

Concord Public and Concord-Carlisle Regional SEPAC Open Meeting Minutes – April 1, 2015

Board Members in attendance:

Aiyana Currie, SEPAC Technology Coordinator
Joanne Jensen, SEPAC Events Coordinator
Jordan Parker, SEPAC Secretary
Tali Ditman, SEPAC Membership Coordinator
Erin Pasternak, SEPAC Publicity
Rebecca Robichaud, SEPAC Co-President
Mary Tambor, SEPAC Co-President

Other attendees:

Jennifer Clark from CCYS
Jessica Murphy, Director of SPED

1. Open Meeting: Mary opened the meeting at 9:30AM and introduced the agenda.
2. Board reviewed and approved March 2015 minutes.
3. Jennifer Clark from Concord Carlisle Youth Services. She wanted to share that she had personally positive experiences with an IEP and CPS services since early years.
 - A. Shared history of the organization started between community chest and town
 - i. Multiple community relationships that can find resources for kids if there are issues or concerns identified. Jennifer has been in her position for 16 months working to connect our collective resources.
 - ii. Challenges can be transportation and housing particularly for older kids. People are often unaware of the challenges faced in our community.
 - iii. Discussed Aileen Buford, the town social worker as one of the important resources she has been working closely with
 - B. Priorities heavily defined by the youth risk behavior survey; what the teens tell us on issues, but generally quite valid date; key highlights from 2014 survey
 - i. Sleep issues
 - ii. Stress trends are worrying. Pilot for juniors, leveraged lunch team to get the word out.
 - iii. Saw a decline in binge behaviors which was positive
 - a. Jessica mentioned that stress and as a replacement to ADHD medicines were typical reasons SPED students might be using illegal substances
 - b. Social media rewards higher risk behaviors - facebook and yik-yak (anonymous posting)
 - C. Described a range of other resources she works closely with
 - i. MSPP Interface Referral Services – Original name Project Interface – CC was an early adopter
 - a. Helps with transportation, navigating insurance, finding resources
 - b. Has now expanded to go beyond age 24

- c. This was something that has been funded by CC Public Schools
 - d. Jessica shared that advocates anchor is one of the resources that the town also works with
 - ii. Trying to also provide more exposure to community service. Class act awards – leadership at club level, community service – efforts to get past academic award night
 - iii. Created a Concord Social Services guide (links on the website). Many of the key resources are listed.
 - iv. Inroads into the athletic community would be great, outside of some select areas (HS football) people often take for granted the impact and role they could offer
 - v. First Connections Resource list for raising challenging children – located at emerson hospital
 - a. Jennifer to email First Connections to ask for electronic copy of the resource list
 - vi. New mindfulness studios in Concord are examples of the assets we have and try to connect people to
- 4. Mary shared May meeting topic to work on the goals and vision for the SEPAC. Handed out a worksheet for everyone to plan in advance
 - A. Everyone should look at bylaws (terms of service, etc.)
- 5. Discussed some initial ideas for next year's events:
 - A. Transition – a key gap is understanding what will happen in the future as you plan
 - B. Table with PTG's at back to school night
 - C. More calendar events
- 6. Correspondence
 - A. School committee – sent an email saying that budget is coming up requests our assistance in communicating in the community
 - i. Asking for posts for website on the budget
 - ii. Ask we encourage 1 to 2 parents to write letters to the journal editor regarding appreciate quality of the schools
 - iii. Board had unanimous vote to send a letter to the Concord Journal
 - B. Middle school PTG correspondence with no action
- 7. Chair updates
 - A. Executive session – please everyone read
 - B. Communications – anything to be sent on behalf of SEPAC sent through board presidents for review
 - C. We have our logo, will be emailed around – and will thank creator via website
 - D. Newsletters to archive on the website
 - E. Facebook page – are we ok with letting people comment (yes everyone said yes)
- 8. Meeting adjourned at 11AM