



NATICK 180  
STEERING COMMITTEE MEETING

Remote Participation by Zoom

8:30 am January 4, 2023



MINUTES

Steering Committee Member or Designee	Organization	Sector Represented	Present	Absent
Lauren Lele	Newton Wellesley Hospital	Healthcare		✓
Dr. Catharina Armstrong	Newton Wellesley Hospital	Healthcare	✓	
Adelaida Gibson	MetroWest Medical Center	Healthcare	✓	
Donald Breda	Natick Board of Health	Local Government	✓	
Fr. Joseph Gallick	Natick Interfaith Leader Association / Church of the Annunciation	Religious / Fraternal		✓
Christine Guthery	SPARK Kindness	Civic / Volunteer	✓	
Chief James Hicks	Natick Police Department	Law Enforcement	✓	
Lt. Chad Howard	Natick Police Department	Law Enforcement	✓	
Paul Joseph	Natick Selectboard	Local Government		✓
Shai Fuxman	Natick School Committee	Schools	✓	
Sarallyn Keller, Chair	Natick Interfaith Leader Association / First Congregational Church	Religious / Fraternal	✓	
Chief Jason Ferschke	Natick Fire Department	Local Government		✓
Johny Georges	Natick Fire Department	Local Government	✓	
Cheryle Lucenta	SOAR Natick	Other organization involved in reducing substance misuse	✓	

Dr. Anna Nolin Vice Chair	Natick Public Schools	Schools	✓	
Katie Sugarman	Natick Health Department / Natick 180	Local Government	✓	
Michael Boudreau	Natick Health Department	Local Government	✓	
Jessica Cliff	Natick Health Department	Local Government	✓	
Staff				
Lizzy Chalfin	Natick Health Department / Natick 180	Local Government	✓	
Astrid Dretler	Natick Health Department / Natick 180	Local Government	✓	
Member(s) of the Public				
Andy Burr	Interim Pastor First Congregational Church	Religious / Fraternal		✓

**Link to Meeting PowerPoint:**



See the slides [here](#).

**Agenda**

**Citizens' Concerns:** None.

Vote on **December 7, 2022 Steering Committee Meeting minutes**. A motion was made to approve the minutes, seconded, and then approved by majority vote.

Natick 180 Updates and Announcements:

- **Natick 180 Updates and Announcements**

Natick 180 appreciates the support for December's 9th Annual Vigil remembering those lost and those who still struggle from substance use. This was one of the larger vigils in recent years, likely due to the unfortunate recent loss of a few community members towards the end of 2022. A special thanks was extended to Chief Ferschke, Christine Guthery, Michael Boudreau, and others who had speaking roles during the vigil.

**Upcoming Events**

- [18th Annual MLK Day Celebration](#) - Monday, January 16th at 10:00 AM at Kennedy Middle School. This is the first time the event will be held in-person since the start of COVID-19. Kevin McCarthy from Human In Common will be the keynote speaker. This event is supported and sponsored by many Natick 180 partner organizations. There will be an information table and community fair after the event. Please help promote this event.
- Youth Power Summit - Friday, January 27th in Worcester. Natick 180 staff and several NATI students are attending this event which is part of the 84 Movement, a statewide effort to prevent and reduce nicotine use among teens and young people in Massachusetts.

- CADCA National Forum - Tuesday, January 31st to Thursday, February 2nd. Four adults from Natick 180 and 3 students from NATI are attending this conference. This is the first time Natick 180 is going since 2020. DFC funds are paying for a large portion of the costs, and students are only responsible for flights and discretionary funds. The conference includes visits with legislators on Capitol Hill, workshops, and the opportunity to meet with others doing this work from across the country.

### **Town department reports:**

#### **Natick Police Department**

In 2022 there were 4 total overdose deaths and 29 total overdoses. 2021 was the highest number of overdose deaths on record, with 7. In 2022, June was the month with the highest number of overdoses (four). The majority of overdoses in 2022 occurred over the weekends (Thursday to Sunday) and the fewest overdoses were on Mondays and Wednesdays. In 2022, opioids, prescription drugs, and cannabis were the substances with the most reported use. In 2022, Narcan was *not* used in 59% of incidents and was used in 41% of incidents. Narcan was most often used by a friend or bystander. Other 2022 demographics of overdose responses include: 62% were among Natick residents; 82% were males; and 48% were among 21-30 year olds.

