



Town of Natick Board of Health

NATICK 180
STEERING COMMITTEE MEETING

Zoom Meeting
8:30 AM Wednesday, January 6th, 2021

Minutes

MEMBERS and DESIGNEES PRESENT:

Don Breda, Natick Board of Health
Astrid Dretler, Natick 180 / Natick Health Department
Fr. Joseph J. Gallick, Natick Interfaith Clergy Association
Christine Guthery, SPARK Kindness
Sarallyn Keller, First Congregational Church
Chief Michael Lentini, Natick Fire Department
Nina Levine, Natick 180 / Natick Health Department
Nick Loscocco, Individual in Recovery
Cheryle Lucenta, SOAR Natick
Dr. Anna Nolin, Natick Public Schools
Lt. Cara Rossi, Natick Police Department
Katie Sugarman, Natick 180 / Natick Health Department
James M. White, Jr., Natick Health Department

MEMBERS and DESIGNEES ABSENT:

Steven Baroletti, MetroWest Medical Center
Chief James Hicks, Natick Police Department
Sue Salamoff, Select Board

MEMBERS of the public PRESENT:

Henry Schwan, MetroWest Daily News

1. Citizens' Concerns.

None presented.

2. Vote on December 2nd, 2020 meeting minutes.

The minutes were approved.

3. Announcements

- The Annual Town Report submission deadline is January 15th. Ms. Sugarman is in the process of drafting one regarding the opioid work. Ms. Sugarman will send to Steering Committee members for review.
- The next community Narcan training was rescheduled to Wednesday, January 20th from 7-8pm. Those are the trainings that are co-facilitated with Natick and the City of Framingham. On average, there have been 3-7 participants in each training thus far.
- Ms. Sugarman, Ms. Dretler and Ms. Levine had continued the conversation with members of the Needham substance misuse coalition regarding partnering on educational programs around the emerging science of cannabis on the developing brain and tips for parents about how to talk to youth about it. Needham would like to do a combined coalition meeting that would host a pediatrician that speaks on the developing teen brain and the science around vaping and cannabis. The Steering Committee agreed on the combined coalition meeting with Needham and would host Dr. Medina tentatively for March 9th at 8:30am. Details still need to be confirmed with the speaker.
- The MLK, Jr. Community Celebration is Monday, January 18th at 10am. Natick 180 is planning to do a breakout session with Natick Above the Influence on the impact of tobacco marketing and use through a racial equity lens. Plans are being made for a trivia game.
- The next Learn a Better Way parent workshop series is launching again on Wednesday, January 27th at 7pm. Participants do not need to be from Natick. The feedback from parents regarding these workshops has been really positive. Participants can register here: <https://forms.gle/cL61bo6haGxDNfFD7>.

4. Town department reports

a. Natick Police and Fire Departments

In 2020, there were a total of 37 overdoses. 4 of those were fatal overdoses, however, that information needs to be confirmed by death certificates. In 2019, there were a total of 45 overdoses. 2019 was the most overdoses in a year for Natick since the department started tracking those numbers in 2013. So far, in 2021, there have been 2 overdoses. Ms. Sugarman and Lt. Rossi are working with the Fire Department to track any emerging substance use trends.

There was some discussion regarding providing Narcan training for the establishment where one of the overdoses occurred. Ms. Sugarman has already provided them with kits and will renew their Narcan kits this month.

The Fire Department and Police Department will let Mr. White know if they need more Narcan for first responders.

b. Natick Public Schools

For budget season, the schools are focusing on recovery from the residual effects regarding COVID-19 including recovering deficits associated with learning loss, isolation and loneliness, and reintegration with social and medical services. One of the upcoming school committee meetings will include an overview of a proposed parent education and engagement center that will help address some of the recovery efforts but also because of the rising second language learner population. Families can get connected with services and the web of town supports and can obtain translation services. The Natick Public Schools have been working with the YMCA on the ABC grant, which will help with the engagement of the ESL learner population. 18 families participated in online virtual support.

Dr. Nolin gave an update on the ACHIEVE program, which is for students aged 18-22 years old with special needs. They are working to create a more robust vocational training center for those students. The schools had plans to create this vocational center at the East School campus before the pandemic, but was put on hold. Dr. Nolin reported that the schools are working to get that up soon. The program is modeled after a similar one operating in Westboro.

Dr. Nolin stated that the new Kennedy Middle School opened on January 4th.

Dr. Nolin is working with the Director of Performing Arts and students that are part of the technical theatre group. They have created a “Red Hawk Walk” that will take place in mid to late January. The students will set up kiosks around town in collaboration with local businesses, so when people are walking around, they can pull up the QR code at the kiosk and there will be a student performance, design or animation. The technical theatre group is designing this entire walk and they have engaged lots of clubs across Natick High to see if they want to create a kiosk. Ms. Sugarman reported that she and Ms. Levine will check with Natick Above the Influence (NATI) to see if they would like to participate in the Red Hawk Walk.

