



NATICK 180
STEERING COMMITTEE MEETING

Remote Participation by Zoom

8:30 am April 6, 2022



MINUTES

Steering Committee Member or Designee	Organization	Sector Represented	Present	Absent
Lauren Lele	Newton Wellesley Hospital	Healthcare	✓	
Dr. Catharina Armstrong	Newton Wellesley Hospital	Healthcare	✓	
Donald Breda	Natick Board of Health	Local Government	✓	
Fr. Joseph Gallick	Natick Interfaith Leader Association / Church of the Annunciation	Religious / Fraternal		✓
Michele Marotta	SPARK Kindness	Civic / Volunteer	✓	
Chief James Hicks	Natick Police Department	Law Enforcement	✓	
Paul Joseph	Natick Selectboard	Local Government		✓
Sarallyn Keller, Chair	Natick Interfaith Leader Association / First Congregational Church	Religious / Fraternal	✓	
Chief Michael Lentini	Natick Fire Department	Local Municipal Dept.		✓
Nick Loscocco	Recovery Community / SMOC	Other organization involved in reducing substance misuse	✓	
Cheryle Lucenta	SOAR Natick	Other organization involved in reducing substance misuse	✓	
Dr. Anna Nolin Vice Chair	Natick Public Schools	Schools	✓	
Lt. Cara Rossi	Natick Police Department	Law Enforcement	✓	

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				

Link to Meeting PowerPoint:



See the slides [here](#).

Agenda

- **Citizens' Concerns:** None.
- Vote on **March 2, 2022 Steering Committee meeting minutes**
Meeting minutes were accepted as is. A motion was made to approve the minutes, seconded, and then approved by majority vote.
- Natick 180 Updates and Announcements since March 2022 Steering Committee (SC) meeting:
 - 2022 Community Champion Award nominations will be sent out in the next week or so via the Natick 180 April newsletter. This award can go to anybody in the community who lives in or works in Natick; nominees do not need to be Coalition members. The option to submit nominations will also be sent out via a press release to local papers, in the Town Pages, on social media, and in town newsletters. People are encouraged to get the word out and share the opportunity to nominate somebody through their own networks as well. The Steering Committee then reviews and selects the recipient(s) for the award in May. Awards are presented at the final Coalition meeting of the year in June.
 - There is a Families for Depression Awareness event on April 28th 2022 from 7-8:15 PM. Information about the event is available on the Natick 180 website and community members are encouraged to spread the word about this event.
 - On April 30th there is a National Medication Take Back event. Natick has registered this event with the Earth Day celebrations. Collection locations will be at both the Natick Police Department and the Wegmans 2nd floor parking lot. There are also plans for the Rise On Van from JRI to be at the collection site at the Natick Police Department as an effort to raise awareness about the

- van. The Rise On van provides prevention services, syringe services, and basic medical services to the community.
- On May 4th from 7-8:30 PM ET Newton-Wellesley Hospital is sponsoring an event called “Drug Use On The Rise: How to Identify The Signs In Your Child or Loved One.” This event will highlight current drugs in the community and how to talk with youth about drug use before it starts. Natick180’s Katie Sugarman will be a panel presenter. More information about this event is available on Natick 180’s website.
 - There is an event with Jessica Lahey, New York Times Bestseller, on May 11, 2022. The focus of some of Lahey’s talks is to let kids fail because it helps them learn and build resiliency. Lahey’s new book “The Addiction Inoculation” is about her personal experiences during her journey as a recovering alcoholic. The event will cover the importance of talking about genetic predisposition and how to work through the complications of substance use. More information about this event is available on Natick 180’s website.
 - Recap/feedback on March Coalition Wide meeting:
 - Overall the meeting had good cross-sector involvement with both youth and adults. Natick 180 is hoping to continue to involve both NATI and the Interact Club in its work.
 - Coalition members shared that they would like to implement a way to manage discussion topics during meetings that are not relevant to the agenda. It was suggested that the time allowed for sharing off-topic items be limited to a few minutes, have a disclaimer that Natick 180 does not endorse or vet outside resources that are not shared by the Coalition itself, and include a disclaimer during meetings that outside solicitations are not allowed.
 - The Coalition is starting to plan its June Coalition-Wide Meeting. Two possible dates that were suggested are Wednesday, June 1st and June 8th. Natick 180 staff will look into which of these dates works best and does not conflict with other town meetings.
 - Natick 180’s Strategic Planning process will take place this summer in-person (and likely include a hybrid option). During these sessions, the Coalition will present data from the MWAHS, the Coalition’s parent/caregiver survey, the Coalition members’ surveys, and other relevant data that has been collected over the past year. During the planning sessions, the group will break into smaller groups and look into evidence-based strategies for prevention, addiction services, etc. The goal is to have a plan to share with the public by the fall. Dates for the Strategic Planning meetings will be a few dates in June or early August (the schools are more tied up in July). Depending on the timing of Natick 180’s strategic planning process, NPS-collected data may not be included in the strategic planning process because they analyze their data at the end of June.
 - Natick 180 will have a banner on the marathon route by the West Natick dog park. The purpose of this banner is to identify Natick 180 as a local resource for prevention and recovery resources.
 - Natick 180 is also planning to advertise on Natick’s billboard on Route 135 both this August and in late 2022. Details about this are still being worked out.
 - The Access To Services Action Team has recently opened up their meetings to more treatment providers and Care Connects partners. This will allow more cross-sector involvement in the action team’s work.
 - Opioid settlement funds from the Attorney General’s Office will soon be distributed to communities. Each city/town may get some monies and a total of \$210 million is slated to be disbursed. No information on how these monies will be disseminated is available yet. Municipalities need to complete a form to make sure we are on the list to receive monies (Natick has already done this). Soon Natick will have to submit a proposal for how the Town will spend the money.
 - Town department reports:
 - **Natick Police and Fire Departments -**
 - There were no reported overdoses in the past month.
 - The last reported opioid overdose was on 12/23/21.
 - On 2/12/22 and 2/11/22 overdoses were reported for two new, inexperienced cannabis users. For the purposes of Natick 180 reporting, there are not considered overdoses.
 - Year to date in 2022 there has been 1 nonfatal overdose and 0 fatal overdoses in Town. No Narcan has been used by Natick law enforcement so far in 2022.