There have been two drug related incidents since the end of 2022 / beginning of 2023:

- 1) 12/25/22: 25 year old male overdosed, has had some calls for services over the past few months. At around 4pm the father called 911 because his son was slumped over at the foot of his bed. The father provided Narcan, and police and fire responded. It is unclear what substances were used (several different medicine bottles were found). The individual became combative. A few officers and first responders were hurt and sent to get medical care.
- 2) 1/3/23: 36 year old female overdosed. She is a Monticello Hotel resident and was found unconscious outside of a motel room by another resident. The police were called, Narcan was provided by both the police and the fire department, and the person was transported to Framingham Union Hospital. Post overdose follow-up will be provided.

It has been a few years since Monticello staff have had Narcan training. Monticello has had issues with the health department in the past and has not yet submitted licensing paperwork for 2023. They are the only hotel/motel whose health department application has not yet been received. The police department, health department, and Natick 180 will connect offline to set up a meeting and action plan for Monticello.

#### **Current Statistics:**

- Month To Date overdose totals: 1 in 2023; 0 in 2022.
- Year to Date overdose death totals: 0 in 2023; 0 in 2022.

#### **Natick Fire Department**

All calls to the fire department for overdose, depression, etc. are screened for suicidal ideation (SI), depression, risk factors, etc. While completing the report, it will prompt a screening for the individual, family members, and co-occurring disorders. The fire department is in the process of creating a report with full 2022 documentation of all calls/screenings.

Separately, the fire department has been working on a Natick 180 dashboard which includes all psychiatric calls, suicidal ideation, suicide attempts, etc.

If there is any other data or metrics that the Fire Department can provide to support Natick 180 and this work, let them know.

#### **Health Department**

COVID-19 is on the rise right now as a new variant is emerging. Since people have been more isolated for the past few years, respiratory illnesses (RSV, flu, COVID-19, and colds) are very prevalent right now. The health department has sent out information to town departments about the importance of vaccines, masking, and staying home when sick.

A pre-operation inspection of Natick's first adult use cannabis site in Natick is taking place today. Both the Health Department and Natick 180 staff will be going to this inspection. Natick bylaws allow two adult use stores to exist in town. One additional adult use cannabis store will be opening at some point in the future.

### **Natick Public Schools**

NPS is managing a lot of Diversity, Equity, Inclusion (DEI) issues right now. The schools are working with students to help them understand culture, diversity, etc. and use better language. There was a typical uptick in post holiday behaviors coming back from break, but overall it was a calmer return to the school year than last year.

The Elementary School staff are doing a good job implementing the new social-emotional learning curriculum.

Sometime in February/March the schools will be offering a parent academy at Town Hall. This event will provide an overview of all the social-emotional education taking place at the schools and have time for parent/caregiver Q/A. The event will also cover the added supports that have been brought to the school system and what the schools have been able to achieve.

### **Health Sector (Newton Wellesley Hospital)**

Newton Wellesley Hospital has seen an increase in alcohol use disorders (compared to opioid use disorders) in the hospital. Several people have presented with alcoholic hepatitis and the average age range of those with alcohol use disorder is 30-45 years old. Since Newton-Wellesley Hospital is a catchment area for many colleges, they see many college age students. There have been many young adults coming to the hospital with acute chronic alcohol use disorder. It is typical to see an increase in use disorders and mental health needs during the holidays, but this has been a more striking holiday season. The biggest increase in intakes has been over the weekends which is challenging because that is when staffing is the lowest. The hospital is working to increase weekend coverage.

The hospital's [Resilience Project](#) provides a lot of support at the intersection of preventative mental health and substance use disorder for teens. They offer workshops and events on a regular basis. There will be an upcoming program about the emergency department and patients seeking treatment for alcohol use disorder.

