



**Natick 180 Awareness & Education
Action Team Meeting
Jan. 10, 2023 9:00-10:30 AM
Virtual via Zoom**

Total Attendees (11)

Attendee	Sector Membership	Agency / Organization
Lizzy Chalfin	Local Government	Natick 180 / Natick Health Dept.
Scott Davis	Parent	Community member
Astrid Dretler	Local Government	Natick 180 / Natick Health Dept.
Art Fergusson	Schools	Natick Public Schools
Beth Heffler	Law Enforcement	Natick Police Dept.
Sarallyn Keller	Religious / Fraternal Organization	First Congregational Church & Natick Interfaith Leaders Association
Devon Lawrence	Parent	Community member
Michele Marotta	Civic / Volunteer Organization	SPARK Kindness
Lauren Meurer	Youth-Serving Organization	Natick Recreation & Parks Dept.
Shirley Toumayan Miller	Parent	Natick community member
Katie Sugarman	Local Government	Natick 180 / Natick Health Dept.



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Meeting Minutes:

Agenda Item	Discussion
1. Citizens' Concerns	None.
2. Approve past meeting minutes	A vote on meeting minutes from Nov. 8, 2022 was taken with a full consensus in favor of approving them. The meeting minutes will be posted to the Town website.
3. Updates & announcements	<p>a. Fall Strategic Planning Process - N180 is currently undergoing a strategic planning process for the coalition. N180 hired the consulting group, HRiA (Health Resources in Action), to lead us through the process. Several planning meetings have already been held with coalition and Steering Committee members, during which goals and objectives have been outlined. The remaining meeting dates include:</p> <ul style="list-style-type: none"> - Brainstorm strategies (virtual) - Tuesday, January 24th 8:30 - 11:30 AM - Finalize strategies, partners, and resources (virtual) - Thursday January 26th 8:30 - 10:30 AM
3. Recap of Past Month's Events	<p>a. Pilot Program with 6th grade health class KMS - In Oct, N180 staff met with a health teacher who expressed interest in bringing us in to provide information on media literacy and substance prevention. The goal was to provide students with tools such as refusal skills and ways to make healthy decisions, with specifics on vaping, self-care, and refusal skills. The sessions went well, and moving forward, N180 will be presenting to all middle school health classes (6-8th grade at both WMS & KMS). NATI students will be meeting with the 8th grade students, and program content is being developed. Hopefully this will continue year to year. The health teachers are the key points of contact. Art Fergusson will be looped in as the SEL point person. N180 has reached out to some of the local private schools (Riverbend Montessori & Walnut Hill School) in the past but we need to forge a better relationship going forward. The Needham coalition's youth group has been going in to talk with health classes at Needham middle school, so we will be speaking with them about their programs.</p> <p>b. Creating Healthy Tech and Media Habits with Your Teen - this program for parents/caregivers was held on Dec. 13th, in partnership with Families for Depression Awareness (FFDA). It was fairly well attended, with approx. 35 participants. FFDA has other valuable pre-recorded content that is available and that we might consider bringing to the community.</p> <p>c. Teen Stress Survival Guide - also in partnership with FFDA. This event was held on Dec. 14th which was an early release day. It was aimed at youth, age 14+ and focused on techniques for reducing and managing stress. It was not well attended (4 students) despite being well-promoted (it could be that students don't want to identify or "out" themselves as being stressed out and needing help. N180 will be meeting with Erica Cole Harms to discuss how to better advertise important programs in the future.</p> <p>d. Annual Vigil - This was the ninth annual vigil for those who have lost loved ones or are struggling with substance use. It was one of the larger vigils hosted to date, with approximately 80 attendees. This could be due to the fact that there were</p>

	<p>some recent losses. The evening was very powerful with a spoken word piece, as well as other town leaders as speakers.</p> <p>e. Holiday Billboard - the billboard has been up for a month but unfortunately has not been illuminated after dark, which is a problem. The message itself is very good. The holiday prevention message banners are still up around town.</p> <p>Other: March 23, 2023 is NHS Equity Co-op Day. We may be able to offer community service or extra credit for classes. Many kids skip school on this day so trying to figure out ways to get students to attend events.</p>
<p>4. Upcoming Events</p>	<p>a. MLK Day - this annual event, in partnership with a number of local organizations, is in the final stages of planning. The first hour will be a formal program, with keynote speaker Kevin McCarthy of Human in Common. There will be presenters focused on youth voices, and it will include youth performances. The second hour will be dedicated to a fair of community-based non-profits with the goal of having people connect with these community partners. There will be a snack drive for people to donate to; there will be a collection box at Town Hall through 1/13, and donations will be collected at the event.</p> <p>b. NATI Activities:</p> <ul style="list-style-type: none"> ● 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 - January 31st -February 2nd. Four adults from Natick 180 and 3 students from NATI are attending this conference. The conference includes visits with legislators on Capitol Hill, workshops, and the opportunity to meet with others doing this work from across the country.

