



Avon YSAB/ LPC/ COC

October 03, 2022

6:30PM- 8:00 PM

Meeting Minutes

Meeting called to order at 6:35 by Suzi Alexe, Youth Services Coordinator

I. Welcome and Introductions - Communication from the audience

Suzi introduced herself and gave a brief description of the Youth Services roles to include education, prevention, truancy, and juvenile review board partner. Attendees introduced themselves, and what brought them to the YSAB.

II. Updates on Previous Programs

a. Mental Health Book Talks (Avon Library Teen/Children's Services, Avon Youth Services)

The event was open to teens in grades 7-12 to come hear about teen books that feature mental health.

b. Sound Healing 5/23/22 with Doug Lampert (Avon Youth Services/Avon Public Library)

Sound healing can use many types of musical instruments to include crystal & Tibetan bowls and gongs, which have been used for thousands of years and produce calming sounds and vibrational tones that help the participant focus on the present moment and help foster a meditative state.

c. Calm Kits for Students for Final Exams May 2022 (Avon TAB members, Avon Youth Services, Avon Library)

Calm kits contained stress reducing items such as stress balls, coloring sheets and utensils, snacks, powered drink mixes, and information on mindfulness and handling stress. The items were donated by Avon Youth Services and the kits were assembled by the Avon Library Teen Advisory Board

d. Pride Event at the West Avon Congregational Church (Avon Youth Services) Pride Paint Night (Avon Teen Library/Avon Youth Services)

This was Avon's first PRIDE block party. The event was designed & hosted by West Avon Congregational Church, Avon Library, Youth Services and Senior Center. The event offered LGBTQIA+ resources, touch a truck, a bouncy house, balloons, the sale of Avon Cares signs and

more.

e. Avon Wellness Weekend (6/17, 6/18 and 6/19) at US Horse Rescue (Avon Youth Services) Teen Programs, Yoga with Horses, Hug a Horse

This event open to Avon residents was sponsored by Avon Youth Services and Amplify. It was a fun, relaxing weekend offering the U.S. Horse Welfare & Rescue Horsepower youth program, yoga with horses, strengthening exercise class, hug a horse event, pony rides and a free concert on the lawn with music by Vince Martell.

f. Avon Lions Club 9/11 Event to Honor First Responders (Avon Youth Services)

With its club motto being “we serve,” the Lions club put together a series of events to celebrate and honor Avon’s first responders in addition to honoring the victims of 9/11. An outdoor family-friendly event providing the community with the opportunity to honor our local heroes from the Avon Volunteer Fire Department, Avon Police Department, American Red Cross, and local emergency services, offering food trucks, activities & games for the kids, as well as fire trucks and police cars for them to touch and explore. The Avon Volunteer Fire Dept had a memorial service. The Avon library offered white roses to be place at the memorial of Amy Toyen who lost her life on 9/11. AFD Company 3 has the firefighters memorial garden where you could place a mum. Nominations were taken for hometown heroes, and they were honored at an award reception.

III. YSB Coordinator update of current Programs (Suzi Alexe)

a. Trunk or Treat 10/29, 11am -1pm, Sycamore Hills Recreation Area. We are doing a Halloween / Red Ribbon themed trunk and treats. (Avon Youth Services/Avon Social Services/Avon Senior Center)

Avon Social and Youth Service and Senior Center will have a trunk at the event offering Halloween and red ribbon treats.

b. Thanksgiving and Winter Basket Program (Avon Youth Services/Avon Social Services)

We are happy to have the community sponsor our basket programs. Information and forms are available at <https://www.avonct.gov/social-services/pages/holiday-donation-program> and attached to the minutes. If you know a family in need, please have them reach out to Social Services at 860-409-4346.

c. Recruit Youth for the Board and Community Projects/Community Service hours)

d. Holiday Card Making for Senior Citizens made by Avon Teens and community members (Avon Youth Services, Avon Library’s Children’s staff)

Information on card making can be found on the Avon Free Public Library's website.

IV. Input from Student Leaders regarding topics that concern Youth

a. Student Representatives

Makena Logan spoke to what is going on at the high school, restating what was discussed at the last meeting, that mental health and stress are still an issue that can be better addressed, students do not feel they are being heard. Lots of stress this time of year and in general, school is a major cause of stress for many, policies could be changed - training and awareness needed as well as more student voices are needed, to help with the lack of response, even when students bring concerns to teachers about stress, teachers don't seem to know how to respond, and nothing changes.

V. Avon Police Department Update and JRB

a. Partners in Prevention / Truancy / School Refusal Behaviors

There have been no JRB cases. The school resource officer has participated in a few truancy awareness discussions.

VI. Local Prevention Council – Updates

**a. No tobacco/vaping Campaign (Suzi Alexe, AHS PTO/AMS PTO)
Opportunities for prevention education with Southern Connecticut
College and Help to Quit Vaping.**

See attached flyers

**b. Drug take back day. Next event will be held April 2023. Officer Reardon
Youth community service hours.**

Officer Reardon will collaborate with Avon Social and Youth Services to promote the event.

VII. The meeting adjourned at 8:25pm

Next meeting: January 2023 Date TBD