

City of St. Petersburg
Youth Services Committee Report
Thursday, 20, 2017
10:30 a.m.

Room 100

Members and Alternates: Council Members Lisa Wheeler-Bowman (Chair), Amy Foster (Vice Chair), Charlie Gerdes, and Steve Kornell; Alternate – Karl Nurse

Support Staff: Mike Jefferis, Parks and Recreation Director

A. Call to Order and Roll Call – Council Member Lisa Wheeler-Bowman, Committee Chair
The meeting was called to order by Chair Wheeler-Bowman. Council Members in attendance were Amy Foster, Charlie Gerdes, and Karl Nurse.

B. Approval of minutes for Youth Services Committee – December 8, 2016, January 12, 2017, and March 16, 2017
The minutes for the meetings of December 8, 2016, January 12, 2017, and March 16, 2017 were approved as submitted.

C. Agenda Items

1. Dr. Zach Spoehr-Labutta and Dr. David Berman from Johns Hopkins All Children's Hospital gave a very informative presentation to the Youth Services Committee regarding adverse childhood experiences, toxic stress, and paths to resilience.

Adverse childhood experiences were defined as stressful or traumatic events, such as abuse, neglect, and various other familial burdens, that create toxic stress, a physiological response to strong, frequent, and prolonged adversity, which ultimately leads to adverse health outcomes.

A relatively new intervention method has been developed and is being implemented to promote resilience to such situations. *Ms. Kendra's List*, as it is known, is a school-based intervention program that enables trained individuals to go into schools and become a fictitious Ms. Kendra, a stable, constant, supportive adult figure capable of mitigating toxic stress in a child's life. This program has reduced suspensions, office referrals, absenteeism, and fights.

Committee members thanked the physicians for their presentation and have moved to implement this program into St. Petersburg's transformation zone schools and recreation centers with Johns Hopkins All Children's Hospital as the program facilitator.

D. Next Meeting Date – Thursday, September 21, 2017

E. Adjournment – Meeting was adjourned at 11:32 a.m.