### **Health Sector (MetroWest Medical Center)**

The MetroWest Medical Center has also seen an uptick in alcohol use disorders, especially at Framingham Union Hospital. A lot of patients are coming on Mondays, presumably because people exhibit party-like behavior over the weekends which leads to people showing up on Monday/Tuesday for care. The average age of patients presenting with alcohol use disorder is 25-45.

MetroWest Medical Center has also experienced staffing shortages (especially for mental health care) and violence (primarily in their locked units). The hospital is in the process of undergoing needed renovations to the emergency department, but this will likely only complicate some of these issues.

MetroWest Medical Center will no longer be providing cancer treatment. Tufts Medical Center will be coming in to take over this care so patients can stay in their community while receiving care.

The hospital is working to bring a chaplain back to MetroWest Medical Center at both the Natick and Framingham sites. This position has been empty for about a year.

### **Community reports:**

#### **SOAR Natick**

SOAR thanks everybody for all the donations and generosity over the holiday season to those in early recovery. The SOAR budget was able to complement the donations received and purchase larger items for individuals in recovery. One young man at the YARCM site thanked the volunteers for the Christmas presents and said he had never received Christmas gifts before. This was a very touching moment which shows how helpful and appreciated these donations are.

SOAR is working on their 2023 budget, and wants to find additional areas to support. One idea is to support families and loved ones who have experienced a loss with expenses related to a sudden death.

They are looking into ways to support and appropriately approach these families.

### **SPARK Kindness**

SPARK Kindness is in the process of finalizing their winter/spring resilient parents speaker series. Scheduled programs include the MLK Day Celebration (1/16), Differently Wired (2/7), Social Justice Parenting (3/7), and Growing Up Public on social media use (4/13). All SPARK programs can be found [here](#).

### **Interfaith Leader Association**

The group is grateful for the community's support at this year's Annual Vigil. The group is currently busy planning for the MLK Day event on January 16th at Kennedy Middle School. There will be a formal program followed by a community connection fair.

### **Natick 180 Coalition Updates:**

**Financial Update:** Updates as of December 1, 2022

There was about \$20,000 in the prevention and outreach fund. The DFC fund had about \$100,000 which includes carryover funds. There is a few thousand dollars left in the PhRMA Grant which is focused on education for middle schoolers. The upcoming Teen Center visits and middle school health class visits can use some of these funds. The Natick Elks made a \$2,500 donation to Natick 180 at the end of 2022. This was added to the donations account. The Coalition is waiting for \$25,000 in Legislative earmark funds. The paperwork is complete, and we are waiting for these funds to be received.

With DFC funding ending at the end of this year, the Coalition is exploring other sources of funding. Given that this 10 year funding is coming to a close, the Coalition needs to make sure the community knows how much Natick 180 brings to the community for free. This includes potential grant funds and developing a paid staff position. Opioid settlement monies appear to be able to be used for Coalition staff, but more clarity is needed and these monies are not long term, so they are not a permanent solution. Natick 180 and the Health Department will set up a time to meet with Town administration to discuss continued funding when DFC ends. Another option is to create a Friends of Natick 180 nonprofit so that Natick 180 is able to raise money for its programming. There is still more information needed on the status of the receipt of opioid settlement monies and the more recent pharmacy settlement monies coming in the future.

### **Action Team Upcoming Meetings**

- Policy Action Team - TBA  
Focus: Natick alcohol policies
- Access To Services - January 25th, 1:30-3:00 PM  
Focus: recovery supports, recovery friendly workplaces, & grief outreach
- Education and Awareness - January 10th, 9:00-10:30 AM  
Focus: Programming and planning for 2023
- NATI - January 9th and 23rd

### **Final two Strategic Planning Sessions with HRiA**

January 24th: 8:30-11:30 AM (Brainstorm Strategies)

January 26th: 8:30-10:30 AM (Finalize Strategies, Partners, and Resources)

### **Set the next meeting date/time and adjourn**

- The Steering Committee will not meet in February due to the two final HRiA sessions taking place at the end of January and scheduling conflicts. The next meeting will be Wednesday, March 1st from 8:30 AM - 10:00 AM.

*Agenda items will be addressed in an order determined by the meeting facilitator.*