



Youth Engagement and Serving Organization (YESO) Committee Meeting Minutes

March 14, 2018

9:00 am to 10:30 am

1st Floor Conference Room, Easter Seals
22317 Dupont Blvd., Georgetown, DE 19947

Mission: The YESO Committee exists to positively impact and promote healthy outcomes for children/families through collaboration with key health community partners that empowers families to live healthy lifestyles.

Meeting Call to Order and Introductions by Lindsay Hughes. Motion to approve the minutes made by Patti Burke, motion to second made by Mary Johnson. Minutes were approved as presented. Cheryl asked the committee members to review the minutes prior to the meeting. We will no longer print copies for all attendees starting August 2018. Agenda and minutes are available on the web site.

Attendees: Brad Spicer, David Okeke, Holly Johnson, Patti Burke, Mary Johnson, Patricia Ayers, Mallory Stratton, Jeshonda Dennis, Lindsay Hughes, Shannon Drejka, Krystyn Niski, Sarah Moore, Teneshia Winder, Chantoni Cummings, Janet Ray, John Ray, Kim Blanch, Regina Sidney Brown, Melody Bush, Peggy Geisler, Cheryl Doucette, Lisa Coldiron, Nancy Burris

Action Items:

Teneshia Winder:

- Send a copy of her presentation to be shared with the committee. DONE
- send information to SCHC on family classes and upcoming event flyers.

SCHC to schedule Teneshia to present to other SCHC committee meetings, on-going

SCHC to schedule David to present to other SCHC committee meetings, on-going

David Okeke

- Send a copy of today's presentation to SCHC for distribution sharing.
- provide timely summer camp updates so Sussex County has the opportunity to fill open slots for summer camp.

Patti Burke volunteered to be a beta tester for any survey that SCHC sends out, technical issues with a recent survey that was sent out.

Sarah Moore work with Cat Lindroth to provide the answer to last month's question, on-going.

Schedule Melody Bush to present to this group at an upcoming meeting on resources for ages 13-17. On-going

Guest Speaker: Tenisha Winder, Ph.D, MAC, LAMFT, Program Manager, Children and Families First

Phone: 302-389-7280; email: Teneshia.winder@cffde.org

Two Generational Approach: Two-generation approaches put the whole family on a path to economic security. See presentation and handouts. Every interaction they have is an opportunity to make a positive impact. Help, Support, Advice, Guidance. Families come to them hanging by the edge. Help the families to be resilient.

ACES: Adverse Childhood Experiences – 10 Areas of Trauma (ACE's)

- Psychological abuse
- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Loss of a parent (for any reason)

- Mother treated violently
- Substance Abuse in Household
- Mental illness in Household
- Criminal Behavior in the Household

Childhood trauma, long-term problems. Lifespan Impacts of ACE's. Not just providing the services for the child, in the home, seeing what is going on, offering and providing support for the parents as well. Modify or create new policies that focus on the needs of parents and children together.

Designed to recognize the multigenerational, multidimensional aspects of family poverty and to attack problems associated with poverty from multiple direction. Harness the family's full potential and help put the entire family on a path to permanent economic security.

Why a two Generational Approach? Both generations benefit when their needs are considered together.

- Children can be affected by parents' ability to succeed.
- Disrupt the cycle of poverty for families.
- Brings all family members along together, assesses all family members together and provides all family members with opportunities, together, to be successful.

Two Generation Approach Strategies

- Community Mental Health
- Referrals for Individual therapist
- Collaborating with therapist
- Family Therapy
- Parenting classes. Q: Are the classes well attended? Yes. Classes are 6-8 weeks. Any one can refer to the parenting classes.

Q: How do you help with social/economic issues? They build the bridge so that the client can access referrals. Bilingual staff. Working women, lose benefits when they take on a fulltime position. Push the education piece as well, to help with the economic climb. Adult Education is a value.

Q: Are the community mental health benefits comparable to other providers? CFF sees the same types of cases, as other provider, but offer a 24 on call service. DPH sends a referral to CFF.

Q: How do families find you to know that the support is available? Referrals from DPH, family can access functional family seminars, doctor offices, schools have their information. No insurance needed to assess family functional seminars -- minimal one hour with the family/therapist. Try to meet the family where they are, they offer Sunday-Saturday hours.

Q: Is there a maximum number of family members that can be in one session? Not really, CFF works to meet the community where they are.

Q: Can CFF treat chronic conditions, children with special needs? Absolutely, they can support and offer tools that can be used. CFF does not currently work with Family Shade.

Q: Kent county is there a wait list for services?

Q: Transportation issues? Therapist will go to the home, meet them where they are.

