



SOMERS Youth Services

Somers Youth Service Bureau Advisory Board March 25, 2026, 4:30pm Special Meeting Minutes

In attendance: Matthew Cox, Vicki Clark, Jen Griger, Arianna Flagg, Ed DePeau, Renata Bowers, Colleen Meier, Kelley Garrison, Alex Murdoch

Absent: Gerard Joyal, Nathan Poirier

Guests: none

Call to Order: Matthew Cox called the meeting to order at 4:33pm. November minutes were approved with one change: the minutes approved at the November 12 meeting were of the prior meeting on September 10. Motion to approve, with changes, by Vicki. Seconded by Kelley. The motion carried.

New Business/Updates from the Field

- Jen and Matthew attended Peer Supervision meeting with clinical staff from the middle and high schools. They shared programs, services, and activities of Youth Services and learned about needs at the schools. They learned that Somers Schools seek funding to establish a new peer support program.

Program Updates and Next Steps

Prevention Services

- Launch Healthy Futures Curriculum
 - 1-on-1 service to help curb substance use
 - Referrals from Somers Schools, Youth Diversion Team, with a Parent Elective Opt-in
 - To date, 1 completed case, one active, one pending
 - Quit Kits have been assembled for distribution
- Substance Education Cards
 - Convert to posters for schools
- Operation Parent Handbooks to incoming 6th grade families, 9th grade families, and new families in town
 - Monthly messaging newsletter from middle and high school principals
- Drug Take Back

- April: Sat April 25 10:00pm – 1:00pm at Somers Fire Department
- Somers Fire Department can accept pills, liquids and syringes
- Ongoing pills drop box at police station
- Social Host Law Holiday Campaign
 - In partnership with Somers Police Department
- Narcan Training
 - March 19, 2026, 5:30pm in partnership with Change the Script CT
- Suicide Prevention Training
 - March 26, 2026 5:30pm, Kibbe Fuller
 - April 13, 2026 11:00am, Somers Senior Center
- Somers Youth for Change (SYC)
 - Re-branded to middle school age
 - Focus on life skills, social skills, substance prevention, healthy behaviors, and leadership

Youth Services

- Safe Sitter class offered to middle schoolers
 - Full February class
 - April 14, 2025, 2 classes being offered in Summer – Dates TBD
- Teen Center
 - 2 homeschool students registered
 - SHS Capstone Project collaboration
 - Snack Shack – Coming Soon!
- Teen Center Community Give Back
 - Monthly series, students lead as project managers
 - January: Meals in a Bag, February: Breakfast Boost
 - Project Valentine
- 20 Minute Project
 - Screen-free family time activities
- Blanket Drive
 - About 80 blankets donated and distributed through Champ's Place and Woodcrest Elderly Housing
- Holiday Toy Drive
 - Holiday shopping for families in need
 - Haircuts donated by Family of Hair and Spa
- Truancy
 - 5 cases referred, 4 active for 2025-2026 school year
 - Continue referrals, case management, and family assistance
- Youth Diversion Team
 - Tri-Town model, currently has light case load for Somers
 - Implementing statewide restorative changes

- Summer Workshops
 - Details TBD – Teen Center activity focus

Updates/New Business

- Info hub on town website. Section called “community links” where Youth Resources could be built out. Could be a great Capstone Project for a student at Somers High School. Hoping a tab could be created on the website called something like “Somers Info Hub” to make navigation to social services/events more intuitive.
- Community Mental Health Needs Assessment. Data has been gathered and analyzed. Basic talking points have been created. Anxiety and stress seem to be the common themes among all demographics. A peer support model seems to be more desirable than assemblies, support groups, and one-on-one counseling. Stigma is something to be addressed. Need to determine next steps and what is affordable for the town to undertake.
- Girls on the Run program currently not active. Lots of reasons to try to resurrect, but also hurdles such as volunteers to help lead, and amount of time needed.

Meeting was called to adjourn by Ed DePeau, at 5:20, seconded by Kelley Garrison.

Respectfully submitted,

Renata Bowers, Secretary

Meeting minutes are not Official Until Approved at a Next Meeting