**Date:** February 20, 2024

**Time:** 9:30 a.m. to 11:00 a.m.

**Location:** Virtual via Teams

**Attendees:** Kathryn Ashe, Lynn O’Neal, Phil Litch, Tina Hoofnagle, Angelica Perez Baez, Sarita Ago, Amy Peters, Cassandra Ford (Not present: Amy Peters, Maeve Edwards, Quendia Martinez, Ilya Ablavsky)

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| **Topic** | **Discussion** | **Assignment/Task** | **Point Person** | **Notes** |
| Introductions | New board members were introduced. Tina Hoofnagle is the Director of Social Emotional Learning at Lynn Public Schools, Angelica Perez Baez is the Director of Community Services at the Haven Project, Sarita Ago is the Community Affairs and Outreach Coordinator for the City of Lynn, Cassandra Ford is the Director of Spectrum Health Systems Opioid Program, and Melissa Jewett is the Lead Navigator for the Lynn Supported Transitions & Re-entry (STAR) program through the Essex County Sheriff’s Office. All other board members introduced themselves to the new members. |  |  |  |
| Approval of Prior Meeting Minutes | January meeting minutes were reviewed and accepted as written. |  |  |  |
| Treasurer’s Report | Kat updated us that there were no changes to the emergency fund and our current balance is $737.65. |  |  |  |
| Local Community Services Updates | **DMH:** There were seven DMH applicants approved for services in the month of January. Six applications were withdrawn and one was not approved due to other services meeting the person’s needs. One individual was age 18-21, one age 22-26, two ages 36-45, two ages 46-55, and one age 56-65. Five individuals were English speaking, one was Spanish speaking, and one spoke Haitian Creole. All applicants were from Lynn. Five of Seven applicants were unhoused, one was unsatisfied with their living situation, and one was living in a sober home. All applicants were interested in obtaining housing and additional mental health services.  Kat gave an overview of DMH services for new board members and discussed the Recovery Learning Community (RLC). Kat shared that the RLC is hosting a “Coffee and Friends” group in Lowell for individuals from the Cambodian community. The group is run by Peer Specialists who are trained to tell their recovery story, most of whom have survived Cambodian genocide. Kat discussed that given the large Cambodian population in Lynn, this is a group that the Lynn Site is working with the RLC to start up local to the Lynn community. Kat agreed to send out flyers for the group who also holds group meditation sessions for free.  **GLSS:** Lynn reported that there is not much new information to present on GLSS in the last month. Lynn gave an overview of GLSS services. GLSS works with adults 60+ and individuals with disabilities. GLSS provides in-home services, in-house cooking and cleaning, companion programs for folks who need socialization, caregiver support programs, domestic violence counseling and groups. Recently partnered with several community organizations including the City of Lynn and Catholic Charities targeting food insecurity in the surrounding towns. Food and Thought program opened in May 2022 and is an intersection of nutrition and mental health. Looking to develop a four-part workshop series for Food is Medicine. Nutrition program, Meals on Wheels, serves individuals 1-3 meals depending on their needs. It’s a brown bag service for people who need extra support with food insecurity or shop at food pantry 1x/week. GLSS also has a Housing Program. A housing specialist can help individuals figure out what they need to do to apply for housing, etc.  **Pathways:** Not present  **CPCS:** Not present  **Innovive Health:** Not present  **Phil:** Phil gave an update on an event being held in Lynnfield.  **Spectrum:** Cassandra shared an overview of services offered at Spectrum Health Opioid Program in Saugus. She shared that the program provides methadone maintenance and mental health counseling or mental health counseling only, and serves psychiatric patients. The program also takes substance abuse only patients and offer groups as well. Affordable connectivity- Spectrum provides free cell phones and tablets. Admissions are taken on Thursdays from 6 am-11 am, walk-ins in Saugus. Serving individuals from Lynn, Nahant, and Revere.  **Haven Project:** Angelica shared an overview of services at the Haven Project, which assists with housing for unstable young adults, employment, education and resources, and also partners with the police force. They are in the process of developing a piece of housing for a rapid rehousing project and hope to have it open by May. Application process will be through coordinated entry through LEO. They’ve received a WHDP grant to address homelessness and will serve 24 adults. Angelica shared a resource for TAY population- there is a Feedback Survey for the state- it’s a paid survey and respondents can receive payment through cashapp or venmo. Haven Project is working on another assisted living program to be held at the Catalyst Building where Haven Project is located. It will begin building in May and will take one year to develop. |  |  |  |