- **Natick Public Schools**
 - On April 25th NPS will have access to the data from Panorama survey which collects metrics on youth connectedness, belonging, and race. Panorama's reporting has been slightly delayed.
 - Based on the first screener benchmark measuring student's socio-emotional wellbeing, those students who scored in the top 10-15% (for health, emotion, grit, and resilience) will soon be followed up with using a second benchmark screener. School social workers and guidance counselors are all trained to implement this screener. The purpose of the second screener is to see if there have been any changes since fall 2021.
 - This school year, NPS has spent \$108,000 on placements for students who were not previously identified as requiring mental health services. Much of this funding has gone to day treatment outside of the schools.
 - The NHS PACE program is still providing support to students returning to school after being in a day program and/or psychiatric treatment in a hospital. The PACE program provides a fluid continuum and wraparound services to help students re-acclimate to student living and includes caregiver involvement and communication. Due to the recent uptick in mental health needs, the PACE program is also being implemented at the middle schools for the first time. The identified needs of students have risen quite a bit since December 2021.
 - Equity Co-op Day (similar to a professional development day for NHS students) took place on March 17th. There was a keynote speaker who talked about racism and implicit bias. Overall, it was a great day for those who attended, but 350 parents excused their children from school, the highest number of excused absences ever reported. NPS called families to find out why the absence rate was so high. Findings show that caregivers had many reasons for excusing their children from school. Reasons included caregivers thinking schools should not be teaching this content and there being no agenda for the day. Most parents who did not send their children to school that day said that the students were not being graded, so the exhausted students were being given a day to rest and recharge. There is a major level of exhaustion and mental health needs among students. During the day, Natick 180 had two sponsored training sessions about stigma/racism. The facilitators led a great conversation with these students. During the day, there was also a successful Wellness Fair which Natick 180 had a booth at.
 - The Middle School social studies coursework includes a civics program for 8th graders. There is a desire to have social emotional learning strategies in place at the middle schools. This would include something like the Equity Co-op day at the high school and a packet promoting wellness that is grade appropriate (ie: exercise, sleep, etc.).
- **Natick Health Department -**
 - The department has hired a new public health nurse: Heidi Harper. Vaccinations are able to be scheduled soon.
 - April 30th -Household Hazardous Waste Day -\$10 per car; advance registration required. Limit of 300 cars.
 - COVID-19 small uptick, most likely attributed to the new variant, hospitalization rates and intensity of contracting it are not very high. The department is re-assessing some of the data modules for how to respond to COVID-19 and stay vigilant as rates rise. The FDA and CDC are offering the second booster for 50+ and those with certain medical conditions.
 - Working on inspecting swimming pools, camps, & summer activities.
 - Tobacco inspections - some sites were missing manufacturer letters; one store was selling CBD gummies which are not allowed in Natick. A newer product, Delta 8 cannabis, is not an approved product and one store was selling it which they were told to remove.
 - There are currently 18 tobacco permits in Natick. There was a query to reinstate an older one, but Natick will not be approving it.
 - Rise On Van - the mobile van is visiting the Natick Housing Authority site on a weekly basis (Wednesdays from 1-3pm) with a goal of trying to build relationships with residents and increase services. The van will also have a presence at upcoming events such as the Prescription Drug Take Back Day, Saturday morning Natick Farmers Market, and the Common Street Spiritual Center, where support group meetings are sometimes held.

