



Youth & Community Alliance of Smithtown

Healthy Relationships Committee Meeting

January 18, 2017

Horizons Center Community Room

*Keeping Our Youth & Families Safe...
Physically & Emotionally Healthy & Free of Substance Abuse*

Meeting highlights:

1. A recap of the November Healthy Relationships brainstorming meeting was given.
2. An open discussion on what the group should focus on moving forward took place. Ideas and topics included:
 - a. Developing a Public Service Announcement (PSA) to get adults interest in Family Nights.
 - b. Hold a family night. The group decided that it must be a tangible goal (specific and concrete) and have take-away skills such as communication and processing feelings. A key message is for parents to get involved with their children's lives and find out what kids really do and how they feel. Kings Park HS does a Family Night. The teachers don't give homework so families can talk instead. We can make a town-wide family night at each of the schools and focus on the quality of the message.
 - c. Competitive game nights (i.e. family feud, escape rooms) or circuit games at the various schools. The circuit games could involve obstacles for families to work through such as the Army spider web obstacle or Nation Guards mock disaster scene. Use electronic boards to keep score. It provides opportunities for families to work together as a team, give all family members a chance to have a role, and get to know each other better. It should not be advertised as a family event or communication night because kids will not want to attend.
 - d. A PSA can be developed for the parents that focus on "Do you know how your children are feeling today."
 - e. Students will be targeted through social media that focuses on not being judged by parents. Snap Chat, Instagram accounts can be created to get the word out and student volunteers from the different schools can help manage the accounts. A tagline can be developed to tie in the whole message. Community service credits will be made available to the students. The group can also make food available during the events and ask for food donations to the Smithtown Food Pantry or Island Harvest.
3. **Next Steps:**
 - a. Student members will reach out to their schools and discuss hosting family game nights and determine if families from other districts can also attend. They will also help out our social media accounts.

- b. Horizons/Youth Bureau will ask Councilwoman Inzerillo to touch base with Public Safety to determine if they can help out with a PSA and if the link can be posted anywhere not just government channel. The nearby coalitions will also be notified about these events to spread the word.

- a. Sean Cassidy from the National Guard Counterdrug Task Force will be the spokesperson at the general membership meeting on **2/16/17 at the Smithtown Library Main Branch, 4:30 PM – 6:00 PM**. He will update all Y & C Alliance of Smithtown members about Healthy Relationships Committee activities.



Youth & Community Alliance of Smithtown

“To promote the health and wellness of our young people; mobilize schools and communities; and utilize resources to create and sustain an environment where destructive decisions and substance abuse are reduced”