Guest Speaker: David Okeke, Brandywine Counseling & Community Services, Inc. (BCCS)

Phone: 302-922-8636; Email: dcokeke@gmail.com

David summarized a 45-minute talk to the allotted time. He talks to ages 13 to 60 on Fetal Alcohol Spectrum Disorders (FASD) – Umbrella term describing the range of effects -the effects of alcohol on fetus/unborn babies.

1 in 8 pregnant women reports alcohol use. Women will deny admitting alcohol use/abuse while pregnant.

- Who is at Risk 18-24? College age girls, heavy alcohol use during college years.
- Women with substance abuse or mental health problems.
- Women who have already had a child with a FASD
- Recent Drug users

- Smoker
- Women who have multiple sex partners
- Recent victims of abuse and violence

Common Signs and Symptoms FASD. Child appears drunk, if mother consumed alcohol while pregnant. Effects the baby's development in the womb. Physician may confuse infant's appearance with Autism or Down Syndrome. FASD is often overlooked when diagnosing a child with. One drink while being pregnant, can cause issues.

Preventing FASDs

- Talk to the women in your family about the effects of drinking while pregnant, especially the younger women. Have the conversation. Drinking while pregnant has a lot of effect on the new born baby.
- Providers need to ask frequently are you drinking while pregnant.

Q: Is Sperm affected by drinking alcohol? David did not have any research to answer this question.

Q: Do you encourage the males to go with their partner to the doctor appointments? Yes, males need to be aware as well.

David asked the committee members to take a pre/posttest on Fetal Alcohol Spectrum Disorder Prevention Education, collected the completed tests.

KUDOS to SCHC from Brad Spicer. Website is a great resource for partner staff that are not available to attend the committee meetings. .com redirects to .org.

Children with opioid dependency. SCHC to get some data on these kids that are being born today, what will their needs be for these kids 5-10 years down the road? Smoking pot is causing birth issues, opioid and heroin, will cause even more issues that have not yet been identified. SCHC Health committee will deep dive on this issue. Assumption, if you are born addicted, you are predisposed to be pre-addicted. Community was not ready for the wave of crack babies that were born. This is what is coming, babies being born opioid/heroin addicted, the community/providers need to be prepared.

David is our acting summer youth police camp liaison. Camp coordinator was invited to attend today. Will provide information to SCHC to fill the Sussex Summer Camp.

Sarah Moore: Update on Latino Youth and Families: Thanked Matt Haley Trust, SCHC, La Esperanza, SCHC, Arsht Cannon, for funding and support.

One on one interviews held with the Latino adults and youth (12 focus groups --130 Latino adults, 40 youth). How can we build a strategy to help the community? Asked the committee members to write down 6 themes from interviews and how can your agency address these issues? She asked the committee members to submit their "papers" when she was done.

Immigration and bilingual support: Fear, ISIS, community presence

- Without documentation, can't get health insurance, need more legal services, can't find work, losing work. Who already provides these services, any organization, who should be engaged?

Child care, family safety & support: There is no child care available for Latino families, would like resources for special needs kids, life coach or mentor

Transportation access: no transportation, long walks to bus stop, medical conditions prevent walking to bus stop, can't get to appointments because of lack of transportation.

Academic Success: Education, early child hood education, college access, literacy. Parents want their children to attend higher education, need to know what is available. Need ESL courses in the evening to help high school kids.

Information access: They don't know what is available, need more information, how to get the information to be a nurse for example. Direct line with teachers (middle/high) and kids.

School shootings are scaring the kids, don't want to go to school.

- Missing translation and bilingual services. Translators don't always provide the best services.
- Lack of information for parents, most critical!
- Fear runs high due to mis-information.
- Change one thing, immigration, more lawyers needed to assist us. ESL classes.

Youth focus group: more access to food and medication is needed in the community, bilingual help with school.

If you want to participate with this initiative contact sarah@summercollab.com

Table new business, community goals until next meeting so Peggy can assist with facility the conversation.

Money for Sussex programs is needed. How do we make sure middle and high school have programs that improve quality of life? This will be discussed in more detail at the April meeting.

Recommendation to have one speaker next meeting.

Partner Updates:

BCCS is hosting a Prevention Team Building and Mentoring Camp, Friday April 6th to Sunday, April 8th. Registration form handed out. Can kids with special health needs attend? Probably, as long as they meet the requirements and age.

Meeting Adjourned. Next YESO meeting will be April 11, 2018, 9:00 am to 10:30 am, Easter Seals.

Save the Date:

SCHC Quarterly Meeting -April 19, 2018 – pre-register requested

8:30 am to 11:00 am

CHEER Community Center -20520 Sand Hill Road

Georgetown, DE 19947