Stratford Youth and Family Advisory Board (YAFAB)
Room 110-Birdseye Municipal Complex
Minutes-January 14, 2013

In attendance: Cheyenne Ahmad, Lucretia Duwel for Barbara Blosveren, Greta Roberts-Broneill for Andrea Boissevain, Josephine Burruano, Clarence Gaskins, Aamir Kadeem, Sean Kennedy, Olivia Mastroluca, Dudley Orr, Pat Patusky, Jesse Peña, Lou Perno, Taisha Rivera, Giovanni-Marie Roper, Tegh Terrill, Mark Wright

Absent: Shelly Bheer, Winnie Etienne, Peggy Pancak, Ed Rawls, Kyle Scrivines, Ty Sims, Orlando Soto, Tegh Terrill

Guests: Jeanne DiMuzio, RYASAP & Kate Venision, Community Services

Staff: Tammy Trojanowski

Call to Order & Chairpersons’ Report
Co-Chair Jesse Peña called the meeting to order at 7:02 p.m. The Executive Committee met on January 7, 2013, which resulted in the following outcomes:

- Identification of meeting topics for the rest of this year’s meetings. The meeting calendar was distributed and is attached to the minutes.
- Appointment of the Nominating Committee in January 2013 to allow more time for recruitment. The following Board members volunteered to serve: Greta Roberts-Broneill, Aamir Kadeem and Sean Kennedy.
- Approval of the date and flyer for the CONNECT community suicide prevention training. QPR trainings, also part of the suicide prevention initiative, will be offered throughout the year to youth and adult residents. Visit www.preventsuicidect.org for more information. The YAFAB will lead this community prevention initiative. CONNECT training flyer is attached to the minutes.
- Approval for the YAFAB to serve as the community coalition for the Town’s application for the Drug-Free Communities grant.

Approval of November 19, 2012 Meeting Minutes
Lou Perno made a motion to approve the November 19, 2012 Board meeting minutes. Mark Wright seconded the motion. It passed unanimously.

Youth Committee Report
Youth Committee co-chair Taisha Rivera distributed the 2012-13 M.O.N.E.Y. grant funding recommendations and reviewed each proposal. Enclosed is the MONEY recommendations. Dudley Orr made a motion to accept the Youth Committee recommendations. Pat Patusky seconded the motion. It passed unanimously.

Community Asset Teams
The Community Assets Team will meet on Monday, January 28, 2013 at 7:00 p.m. in Room 110 of the Birdseye Municipal Complex to continue the discussion and strategies to encourage assets among Stratford youth.
Partnerships For Success (PFS) Coalition
Sean Kennedy reported that the Coalition met on January 9, 2013 and reported that that had a presence at two recent community events – the annual Thanksgiving football game and Town Tree Lighting ceremony. Based on the coalition action plan, activities will be focused on parent engagement and community outreach as well as increasing the community’s awareness of the coalition. During January 2013, coalition members will be visiting local alcohol stores and do “meet and greets” with their owners/managers as a way to encourage responsible sales and keep off-premise compliance rates high. Compliance of off-premise establishments is currently 92%.

Discussion and Presentation
Building Resiliency Under Stress with Kate Venison, Community Services Clinical Coordinator
In addition to social development and developmental assets, resiliency- the ability to spring back following adverse events, is another perspective that guides the work of the YAFAB. In the aftermath of Hurricane Sandy and Sandy Hook school shooting, it is appropriate to revisit this important concept. Kate Venison began with an activity that demonstrated coping strategies when dealing with stressors. She also distributed information about ways to build resiliency (attached) and facilitated discussion.

Community Up-dates & Announcements
Greta Roberts-Broneill reported that the data from the community focus groups and online surveys for the Community Health Assessment is being analyzed by the consultants. Preliminary information will be available in February and Greta will report back to the Board at the April 2013 meeting.

On February 1, 2013, Creativity in Motion and Stratford High School students are holding a performance with proceeds benefiting the BEST grant in memory of Victoria Soto.

Prescription drug training for coaches and tobacco prevention training for middle school students is available. The regional Youth Tobacco Prevention Graphics Contest is transitioning to being a graphics contest where applicants can address the issues of alcohol, tobacco, marijuana, gambling and prescription drug prevention. For any youth interested, contact Jeanne DiMuzio at 203.579.2727 or jdimuzio@ryasap.org for more information.

Pat Patusky recommended that the YAFAB make formal recommendations to Mayor Harkins in response to the Sandy Hook incident. More discussion will follow at the February 11, 2013 YAFAB meeting.

Adjournment
Aamir Kadeem made a motion to adjourn the meeting. Cheyenne Ahmad seconded the motion. The meeting was adjourned at 8:40 p.m.

Respectfully submitted,

Tamara Trojanowski
Stratford Youth And Family Advisory Board

2013 Meeting Schedule

Board Meetings are held from 7:00 to 8:30 p.m. in Room 110 at the Birdseye Municipal Complex, 468 Birdseye Street, Stratford. Location and dates are subject to change. Please call 203.385.4095 to confirm.

