

**Town of Barnstable  
Human Services Committee  
Meeting Minutes  
March 11, 2014**

**Names in BOLD indicate action items.**

**Present:**

Scott Fitzgerald, chair; Bill Doherty, Charles Hetzel, Heidi Nelson, Mark Thomas, Paul Thompson (members), and Jen Cullum, Town Council Liaison to the committee

**Absent:**

Roy Richardson

**Guests:**

Stacie Peugh and Steven Wolf, YMCA of Cape Cod  
Patty Mitrokostas, Gosnold on Cape Cod

**Order**

The meeting came to order at 4:04 p.m.

**Approve Meeting Minutes from February 11, 2014**

The minutes of the February 11, 2014 meeting were approved as written (Hetzel motion; Thomas, second). The minutes from the January 14, 2014 meeting are not yet approved.

**Review and Determination of Next Steps for HSC**

Stacie Peugh discussed the role of the YMCA of Cape Cod regarding youth development and prevention. Steven Wolf said that the Y focuses on 'well-being,' how to create habits for a healthy lifestyle, and how to lead a healthier life. In the context of families, the Y seeks to help families identify what they need to stay healthy, following the individual needs and rhythm of the family. The Y seeks to follow, react, respond to the needs of families and kids, not just provide a space for 'gym and swim.' The Y has assessed that the Cape has great programs for kids age 0 to 12. For teens, they offer a day camp, the opportunity to be a camper, and then to be a counselor in training. Youth can also volunteer for a number of jobs at the Y. The Y is open to all ages; kids can join with their families, but are free to attend and swipe themselves in without their parents.

Two programs that caught the attention of the committee members are the Youth in Government and Leadership, and the Achievers Program. The Y would like to offer these programs on the Cape, but funding and transportation have been barriers. The Youth in Government and Leadership program is targeted to high achieving teens, and includes participation in a state-wide conference. The Achievers program targets kids who are struggling in school. The program meets weekly throughout the school year and includes from 10 to 20 kids. At its best Achievers involves businesses and professionals from the community to participate and serve as mentors. The participants make a commitment to attend, work on their grades, and they select a career

cluster that mirrors the local economy. There is a banquet at the end of the year, and college tours. There is an effort to connect kids to universities and scholarship possibilities.

Jen suggested a partnership with the Hyannis Youth and Community Center. Perhaps the more central location would be easier for kids to attend. She also suggested that the Barnstable High School Youth Commission could participate in starting the programs. This is how the town could work with the Y to provide alternatives for youth in need. **Jen advocated that this committee recommend town funding and/or partnership with the Y.**

Patty Mitrokostas transitioned the discussion by saying that mentoring has been proven to be an effective strategy to reduce youth substance abuse. Patty thanked the committee for inviting her and said it is good to be invited to the table. The issue of substance abuse is now openly discussed in our society where it has not been in the past. Patty facilitated the Falmouth Prevention Partnership, and when the federal funding ended, the program became part of Gosnold. This was an important initiative to look at a regional approach to substance abuse prevention.

For youth substance abuse prevention, Gosnold provides counselors in the schools (six), and parent education. Gosnold is also partnering with primary care providers to offer integrated medical and therapy services. There is a lot of talk on the Cape about opiate addiction, but underage drinking is still a huge issue for high school kids. Gosnold also offers a young adult opiate program for 18 to 26 year-olds, that now serves 80 clients with treatment, aftercare, recovery coaches and use of technology for relapse prevention. Fifty people have completed the program, and not a single patient has returned for treatment services.

Patty explained the recently publicized prevention initiative funded by Cape Cod Healthcare, the Kelly Foundation and the Davenport Foundation. She also commented that Barnstable County has formed a Regional Substance Abuse Council on which Patty, Heidi and Jen serve. The Council was formed to identify resources and support collaboration.

### **Next Meeting**

Our next meeting is on April 8. Suggested speakers are: Learn to Cope program; NAACP (**Paul** to bring a speaker); and Duffy (**Heidi** to present).

We agreed we need more time to process information in order to make recommendations to the town council.

### **Adjournment**

The meeting was adjourned. Committee members expressed concern that not all voices were heard at the meeting. Scott committed to following up with members to talk about the direction of the committee.

Respectfully submitted,

Committee Member and CEO, Duffy Health Center