6. Discussion:

a. Spring Substance Use Event with Natick Schools - in years past, N180 has hosted a Spring Event for parents/caregivers about substance use prevention with a youth component running simultaneously. We are tentatively aiming to hold this event in late March - possibly during National Drug and Alcohol Facts week. N180 will meet with Art Fergusson later this week to start getting this planned. Dr. Potee has been mentioned as a good speaker. More details to follow.

b. Speaker Ideas:

i. Minding your Mind possible presentations:

- *Let's Talk About the "A" Word (Anxiety) w/ Jon Mattleman - a favorite presenter in the past and will present for \$500.
- *Changing Minds: Stories over Stigma & Finding Your Way to Mental Health & Resilience (for students)
- Just Talk About It & Socio-Emotional Learning (for adults)

ii. Mental Health Collaborative - a local organization based in Hopkinton which provides mental health basics and an overview for the community. Possible presentations:

- Mental Health Essentials Beyond High School (for students)
- Mental Health Essentials Programs (for adults)

iii. Families for Depression Awareness - FFDA offers many workshops that can be provided. Natick is in their catchment area so these programs are free.

- Building Family Caregiver Toolkit (supporting loved ones)
- Youth Discuss Living Through a Mental Health Crisis
- Navigating Teen Substance Use & Depression as a Family
- Recognizing and Managing Teen Anxiety
- Coping with Stress and Depression: Strategies for Families

It was proposed that we hold at least one program per month until the end of the school year and possibly something over the summer. FFDA presentations would be easy to plug & play. Lizzy will reach out to see what they can provide over the next several months; we will avoid duplicating topics that SPARK is presenting.

c. Presence at the Boston Marathon - last year N180 hung banners along the marathon route, but they were not very visible. We can reuse these banners ("No one gets to the finish line alone.") Everything along the route needs to be approved by the BAA, so now is the time to start planning. The NPD would be an ideal location to hang a banner. Maybe N180 could have an informational booth, possibly at the police dept, to distribute pre-assembled drawstring bags with information as a grab-and-go. Informational items may include the Prevention Checklist, general N180 info and swag, and Newton Wellesley Hospital program information. It would be great to have a popcorn machine. Do we still need BAA approval if it's on the NPD property? N180 will reach out to Deputy Chief Lauzon. N180 would need volunteers from the coalition & NATI to staff a booth.

d. 2nd Act substance use prevention performances - Second Act (formerly Improbable Players) is a performance troupe that performs skits and uses drama therapy to communicate messages about prevention and recovery to youth. Performances cover topics such as the impact of substance misuse on the family & social-emotional learning. They can help with recovery-friendly workplaces. N180 is

	<p>in communication with 2nd Act, and we hope to select a performance to bring to the middle schools. https://www.weare2ndact.org/ Dr. Fergusson mentioned he would like more information and to have conversations about it because the programs sound good (the school calendar is packed until the end of the year). Maybe the troupe could be brought in during the spring substance use session for youth and possibly parents as well.</p> <p>e. Prescription Bottles Messaging - Shirley Miller shared a photo of a 3-D sculpture made of used prescription pill bottles, with messaging around the base re: substance misuse as well as the environmental impact of plastics. She would be willing to create one as a visual reminder of these important topics. Having a “message in a bottle” could include resources and uplifting phrases. We may be able to use phrasing from the Spoken Word piece done by the artist who presented at the recent vigil. This idea will be revisited at the next meeting, and with the ATS action team.</p> <p>f. SPARK upcoming Resilient Community programs:</p> <ul style="list-style-type: none"> -Debbie Reber: 2/7 Differently Wired: SOS for Parents in the Trenches -Dr. Traci Baxley (rescheduled): 3/7 Social Justice Parenting -Renee Jain: 3/23 Stopping the Cycle of Anger: How to Navigate Anxiety and Big Feelings with Calm and Compassion -Devorah Heitner: 4/13 Growing Up in Public: Navigating Reputation and Social Media in the Digital Age
<p>7. Set next meeting date & adjourn</p>	<p>Feb. 14, 2023 from 9:00 AM - 10:30 AM EST</p>