



**Natick 180 Awareness & Education  
 Action Team Meeting  
 January 11, 2022 9:00-10:30 AM  
 Virtual via Zoom**

**Total Attendees (8)**

Attendee	Sector Membership	Agency / Organization
Lizzy Chalfin	Natick 180 Staff	Natick 180 / Natick Health Dept.
Scott Davis	Parent	Natick community member
Astrid Dretler	Natick 180 Staff	Natick 180 / Natick Health Dept.
Sarallyn Keller	Religious / Fraternal Organization	First Congregational Church & Natick Interfaith Clergy Association
Michele Marotta	Civic / Volunteer Organization	SPARK Kindness
Lauren Meurer	Youth-Serving Organization	Natick Rec and Parks Dept.
Shirley Toumayan Miller	Parent	Natick community member
Denise Passaretti	Parent	Natick community member
Katie Sugarman	Natick 180 Staff	Natick 180 / Natick Health Dept.



SEE SLIDES HERE:  
[1/11/22 Powerpoint](#)

**Meeting Minutes:**

Agenda Item	Discussion
1. Citizens' Concerns	None.

<p>2. Approve meeting minutes</p>	<p>Meeting minutes from <b>December 14, 2021</b> were approved by a majority vote. Official meeting minutes will be posted to the Town of Natick website.</p>
<p>3. Updates and announcements</p>	<p><b>a. Youth Mental Health First Aid Training</b> - Upcoming community-wide YMHFA trainings have been advertised in multiple ways around town including through social media channels. About 25 community members have expressed interest; 11 people have committed to attending the upcoming scheduled trainings on Jan. 25 &amp; 26 from 6-9 pm. Also, the Natick Community Organic Farm is scheduling a virtual training for their staff on Fri, Jan. 28th from 9am - 4pm. There will be approximately 10 people trained on that date.</p> <p>It was suggested during the meeting that Natick 180 might host a facilitated “meet up” with formerly trained volunteers so they can reconnect on the topic of ongoing mental health concerns amongst youth and community members. Separately, Michele M. will conduct outreach to the Natick Soccer Club. Natick 180 should promote the training to clubs too, not just athletics (but include NHS Athletics Dept).</p> <p><b>b. Diversity, Equity, and Inclusion Initiatives</b> - Natick 180 is continuing to meet with our consultants, Human in Common, to discuss planning for events this spring. We are tabling the event on the topic of Black, Indigenous, People of Color (BIPOC) community members’ behavioral health experiences. There is interest but the timing is not quite right to conduct it this spring.</p> <p>Current plans include engaging with the Equity Club at NHS, which runs an Equity Co-op Day (scheduled for 3/18/22) on various topics, including substance misuse. NATI students will help lead a session during this Co-op Day.</p> <p>Also, Human in Common staff have been in touch with the METCO Director, Rasheeda Clayton, to plan a ‘train the trainer’ event for METCO students. This would allow for students to train on racism, equity and substance use as well as build leadership capacity. The students who complete the training would then train their peers. Collaborating with other regional METCO programs on this would be a great plan and allows for broader engagement across the region. If the initial trainings go well, this would be opened up to more students.</p>
<p>4. Upcoming events</p>	<p><b>a. MLK Day Celebration</b> - The event will be virtual (pre-recorded) and the main program will run from 10-11:15 am; the community fair will immediately follow the official program and will run from 11:15-12:15. NATI students have expressed interest in attending / helping run a session on the targeted marketing practices of the tobacco industry. There will be a link to the Youtube site, and a list of community resources and activities will be shared. Please promote the event to your organizations and networks.</p> <p><b>b. Addressing Family Stress &amp; Depression with Families for Depression Awareness</b> - This event will be held on 1/19/22 from 7-8:15 pm (virtual), and is being co-sponsored by Natick 180 and the First Congregational Church. Registration is not limited to Natick residents. SPARK, NRP, and FCC have agreed to help promote the event, and it will be mentioned at the MLK celebration. Please share widely amongst your organizations.</p>

