MINUTES OF MEETING

WAYLAND WELLNESS COMMITTEE

MEEETING OF: OCTOBER 18, 2023

Present:  Scott Parseghian, Debbie Dixson, Cheryl Judd, Heather Yates,

Scott Parseghian’s goal is to bring health education into grades 4 and 5, which has started.

The 5th grade will receive 11 lessons over the course of the year.

The 4th grade will be next.

This position was 100% grant funded for a part time position.

The hope is that the School Committee will fund it next year

Metro West Health and Wellness Survey will be run again this year. There will be a Zoom meeting next week to discuss the upcoming survey

Assessment of the Wellness Policy: This Assessment needs to be done to comply with DESE’s requirements.

Jason Verhoosky said the department is fully staffed again.

Kelsey Sanclemente took over for Darci

Paije Gandolfi is the new Clinician.

They are looking to hire a town wide social worker who will be housed in Public Safety.

Paije’s caseload is filling up quickly.

Youth Night, 11/17/23 for Middle school youth.  The Town agencies come out and run activities for the youth.  It is a fun, social night.

Youth Leadership Program at the Middle School is up and running.  There is an active group this year. Megan Wohlfarth is running the program in conjunction with Jason

Internet Safety and Technology programs are being set up for 3-5 grade students.

Direct outreach at the Middle School is happening too. A Zoom presentation for parents is being worked on.

Wayland SeaPac will be offering a Zoom program too.

Hopkinton is part of Mass Call 3. It is designed for data collection in the region.  Currently focusing on the mental health impact from Covid.  Wayland is involved with this too.

Active with domestic violence with activities in the area.

Jason is helping to bring in a speaker at the High School on mental health and drug abuse.

The Metro West Survey will be conducted on 11/14/23 at the High School and 11/15/23 at the Middle School.

Heather Yates said the health department has a .5 staff person for the next five years from a MGH grant. The point of the study is to look at SBIRT and how it can be changed. Dr. Shuster is working on getting up and running in reference to SBIRT.

Debbie Dixson said school refusal is huge here.  She said a team needs to be established to look at absences, nurse office visits, etc.  Once High School age is reached, it is too late.  It needs to be addressed earlier on.

Michele wanted to train all staff in Narcan.  She wanted to work with the High School Wellness Teachers to teach students how to use Narcan.  Jason said he will help with this project.  Narcan is freely available and needs to be distributed around town.

Scott will work with Allyson to get the training done at a faculty meeting.

Jason said there’s a huge supply available.

The next meeting is scheduled for Wednesday, 11/29/23 at 8:00 a.m.

The meeting adjourned at 9:22 a.m. by a unanimous vote of the committee.

Cheryl Judd

Approved: 11/29/23