

FINANCE COMMITTEE MEETING

Monday, October 3, 2011

5:30 p.m.

Hampden Town Office

1. Review Minutes of 9/19/2011
2. Review & Signature of Warrants
3. Old Business
 - a. Code of Ethics/Council Rules Review
 - b. Personnel Handbook
 - c. Comp Plan Costs – Councilor Hornbrook
4. New Business
 - a. Penquis Funding Request
5. Public Comment —
6. Committee Member Comments

PENQUIS

Helping Today • Building Tomorrow

September 26, 2011

Susan Lessard
Town of Hampden
106 Western Avenue
Hampden, ME 04444

Dear Ms. Lessard:

Penquis is seeking funding to offer CAST (Coping and Support Training) to students of Hampden Academy.

CAST is a school-based prevention program that targets young people in grades 9-12. CAST's skills training sessions target three overall goals: increased mood management (depression and anger), improved school performance, and decreased drug involvement. Group sessions focus on group support, goal setting and monitoring, self-esteem, decision-making skills, better management of anger and depression, "school smarts," control of drug use with relapse prevention, and self-recognition of progress through the program. Each session helps youth apply newly acquired skills and increase support from family and other trusted adults. Detailed lesson plans specify the type of motivational preparation, teaching, skills practice, and coaching activities appropriate for at-risk youth. Every session ends with "Lifework" assignments that call for the youth to practice the session's skills with a specific person in their school, home, or peer-group environment. CAST has been tested and proven effective, and is on the U.S. Department of Substance Abuse and Mental Health Services Administration's Registry of Evidenced-based Programs and Practices.

Hampden Academy is supportive of this effort and will work with Penquis to make this opportunity available to students.

This project will require a budget in excess of \$20,000. Penquis asks the Town of Hampden to consider funding CAST to support the health and well being of area students.

Please contact Tamar Mathieu at 973-3671 or 1-800-215-4942 ext. 671 with any questions. I look forward to hearing from you.

Sincerely,



Charles R. Newton
Chief Executive Officer

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