	<p>Natick 180 might think about hosting mental health workshops on a monthly basis, as it would be very worthwhile and valuable to the town. Families for Depression Awareness seems to have the bandwidth to partner with us monthly. There are plans for Ari from FFDA to speak with NATI students at their next meeting on 1/24.</p> <p><b>c. Dr. Larry Cohen</b> - Dr. Cohen conducts parent workshops using the ‘Playful Parenting’ technique. His target audience is parents of 0-12 year olds and his expertise is early childhood development. One goal of having him present to Natick parents would be to develop parent peer leaders in the community so as to sustain the skills learned during the training. Dr. Cohen will be leading a 6-week workshop from 7-9 pm (proposed dates are Mar. 3 - Apr. 7). One way to advertise would be during the elementary schools’ physical assessments, which will happen this spring for next year’s incoming kindergarten class. Natick 180 will reach out to school nurses &amp; NPS administration. Another avenue would be to target playgroups, including the drop-off playgroups at the Natick Rec and Parks facility (Lauren M. will handle this).</p> <p>Please share all of these events widely. Natick 180 will look into adding this information to the schools’ virtual backpacks. V-care Pharmacy in Framingham may be a place to put flyers, as well as other local pharmacies. Parent Curriculum Night for 8th grade is 1/13 at 6 pm - this may be another good place to share information.</p> <p><b>d. Natick 180 Quarterly Coalition meeting:</b> The proposed topic of this meeting will be ‘how to make Natick 180 more youth-friendly and inclusive.’ The planned date is 2/16/22 from 6:30-8pm. NATI students are on board to attend the meeting and would be willing to share thoughts on this topic.</p>
<p>5. Planning educational events for 2021-22 school year</p>	<p><b>Guest Speakers Conversation:</b></p> <ul style="list-style-type: none"> <li>● J. Lahey - Jessica’s speaker fees are quite costly although her presentations are very worthwhile. Christine Guthery will reach out on our behalf to see if we could get a pricing discount.</li> <li>● Vaping Panel - this is an important topic and a panel presentation could be pursued. In the meantime, print resource information and materials are available from the state and Natick 180 will look into posting information about vaping in the schools.</li> <li>● Community Event Sharing Mental Health Concerns - a proposed event might bring together municipal departments and an expert to discuss mental health issues and have a facilitated discussion. Ari from Families for Depression Awareness may have good suggestions about format and content. We could host a town hall-style meeting or</li> </ul>

	<p>a theater / auditorium-style event, coupled with resource-sharing. Important local resources include Interface, and the JDP clinician at the police department, amongst others. There are many topics that fall under ‘mental health concerns.’</p> <p>At the December A&amp;E meeting, we discussed ways to incentivize youth to attend Natick 180 events. Ideas included an essay contest, tik tok challenge, scholarship opportunities. We would like to keep this conversation moving forward.</p> <p>Denise P. mentioned an artist who might be an interesting person to bring to town: Dominic Esposito, sculpture / artist, who has a project called “The Opioid Spoon”: <a href="https://www.theopioidspoonproject.com/">https://www.theopioidspoonproject.com/</a> He has a brother who struggles with addiction. His work is currently being featured in Boston, and he is a vibrant activist.</p> <p>It was suggested that maybe we run another Hidden in Plain Sight bedroom display in the near future. We could partner with other local towns, such as Dover-Sherborn and Needham.</p> <p>Narcan-related expenses may use up more of Natick 180’s state earmark funds due to an increase in costs and a stronger dose formulation. Natick’s first responders have needed an increased replenishment of their supply. So we may have less money to spend on a speaker (we should budget \$5000 for a speaker). There was a recent non-fatal overdose at the Monticello Hotel.</p>
<p>6. Discussion</p>	<p>a. <b>Substance Use Awareness Banners</b> - The Superbowl banner was edited to be more current regarding covid prevention protocols. It will be printed and hung around town in the next several weeks, prior to the Superbowl on Feb. 13, 2022.</p> <p>b. <b>Surveys</b> -</p> <p>i. <b>Natick 180 Coalition Members’ Survey</b>: This survey is meant for active coalition members, and it gathers information on coalition strategy and management. It provides important feedback for us. It is being finalized and will be sent out soon to all members of the coalition.</p> <p>ii. <b>Parent/Caregiver Survey</b>: The survey is being reviewed and is nearly ready to be sent out. In past years, the survey was sent district-wide to the NPS school mailing list. The response rate could stand to be improved; this means we need to be thoughtful and creative about how else to distribute it. One idea is to possibly develop a QR code; also, maybe work with a local vendor to tie it to an e-coupon or some other incentive. It may make sense to conduct the survey before then scheduling speakers for 2022. It will be interesting to see how this survey’s responses are correlated to youth use rates (as per the MWAHS). One important question is: what are we, as parents, projecting onto our young people? Also, how would youth data match up with what parents say?</p>

	iii. <b>Youth Survey:</b> NATI has discussed wanting to survey their peers at the high school. A draft survey is being created and reviewed; the first version would be piloted by volunteers. One point of discussion is whether to tie completion of the survey to vouchers or gift cards as an incentive to participate.
7. Set next meeting date & adjourn	February 8, 2022