their family members as possible.



Family Engagement from the **YOUTH perspective**

Family engagement can be improved in any number of ways. It all starts with the realization of children and families that education is the foundation of success in this world today, and without education one's options are significantly diminished. Every student comes into the Cambridge Public Schools at roughly the same age. However,

each student may come from a completely different background than that of the child sitting next to him or her. In all scenarios, each child should have as much opportunity as the next. But how do we build a flawless system for engaging families who are hard to reach out to? It's hard and not something that just happens over night.

What Family Engagement is to us:

- o A support system
 - Includes not being judgmental
 - Having someone know what you are doing and supports you
- o An encouraging voice
- o Families having active communication with student/child
 - So they know what is going on in student's life
 - So that students and families can be on the same page
- o Families being involved in students' life
- o Families helping to plan out their student's future(tomorrow, months from now, years from now)

Why Family Engagement is important:

- o Makes it easier for students to succeed (be the best that they can be)
- o Helps students transition from different stages in life
- o Helps equalize the starting point
 - Family engagement increases parent and community involvement and can increase their encouragement to challenge students academically, and can address the achievement gap
- o Helps parents understand the needs and responsibilities of their children
 - ex. Knowing when one's child needs help
- o Helps with motivation and focus
 - For students: it helps to emphasize the importance of education
 - For parents: it helps improve parental involvement

YIS top recommendations for adults:

- o Email/contact parents strategically so they know about groups and ways to be notified of more information, but not bombarded with unnecessary information
 - ex. Informing parents about the college process
- o Help with language translation for families whose first language is not English
- o Reach out to families rather than waiting for parents to come to you
- o Provide financial aid/support for families that need it
- o Stress the importance of extracurricular activities/ programs in and out of the community for families
- o Review websites so that it is easier to navigate for families and provides tips/resources for parents
- o Understanding the different stages of parent involvement
 - ex. Help families, as well as children, transition from elementary to middle school, then to high school

Other recommendations for schools

- Have teachers create Facebook and social media homework groups
- Include software/computer games that are educational
- Educate parents about digital media
- Create parent forums for each middle school
- Have flexibility in parent-teacher conferences
 - To ensure that parents come
 - Provide other face to face meetings with parents so they can see class work, projects, etc.
- Keep parents aware
 - Important info such as:
 - Tutoring options
 - College Process
 - Community activities
- Make transportation available to parents without cars
- Provide computer labs
- Work together to identify and solve issues
- Offer classes/programs for parents about college process and other ways to help their kids

Communities should be involved and can fill in some of the gaps

Families:

- Help with homework
- Provide a quiet space for homework and checking in on it
 - Preferably away from other siblings
- Have a relationship/communication between parent and child
 - Important to
 - Ask questions
 - Be encouraging
 - Listen
 - Important to talk about:
 - What student is learning at school
 - Discuss goals and how to achieve them
- Show concern/care for child's ideas and feelings
 - "Reminding your child that you are behind them 100% of the time"
- Attend parent-teacher conferences
- Set aside time for parent and child balanced with child's time with friends
- Know when to be a "parent" and when to be a "friend"
 - Know the balance of being too-engaged and under-engaged (balance of independence and motivation)