



**Natick 180 Awareness & Education  
 Action Team Meeting  
 February 8, 2022 9:00-10:30 AM  
 Virtual via Zoom**

**Total Attendees (9)**

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.
Beth Heffler	Law Enforcement	Natick Police Dept.
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.



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📄 [A&E Action Team\\_2\\_8\\_22](#)

**Meeting Minutes:**

Agenda Item	Discussion
1. Citizens' Concerns	None.
2. Approve meeting	Meeting minutes from <b>January 11, 2022</b> were approved by a majority vote,

minutes	with the addition of Denise Passaretti as an attendee. Official meeting minutes will be posted to the Town of Natick website.
3. Updates and announcements	<p><b>a. Youth Mental Health First Aid Training</b> - 9 people attended the training on Jan. 25 &amp; 26; 11 people from the Natick Community Organic Farm were trained on Fri, Jan. 28th from 9am - 4pm. Feedback was positive, and the trainings were well-received. NCOF has requested a Narcan training.</p> <p>In an effort to recruit future participants, leads on potential groups that may be interested in getting trained include spring soccer coaches, whose plans are just getting started. The Natick Drama Workshop may be a good organization to reach out to over the summer. Natick Rec and Parks is interested in extending the training to other town recreation departments in the Metrowest region. As for the YMCA, they expressed that their main population is young children; may not have enough teenage participants to warrant a mental health training. Other suggestions include the Metrowest Chamber of Commerce as many nonprofits are associated with the Chamber, which may be interested in YMHFA training. Michele M. will share information with the Natick Soccer Club contacts.</p> <p>It was asked whether YMHFA offers credits, and they do, but only if you are trained to be an instructor (not just an attendee). Organizations could offer incentives of CEUs for nurses to keep their licenses updated. Denise P. has a connection at the hospital, who may be able to connect Natick 180 with the mental health services department. Lastly, this might be a good training to promote to organizations / universities that work with college students.</p> <p><b>b. Addressing Family Stress &amp; Depression with Families for Depression Awareness</b> - This event was held on 1/19/22 from 7-8:15 pm (virtual), and was co-sponsored by Natick 180 and the First Congregational Church. There were 25 attendees, and the feedback was positive.</p> <p>Natick 180 &amp; FFDA might partner to host mental health workshops on a regular basis, as it would be very worthwhile and valuable to the town. All events would be free to Natick since we are in the FFDA catchment area.</p> <p><b>c. New Policy Action Team</b> - The team had its initial meeting in January, and included about a half dozen members, including youth (NATI). Ideally, new members offering diverse perspectives are being sought. The group will analyze policy-related issues, and the Steering Committee will then make decisions on behalf of the coalition &amp; Action Team. The next meeting will be held in March (date tbd).</p> <p><b>d. Diversity, Equity, and Inclusion Initiatives</b> - Natick 180 is working with our consultants, Human in Common, to plan a program on substance use/race/equity/mental health during the Equity Co-op Day (scheduled for 3/17/22) at NHS. There will be two sessions; we hope many kids will select to attend this program.</p> <p>Natick 180 will host a table at the Wellness Fair, which will also be held on</p>

	<p>3/17 during Equity Day. Denise P. and Michele M. offered to help staff the table.</p> <p>Simultaneously, Natick 180 is partnering with Human in Common and METCO to develop a “Train the Trainer” program to be piloted with METCO students. The goal would be to train students, who can then teach peers about the intersections of race, substance use, and mental health. The goal is to broaden the training to other student groups too. There is a meeting later this week to continue the planning.</p>
<p>4. Upcoming events</p>	<p><b>a. Focus groups and Key Stakeholder Interviews</b>  Natick is part of a multi-town regional grant (MassCALL 3), which is hosted by Hudson. It includes other 7 Metrowest communities total. Year 1 is focused on data collection and as such, Natick 180 will be conducting focus groups and key stakeholder interviews on substance use and perception of substance use in the next couple of weeks. The findings will inform substance use interventions across MetroWest over the next few years.</p> <p>There will be a focus group with youth during the week of Feb. break. Youth participants will be solicited through NHS health teachers, guidance counselors, and on social media to find students who might be good candidates and may be in need of community service hours. Eight adults have expressed interest in doing the adult focus group on 2/22 from 6-7 pm. Key stakeholders include school personnel, police dept., and the Natick Service Council. SPARK will help to do some outreach and promote the focus groups. Other ways to advertise include Natick Patch and the NHS e-newsletter.</p> <p><b>b. Dr. Larry Cohen</b> - Dr. Cohen conducts parent workshops using the ‘Playful Parenting’ technique. The first session starts on Mar. 3 and will continue for 6 weeks until Apr. 14th (skipping March 10th). The sessions will be virtual, from 7-9 pm. His target audience is parents of 0-12 year olds and his expertise is early childhood development. Seventeen parents/caregivers have registered thus far. One outcome we are hoping for is to develop a group of parent peer leaders in the community so they can continue to teach / share the skills learned during the training.</p> <p><b>c. Learn a Better Way (LABW)</b> - The first of five sessions will begin on 3/9 from 7-8:30 pm. So far, only 1 person registered, so additional promotion and recruitment is needed.</p> <p><b>d. Natick 180 Quarterly Coalition meeting</b> - 3/10/22 from 5:30-7 pm. The proposed topic of this meeting will be how to foster effective youth-adult partnerships. NATI students will participate to give updates on what they are working on, what their goals are, and how to better integrate youth voice. A hybrid model is planned but we may need to rethink this, and make it either</p>

