



Thursday October 24, 2024

5:15-7:15 pm

Cambridge Citywide Senior Center

806 Mass Ave. Cambridge MA 02139

Summary of Conversation Topics

- Updates
 - Find It Cambridge
 - Cambridge Youth Council
 - Youth Wellness Working Group
- Taste of Youth Mental Health 101

Chair: ~~Mayor Simmons~~

Co-Chair Sumbul Siddiqui

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

Executive Director: Nancy Tauber

Notetaker/Find It Manager: Andrew Liedtka

CYC Coordinator: Izzy Schpeiser

CYC Members: Jasper Adiletta, Jasper Mallon, Maia Shen, Musie Futsum, Shakia Afrose, Lio Caravan,

Guests: Connor Epsteinkraus, Sarah Lincoln, Meagan Albright, Johanny Castillo

5:30 Welcome and Introductions

- Family Policy Council Business
 - Approval of september 18, 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.
- 2 community events — East Camb Business Inmanween, tomorrow at 6, kid friendly. Saturday, 12-5PM and DX Arcade by garage in harvard sq, costumes and games.
- Nov 1 start of open enrollment for health insurance, go to CEOC if they don't have it to help people apply
- Nov 2nd at City Hall Family Literacy Fun Day, free books in lots of languages and activities for young children
- Mayor's Office Trick or Treat on City Hall Lawn on Halloween - touch a truck, candy for kids, etc.

Updates

- Find It Cambridge (Andrew Liedtka)
 - New Features
 - Search Bar
 - Dates for Events
- Cambridge Youth Council
 - Annual retreat on September 28th to plan projects for the year
 - The theme of the year is Community, and there will be 2 Subcommittees (Art Installation and Events)
 - CYC met with Daniel Wolf to learn more about public space and events happening in Cambridge
 - Office of Workforce Development and College Success Initiative staff came to our meeting on Monday to share their work with us.
 - CYC is going to Tampa Florida for the NLC City Summit. They are going to this conference with other city officials instead of the conference in Washington DC.
 - We entered the NLC's Youth 100 Challenge. Here is the link to their submission: <https://youtu.be/vmi5Nnb7pzM?si=StJ1ORvhDlrZrlqe>
 - Tina mentioned financial literacy, CEOC 60th, coming in to talk to CYC or CYC helping them figure out how to deliver financial literacy education/awareness.
- Youth Wellness Working Group
 - Recruiting Youth Wellness Working Group members
 - Figuring out a time to meet and how people can be involved even if they can't come to the meetings
 - Based on Family Policy Council feedback, we revised Guiding Principles. Instead of 10, we now have 4.
 - **Youth Equity and Inclusion**
 - Center youth voices, especially youth from historically underserved or marginalized communities,
 - Create opportunities for youth to share their perspectives,

experiences, and help make decisions.

■ Individualized Support

- Develop support systems that meet the unique needs of our children and teens.
- Take into account thriving varies among individuals and looks different across cultural and generational lines.

■ Prevention Focus

- Shift from a reactive and penalizing "sick-care" model to a wellness approach.
- Emphasize early intervention and proactive measures.
- Focus on positive youth development, resilience, and strong relationships.

■ Community Engagement and Collective Action

- Create a comprehensive and cohesive support network that includes our entire community.
- Engage and collaborate with community providers, partners, leaders, families, and youth

A Taste of Youth Mental Health 101

📅 10-24-24 FPC Meeting Slide

- Self Care Activity
- Youth Mental Health First Aid Training
 - 51 adults trained, 38 totally certified (75%)
- Disclaimer
- Group agreements
- Definitions
- Self care tips and why it is important
- When do normal behaviors become warning signs
 - Activity - What are the most common warning signs?
 - What to look for and common warning signs and symptoms
 - Tips for effective communication (outside a crisis)
 - Activity - Responding outside a crisis
- Responding to a crisis
 - Who to contact
- Q&A
 - Thinking of nominations, are there any gaps in the working groups? Like perspectives or expertise?
 - Principles for difficult conversations apply in all contexts, not just in a mental health crisis scenario.
- Links to resources

- [Cambridge HEART](#)
- [Youth Mental Health Resource Map](#)
- [CYC Youth Headspace](#)
- [Find It Cambridge](#)

Adjourn 7:16