- **Natick Selectboard** - sector member not present but the following items were still discussed:
 - The Select Board is currently looking at alcohol policies in town. This is in response to pouring establishment businesses having a hard time opening in town due to licensing restrictions 65/35 (food/alcohol) ratio which is hard for all restaurants to meet. There was a request to make sure that the Public Health Department is part of the small group working on this. A lot of details still need to be worked out.
 - Paul Joseph (Select Board member) is coming to an upcoming Policy Action Team meeting to further discuss changes to this current policy. Mr. Joseph has also disseminated a survey to the community to collect community input around Natick's substance use policies.
 - A question was raised-about whether or not changes to the 65/35 ratio would cause a domino effect and loosening around other substance's policies (ie: cannabis). It is important to note that each substance has its own police processes and policy oversight. Historically, alcohol has largely fallen under the umbrella of the Select Board. Cannabis has a limit on the number of retailers that are located in Natick, but oversight for cannabis delivery services is less strict.

Community reports:

- **Newton Wellesley Hospital** -
 - The Substance Use Services Clinic was founded in 2017 to provide substance use services to those 18+. The clinic includes a psychiatrist, addiction medicine physician, therapist/social worker, and a recovery coach. Outpatient and inpatient services are available, as well as recovery group meetings (live on Mondays and via Zoom on Wednesdays) and recovery coach services. A family/friends meeting is being developed by the team's social worker. The clinic's goal is to make sure that people get prompt services.
 - They are hosting an upcoming event on May 4th from 7-8:30 PM ET called "Drug Use is on the Rise: How To Identify the Signs in Your Child Or Loved One." This event will highlight the types of drugs that are circulating in our communities, ways to recognize the signs of problematic drug use in your child or loved one, and how to talk with your kids about drug use before it starts. There has been a rise in teen substance use and many different types of substance use are currently being identified. Part of the discussion will include what substance use looks like in surrounding towns right now. Panelists for the event include Dr. Armstrong and Katie Sugarman from Natick 180. Registration is available on the Natick 180 website.
- **SOAR Natick**
 - The group has seen fewer grant requests for those in early recovery over the past several weeks. They will send information about the grant funds to Natick 180 to share on social media and the monthly newsletter.
 - This is the last week to fundraise for SOAR who has a runner in the Marathon.
- **SPARK Kindness**
 - On May 4th SPARK is hosting a program with Dr. Lisa Coyne "How To Move Forward During Difficult Times." Registration is available at <https://www.sparkkindness.org/programs/>.
 - SPARK will support Natick 180 and the Dover-Sherborn Challenge Success Program wthe the Jess Lahey event on MAY 11th from 7-8:30 PM ET.
- **Natick Interfaith Clergy Association**
 - This group has a new name, the "Natick Interfaith Leader Association."
 - They are currently working on planning for the Spring holidays.
- **Recovery community** -
 - This was Nick's final meeting with Natick 180, so the group said goodbye and wished him well in the future.
 - In March, Nick was able to speak with students in NHS health classes. The event went well and Nick was glad to hear that his messages resonated with the students.

- He is connecting with people in the recovery community to see who may be interested in serving on the Natick 180 Coalition's Steering Committee after he leaves.
- **Finance update -**
Legislative earmark monies are being spent down. There is about \$5,000 left right now. These monies will be used for both the Jess Lahey event as well as the Larry Cohen "Playful Parenting" workshop series.
Over the past month, there was an increase in the donations account. The Police Department was given monies for medication disposal, which they forwarded along to Natick 180.
- **Action Team Updates -** There will be an Awareness & Education Action Team meeting on Tuesday, 4/12 from 9-10:30 AM. The next Access To Services Action Team's next meeting is on Wednesday, 4/27 from 1-2:30 PM. Policy Action Team: sometime in late April/early May, still working on scheduling a time.
- **Set the next meeting date/time and adjourn -** Wednesday, May 4, 2022 from 8:30-10:00.

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