	<p>all in person, or all remote. This is because small group breakout sessions are going to be held.</p> <p>On the topic of youth involvement, it was suggested that Natick 180 do some outreach to college-aged youth, and solicit their perspectives on substance use. It is not easy to reach this group but their perspectives are valuable too. Older siblings can influence younger peers and may buy products for younger siblings or friends. Natick Rec and Parks hires a lot of college kids who work for Woodtrail. There is a training component to Woodtrail prior to the summer sessions.</p> <p>e. Additional upcoming events:</p> <ul style="list-style-type: none"> <li>- Multi-session virtual workshop series on ‘Understanding Your Teen’ co-sponsored by Natick 180, Families for Depression Awareness, FCC and SPARK Kindness; marketed through the Morse Institute Library: <ul style="list-style-type: none"> <li>Mar. 8 at 7 pm - How to Connect with your Child / Teen</li> <li>Mar. 15 at 6:30 pm – Understanding Teen Depression</li> <li>Mar. 22 at 7 pm - Understanding Eating Disorders</li> <li>Mar. 29 at 6:30 pm - Teen Stress Survival Guide</li> <li>Apr. 28 at 7 pm - Strategies for Communicating with Teens</li> </ul> </li> </ul>
<p>5. Planning educational events for 2021-22 school year</p>	<p><b>Guest Speakers Conversation:</b></p> <p><b>Jessica Lahey</b> - The conversation continued regarding the interest in bringing in Jessica Lahey, while being conscientious of her high speaker’s fees. Dover-Sherborn is looking for speaker recommendations as well, so this might be a good opportunity to partner with D-S, and share the cost (\$2000-\$2500/each). Target audience would include parents, caregivers, school staff &amp; community members, including METCO parents. The presentation could be held virtually so as to increase participant access. Natick 180 may also reach out to Framingham to gauge their interest. April is Alcohol Awareness month so Jessica’s program would be thematically linked.</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> This could be done in partnership with the Natick Artist Open Studio &amp; other local arts groups. Natick holds an annual Art Walk over the summer (mid-July), which is organized by Natick Center Cultural District. We should loop in Athena Pandolf. Timing in late summer might also be plausible: Aug 31st is International Overdose Awareness Day, and Sept. is Recovery Awareness month.</p> <p>Another idea to gain visibility and awareness is to do something on Monday, April 18th, which is the Boston Marathon (also Easter and Passover). We</p>

	<p>could display promotional items (banners or such) up high on a building (ideas include: Town Hall, FCC, NPD / NFD, elsewhere along the route). It was mentioned that Natick 180 could assemble a resource tent. The pertinent question to be discussed is what would be the focus of the message: prevention, awareness, mental health, general SUD support? We should loop in the Boston Bulldogs (Angie Macdonnell).</p>
<p>6. Discussion</p>	<p><b>a. Community Surveys -</b></p> <p>i. <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. Several action team members agreed to pilot it in the near future.</p> <p>ii. <b>Youth Survey:</b> NATI has discussed wanting to survey their peers at the high school. A draft survey is being created and reviewed.</p> <p>iii. <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>iv. <b>Natick 180 Mailing List Survey:</b> Intended to gain input from community members on Natick 180's work.</p> <p>[This was not discussed due to lack of time, but will be sent in an email to all Action Team Members:]</p> <p><b>Natick Public Schools Surveys</b></p> <p>-The schools completed social-emotional, wellness, race, and culture benchmark surveys for students in grades 2-5 and 6-12.</p> <p>-General results show that progress was made in race and culture. Students report a lot more conversations about race and culture in their classes than ever before, but students do want these conversations to be more integrated into classes. Faculty report that they are talking about race and culture more; however, they are still uncomfortable leading these discussions and adapting to these topics being raised in class without preparation.</p> <p>-General results show that for social-emotional wellness students report that they are sometimes sad and/or frustrated, but mostly able to overcome these feelings which indicates good emotional regulation. The grit and resilience scale showed that students are struggling and not able to overcome these issues. This is in line with the rise in school phobias that have been observed.</p> <p><b>Learn A Better Way Marketing</b></p> <ul style="list-style-type: none"> <li>● <b>Ideas to further promote the workshop</b> <ul style="list-style-type: none"> <li>○ Send postcard to Natick addresses</li> <li>○ Constant recruitment for those who are interested in the workshop (reach out when an upcoming workshop is scheduled)</li> <li>○ Groups to share with?</li> </ul> </li> </ul>

	<ul style="list-style-type: none"><li>o Hoping to re-adapt this workshop for parents/caregivers of young children. This adapted workshop would be more prevention focused.</li></ul>
7. Set next meeting date & adjourn	March 8, 2022 from 9-10:30 AM ET