Monday, January 14, 2013

Monday, February 11, 2013

Monday, March 18, 2013

Monday, April 22, 2013

Monday, May 20, 2013

Annual Meeting and Awards Ceremony at Town Hall

2013 Youth Committee Meeting Schedule

Youth Committee Meetings are held from 7:00 to 8:30 p.m. in Room 110 at the Birdseye Municipal Complex, 468 Birdseye Street, Stratford. Location and dates are subject to change. Please call 203.385.4095 to confirm.

Monday, February 4, 2013

Monday, March 4, 2013

Persuade, Question, Refer (PQR) Training

Monday, April 1, 2013

M.E.D.A.L.S Honoree Review

Monday, May 6, 2013

Annual Meeting Prep
**CONNECT**

**Suicide Prevention And Intervention Training for Professionals**

<table>
<thead>
<tr>
<th>Date:</th>
<th>Thursday, February 28, 2013</th>
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<tr>
<td>Time:</td>
<td>12:00 to 4:00 p.m.</td>
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<td>Place:</td>
<td>Room 110, Birdseye Municipal Complex, Stratford, CT</td>
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Designated a National Best Practice, CONNECT training utilizes a unique community-based model designed to increase the competence of professionals. CONNECT provides participants with:

- An understanding of suicide’s impact on communities, family members and friends.
- Data, including how age, gender and culture impact risk.
- A review of risk and protective factors and warning signs.
- Skills for intervening with people at risk and connecting them with appropriate resources.
- Strategies for communicating with families during crisis situations.
- Information about local resources and services.
- Discussion about social networking and its influence.

CONNECT is sponsored by the Stratford Youth and Family Advisory Board. There is no fee to participate and lunch is provided. For questions or to confirm your participation by contacting Denique Weidema-Lewis by February 15, 2013 at 203.385.4095 or dweidemalewis@townofstratford.com.
### 2012-13 M.O.N.E.Y Grants
Recommendations to the Stratford Youth and Family Advisory Board

<table>
<thead>
<tr>
<th>Applicant</th>
<th>Project</th>
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<tr>
<td>Bunnell High School- S.K.A.T.E.N.G on Campus (Students Karing About The Environment, Nature, and Gardening)</td>
<td>“The club consists of a dozen or so students dedicated to improving the day to day conditions of the school and its surroundings…By receiving a MONEY grant, we would better able to accomplish our goals (on-campus recycling awareness campaign, maintain campus spaces, rehabilitating greenhouse, permanent “outdoor classroom”) and make Bunnell High School a better place to learn, grow, and feel connected.”</td>
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<td>Sterling House-Kick Start Soccer Camp</td>
<td>“Kick Start is a one week summer camp for children who want to play soccer entering grades 4-6 held at the fields between Honeyspot and Johnson House… The money would be used to buy the shin guards and balls…”</td>
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<td>Wooster Middle School-Brain Booster Buddies</td>
<td>“Brain Booster Buddies” is a peer-mentoring program developed to benefit elementary children (grades 1,2) academically and socially at Nichols School 1 hour/week. If granted, [the program] will use the money to purchase pencils and other supplies, such as flash cards, educational games, and beneficial materials for the mentees.”</td>
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<td>$250</td>
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<td>Sterling House S.T.R.O.B.E-Not So Different</td>
<td>“Not So Different” will be a project consisting of 2 events that work to prevent prejudice again people with disabilities…bring awareness and empathy for those that are both physically and mentally challenged.”</td>
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<td>RisingStars@SLA</td>
<td>“Our project is to plan, organize, and stage out creative performance event, RisingStars@SLA, on Saturday, May 18, 2013 in the Lovell Room at Stratford Library…venue of poetry, prose, music, and dance along with artistic displays…A grant of $250 will enable the CWW to create a venue…including refreshments and allow for added publicity.”</td>
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<td>Bunnell High School- buildOn- Smarts With Snacks</td>
<td>“The project we created consists of practicing basic reading, writing, and math skills with children in grades 2 or younger…If our project gets chosen for the MONEY grant, the money would be used for the children [snacks], advertisement [of program], and supplies for the stations.”</td>
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<td>Bunnell High School-Unlearn</td>
<td>Unlearn, a Bunnell High School literary magazine, “focuses on teen issues such as bullying, depression, and substance use in an effort to raise awareness and make a change. [If awarded, the money would be used] to help offset the cost of creating, compiling, and publishing Unlearn, so we can afford ink, paper, and other resources.”</td>
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**Total** | **$1,750** | **$1,500**

**Budget:**

- $1,250 Local Prevention Council Grant (5)
- $ 250 Erin Babineau Fund (1)

**Total:** $1,500
10 ways to build resilience

Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

Avoid seeing crises as insurmountable problems. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Move toward your goals. Develop some realistic goals. Do something regularly -- even if it seems like a small accomplishment -- that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

Make connections. Good relationships with close family members, friends, or others are important.

Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life.

Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

Keep things in perspective. Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful. For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope. The key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience.