

New Milford Board of Education
 Wellness Advisory Committee Minutes
 March 11, 2015
 Lillis Administration Building, Meeting Room 2

Present: Committee Chair: Mr. Joshua Smith, Mrs. Laura Olson
 Committee Members: Mrs. Susan Brofford, Mrs. Anne Diamond,
 Mrs. Marianne Durkin, Dr. Diane D'Isidori, Mrs. Jane Harrison,
 Mrs. Lynn Holmes, Mrs. Barbara Nanassy, Mrs. Mariann Schirizzo
Also in Attendance: Mrs. Denise Duggan, Ms. Robin Zanfardino Winter

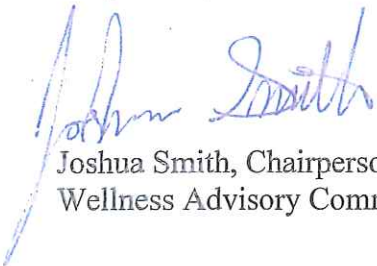
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 NEW MILFORD, CT

1.	Call to Order <ul style="list-style-type: none"> Mr. Joshua Smith called the Wellness Advisory Committee meeting to order at 3:54 p.m. 	Call to Order
2.	Public Comment <ul style="list-style-type: none"> None 	Public Comment
3. A.	Presentation IICAPS <ul style="list-style-type: none"> Mr. Smith introduced Ms. Robin Winter Zanfardino, Co-Site Director, Family & Children's Aid. Ms. Winter explained that Intensive In-Home Care Child & Adolescent Psychiatric Service (IICAPS) is a program of the Family & Children's Aid. It is a community-based non-profit organization offering high quality, innovative, and responsive programs and services to heal and support children and families in crisis. Ms. Winter said the program was developed in the 1990's by Yale. Some of the services they provide are intensive in-home child and adolescence services, parent guidance and training in behavioral management, school consultations, and crisis response 24 hours/7 days a week. Ms. Winter said the program runs 4-6 months long and the team meets with the family three hours a week (2-1.5 hour sessions). Medicaid regulations are very strict. We are generally not the first line of defense and one of our main goals is to prevent hospitalization. Ms. Winter explained that there are different phases of treatment and every family begins with an Ohio Scale (behavioral rating) and a 	Presentation IICAPS

	<p>questionnaire (ICE). Some of the other phases are assessment, treatment plan, ending, and wrap-up.</p> <ul style="list-style-type: none"> • Ms. Winter explained that everything they do with the parents is very transparent. We use different tools to gather information on strengths and vulnerabilities. • Ms. Winter said that New Milford has three teams working with 7-8 families and it is very rare that we do not accept a referral. Sometimes we have a waiting list. • Ms. Winter said the following are eligible: children who have Husky and/or Anthem, families that have DCF involvement, children for whom traditional outpatient treatment is insufficient to maintain them safely in the family, school or community, children in acute psychiatric crisis and or children being discharged from psychiatric and residential treatment programs. 	
<p>4.</p> <p>A.</p> <p>B.</p>	<p>Items for Information</p> <p>Wellness Month</p> <ul style="list-style-type: none"> • Mr. Smith told the group that March is National Nutrition Month®. Mrs. Sandra Sullivan, New Milford Public Schools Food Services Director, is promoting National Nutrition Month® and is sending daily e-mail nutrition tips to all staff. The National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The theme for 2015 is “Bite into a Healthy Lifestyle,” which encourages individuals to adapt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices, and getting daily exercise in order to promote overall health. <p>Wellness Fair</p> <ul style="list-style-type: none"> • Mr. Smith introduced Mrs. Denise Duggan, Health Teacher at New Milford High School. • Mrs. Duggan said the Wellness Fair this year is scheduled for May 16 at New Milford High 	<p>Items for Information</p> <p>Wellness Month</p> <p>Wellness Fair</p>

	<p>School. The Wellness Fair is in its tenth year.</p> <ul style="list-style-type: none"> • Mrs. Duggan said there would be approximately 35 presenters at the health fair. Some of the presenters include the New Milford Police Department/police dog, Dermatology Associates, Food Services, and PhysEd. • The Wellness Committee will be invited to attend the Wellness Fair. • Dr. Diane D’Isidori – Walking Project boot camp also has opportunities for students to learn about being active. 	
5.	<p>Public Comment</p> <ul style="list-style-type: none"> • None 	Public Comment
6.	<p>Adjourn</p> <p>Mrs. Barbara Nanassy moved to adjourn the meeting at 4:55 p.m., seconded by Mrs. Mariann Schirizzo and passed unanimously.</p>	<p>Adjourn</p> <p>Motion made and passed unanimously to adjourn the meeting at 4:55 p.m.</p>

Respectfully submitted:



Joshua Smith, Chairperson
 Wellness Advisory Committee