| Old Business | Board Member Recruitment: We have 11 active board members and all pending applications have been approved. Kat is still waiting to hear back from other organizations including Roca, RAW Arts, and LEO. Kat encouraged members to have community partners apply if they would be a good fit and are interested in board membership. Kat discussed that since new board members have been recruited, voting for board officers can take place next month. Nominations can be sent via email to Kat and votes can be taken on the floor during the next board meeting.  Speakers: Phil has been spearheading a project to recruit annual speakers for the board. He intended for the speakers to consist of psychiatrists from the different cities and towns comprising the Lynn service area (Lynn, Swampscott, Nahant, Saugus, Lynnfield). Lynn thought that the speakers would be any provider in the area. Tina Hoofnagle would like to see mental health trends in young children. Media often links violence in children to mental health and she would like to hear more about that. Lynn would like to see mental health trends in older adults. It may be helpful to look at lifespan instead of area as an indicator. Finding psychiatrists who are willing to commit their time to the board annually may be difficult. When discussing whether Phil should continue reaching out to psychiatrists locally, board members identified additional candidates whom Phil could reach out to, including a psychiatrist from Spectrum Health. It was discussed that Phil could continue to try to move forward with the plan to identify psychiatrists to speak for the board annually, one speaker per quarter, the next to line up in June and September. The board can have other providers in various disciplines speak on other months. The board can revisit the direction of the annual speaker project in future meetings. Next month, the first guest annual speaker, a local psychiatrist, Dr. Reimherr, is scheduled to speak for the board on March 19th, at 10:30 am.  Fundraising: We are raising funds for the consumer emergency fund, that goes toward helping people who are struggling with mental health and need assistance with bills, items, medication etc. Kat sent out a letter with a description of the fund that can be provided to community partners. Kat will look for a way to provide donors with a letter for tax deduction purposes. We are looking at doing an online auction in May for Mental Health Month. Lynn reviewed the status of donations including a performance donated by a DMH Lynn Site staff who has a band, a self-care basket donated by a Lynn Site staff, and Lynn and Kat agreed to donate baskets as well. Lynn reviewed different types of donations that would be appropriate and asked that all donations be finalized to Lynn by mid-April. The Lynn Rotary Club, season tickets, vacation property that never gets used would be great items for board members to donate.  Lynn reviewed that the auction can be held on the platform “Bidding for Good” the set up is online, the challenge is to get it out there. We would need to put it on our website, send out to folks in our community on our mailing lists, if there is a way to promote on public access television, people would have to go to the online site to bid. | Send officer nominations to Kat  Put together a thank you letter for donors for tax purposes  Connect Phil to Psychiatrists for speaker project  Consider items to donate for the May auction, reach out to local businesses to request donations for bid | All Board members  Kat  Cassandra  All board members | By next board meeting  By next board meeting  By the next board meeting  Get to Lynn by mid-April |
| New Business | No new business. |  |  |  |
| ADDENDA AND MATERIALS PROVIDED | * February 2024 Site Board Agenda * January 2023 Meeting Minutes |  |  |  |
| ADJOURNMENT/  NEXT MEETING | Next meeting: **March 19th at 9:30 a.m.** via Teams.  \*\*note the new time and platform\*\* |  |  | . |

**DMH staff:** Minutes should be emailed to **DMH-DL – Open Meeting Notices** after they are approved by the Public Body.