There was some discussion around a winter fest “sip and stroll” to be held on the Natick Common, but the town business association has not approved such an event (which would need a permit due to alcohol consumption).

c. Natick Health Department

Olivia DuFour, the new regional tobacco and vaping coordinator, will introduce herself to the Board of Health at the Monday, January 11th meeting. She will also become an agent of the Health Department so she can do the inspection and compliance checks within the community.

The Health Dept is coordinating the process of distributing the COVID-19 vaccine to first responders in Natick and Wayland next week. Town-wide COVID-19 vaccinations will be a concentration of the department in the near future.

The Health Department is bracing for another COVID surge after the holidays, with numbers possibly 2-3 times higher than in the spring.

A new person, Caely Tegan, has started in the Health Department as a health agent.

d. Natick Select Board

Ms. Salamoff was not on the call.

5. Community Reports

a. MetroWest Medical Center

Mr. Baroletti was not on the call.

b. SOAR Natick

SOAR completed distribution of holiday gifts. They donated arts and crafts materials to Serenity and Co-House. Gifts were also given to the young men at YARCM.

SOAR has a call on Monday, January 11th with several Natick community departments including Open Space, Rail Trail, and Natick Rec and Parks) regarding a spot for the Memorial Garden.

c. SPARK Kindness

SPARK Kindness ended the year with over 7,000 members and ran 40% more programs in 2020. SPARK received a grant from the Sudbury foundation to pilot a small group program on building resilience in Portuguese. All the materials will be translated into Portuguese.

There will be a program for building resilience in middle school students on February 3rd. The program will be given by Dr. Kristin Aberle. Dr. Aberle will put together materials that will be sent as a packet to participants, but will be offered through the schools to give to parents.

Sara Wade, a national expert on executive function, is presenting on February 25th. She will talk about promoting independence and executive function skills in the online learning environment. Materials will be provided in other languages and SPARK is looking to have a live Portuguese interpreter for that program. The goal is to branch out to Spanish and Chinese in the future. SPARK's goal is to provide more language access and justice.

ASL interpretation was provided for all SPARK programs in 2020. SPARK received very positive feedback from the community on all of their programming.

d. Natick Interfaith Clergy Association

The MLK, Jr. Community Celebration is happening on Monday, January 18th. Most of the same community partners are involved as have been in the past, but this year it will be on a virtual platform. There will be live and pre recorded video components. Following the service, there will be an hour of opportunities for people to connect with community partners.

There was some discussion around Youth Mental Health First Aid trainings and how to expand those trainings. The Awareness and Education Action Team will discuss this on their monthly call on Tuesday, January 12th.

e. Recovery Community

Mr. Loscocco is compiling a list of some in-person 12-step meetings that are happening in the surrounding areas. Ms. Sugarman is working to find a space in Natick and hopes that a meeting can get started at the end of the month. The Cole Center is one possibility that is being explored, and would include a building monitor to make sure all state rules are being adhered to.

6. Update on Natick Marijuana Establishments licensing process

The Select Board may try to address this by the end of the month.

7. Coalition operations

a. Diversity, equity and inclusion planning

Ms. Guthery, Ms. Salamoff, Lt. Rossi and the Natick 180 staff met to discuss the next steps for selecting a diversity, equity and inclusion consultant. The group has two proposals and is seeking a third. The goal is to have a consultant selected by the end of January.

b. Finance update

The finance update can be found [here](#). The Health Department is grateful to the legislative earmark they will receive soon towards the town's opioid work. It is possible that some of the monies go to support mental health initiatives.

c. Bylaws update

There is no update currently on the by-laws. Waiting for guidance from Town counsel.

d. 2021 priorities

This conversation will take place at the next meeting.

8. Action Team Updates

- The Awareness and Education Action Team hung holiday banners around town at the end of December to encourage adults to model healthy behaviors around alcohol. The message was also translated into Mandarin, Russian, Spanish and Portuguese and posted on social media. Ms. Levine also mentioned that the action team will discuss the potential presentations with the Needham Health Department this coming Tuesday and they hope to finalize some of those details. The action team will also discuss expanding Youth Mental Health First Aid trainings to community members.
- The Access to Services Action Team spent a lot of time planning the Annual Vigil. A group of people from the Framingham Health Department, Justice Resource Institute (JRI) Health and Natick 180 staff will meet to discuss their safe syringe access program. The goal is to learn more about their experience. It's a public health best practice and the Access to Services Team is deciding whether it's something that could be offered through the Post Overdose Support Team outreach efforts or through the JRI mobile health van that will be going live in the coming months. No position has been taken yet on the issue.

9. Set next meeting date/time and adjourn

Next meeting will be February 3rd, 2021 at 8:30am.