



**Natick 180 Awareness & Education
 Action Team Meeting
 April 12, 2022 9:00-10:30 AM
 Virtual via Zoom**

Total Attendees (11)

Attendee	Sector Membership	Agency / Organization
Rabab Adel	Student / Local Government	Natick 180 / Regis College
Lizzy Chalfin	Local Government	Natick 180 / Natick Health Dept.
Astrid Dretler	Local Government	Natick 180 / Natick Health Dept.
Beth Heffler	Law Enforcement	Natick Police Dept.
Paul Joseph	Federal, State, Local Government	Natick Selectboard
Sarallyn Keller	Religious / Fraternal Organization	First Congregational Church / Natick Interfaith Leader Association
Devon Lawrence	Parent	Natick community member
Michele Marotta	Civic / Volunteer Organization	SPARK Kindness
Lauren Meurer	Youth-Serving Organization	Natick Rec and Parks Dept.
Denise Passaretti	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 meeting minutes	Meeting minutes from March 15, 2022 were approved by a unanimous vote. Official meeting minutes will be posted to the Town of Natick website.
3. Updates and announcements	<p>a. Equity Co-Op Day and Wellness Fair - On March 17th, Natick High School hosted a series of guest speakers and workshops on topics related to equity and inclusion. Natick 180 sponsored two workshops presented by our DEI consultants, Human in Common, on reducing stigma & racism and normalizing conversations around behavioral health ("Stigma Stinks"). 29 students total attended the workshops.</p> <p>Also, Natick 180 had a table at the NHS Health Fair which included free giveaway items and trivia questions. NATI students created an informational poster board about cannabis that was used for the trivia game. SPARK also had a table and handed out positive coping strategy items. The SROs had a table as well, representing the RAD women's defense class, and many students signed up. NRP was there promoting summer job opportunities. The NPS Superintendent shared that there were a record number of absences (350 students, 12% absence rate), due to parents either wanting to give their students a day off or that they didn't want their students to have to attend equity day as it felt like indoctrination. It was also mentioned that students could have fatigue over this very sensitive topic. Despite the absences, it was an important and well-done event. NATI students gave positive feedback about the keynote speaker.</p> <p>b. Recovery Speaker in High School Health Classes - Natick 180 partnered with the NHS health teachers to bring in guest speakers on the topic of recovery. Students in 5 health classes were visited in October as well as on March 18th and March 31st (by Mikey Divver, Nick Loscoco, and others - all of whom are in recovery). There was very positive feedback, and the impact is still being felt. The plan is to continue to bring speakers to health classes next year.</p> <p>c. March NATI Events:</p> <p>i. Visit to the Teen Center—NATI students visited the Teen Center at Rec & Parks on March 28th, and ran a 'Jeopardy' trivia game with questions focused on vaping. The ASAP program at the middle schools has invited NATI & N180 to come to schools to run the program.</p> <p>ii. Kick Butts State Advocacy Day—On March 31st, NATI participated in the annual tobacco prevention day known as 'Kick Butts Day.' This event is hosted by The 84 Movement, NATI is the Natick Chapter of the 84 Movement. The students met virtually with MA State Senator Becky Rausch as well as representatives from State Senator Karen Spilka's office. The students represented NATI and Natick very well!</p>

iii. Teen Mental Health Speaker with Families for Depression

Awareness—NATI is looking at possibly hosting a teen speaker in mid-May, likely during the same week as Prom.

d. Marathon Banner - Several new messages and images for our marathon banner were recently designed by Initial Designs group (communications consultant), with a final vote of preference from the A&E action team. We are in touch w/ BAA to get permission to display along the route near the VFW on Route 135. Printing of the banner must happen ASAP due to the tight time frame. Officer Heffler offered to help get it installed on or near the jersey barrier for maximum exposure just prior to the route being closed on Marathon Monday. We will print two 3x8 banners now and can use them next year if not this year; Natick Rotary is covering the printing costs. One suggestion was to display one banner on private property rather than having to get town approval (suggestions include fencing for Stonegate across from St Patrick's Church, and the construction company that is building the senior housing near Community Senior Center). The graphic will also be shared on social media.

e. Billboard Messaging - N180 has been in contact with the company that manages the billboard on Route 135 (near Wendy's) on the Natick / Framingham border. The billboard is available for rental for \$2,000 for four weeks. There was a scheduling snafu so our new time frame is for the month of Aug (8/1-8/28) and then again in the fall/winter. Ideas include back-to-school-themed messages, and the importance of conversations & communicating with your kids about substance use. In the fall, messages could focus on holidays (i.e. "Give your child the gift of knowledge")

f. Playful Parenting Workshop More than 40 people registered but generally only 7-11 participate regularly. The sessions are virtual on Thursdays, from 7-9 pm. There are six total sessions; they are recorded. The target audience is parents/caregivers of 0-12 year olds. 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. The final session occurs this week. Barriers to participation include late evening conflicts with bedtime and 2 hour long time frames. Parents who have attended have gotten a lot out of the sessions, and have given positive feedback. One suggestion was whether we should offer a financial incentive to attend, since it is not cost-effective to have a speaker with high fees present to such a small audience. Our goal is to keep all of our programming free, but to gain a larger audience. One idea was to supply parents with 2-3 things to post to social media, and to share their engagement ("sales tools") to demonstrate the value of the program. Post workshop series surveys will be done with attendees. Our goal is to "meet parents where they already are" by bringing programming to them.

g. Learn a Better Way (LABW) - The first of five sessions began on March 9th, 7-8:30 pm. Current participants want to move forward with Session 2, which starts tomorrow. We need to continue to think of ways to market this valuable program, and drive up participation.

	<p>h. After Prom Party Planning - Prom will be held on Fri May 20th for the senior class only. The APP will run from after the Prom into the morning of the 21st. Caroline Goldman is the APP contact. N180 has always provided a monetary donation (to cover a specific cost, as per DFC regulations) plus staff volunteer time. Please reach out to Katie if you are interested in volunteering for a time slot. Also, there is a Gofundme with a \$5000 goal: https://www.gofundme.com/f/help-raise-funds-for-the-ptso-and-app?utm_campaign=p_cp+share-sheet&utm_medium=copy_link_all&utm_source=customer</p> <p>i. Summer Strategic Planning Process - N180 will host a strategic planning process for the coalition with regard to its final year of DFC funding and beyond. The Steering Committee suggested a time frame of late June or late Aug, specific date tba. A doodle poll will be sent to coalition members.</p> <p>j. QPR Training - The “Question, Persuade, Refer” program is similar to YMHFA. It teaches participants how to intervene with an individual who may have mental health concerns (particularly around suicidality). It is a shorter training than YMHFA, and less expensive. Hopkinton has a QPR trainer coming to their town this summer (Katie and Lizzy are registered for the June 13th.) It is an important way to address the mental health concerns of youth in Natick as mental health challenges are reportedly on the rise. Natick 180 plans to continue to address mental health issues, even when DFC funding expires. One question to look into is whether the QPR program & materials are offered in other languages?</p>
<p>4. Upcoming events</p>	<p>a. Families for Depression Awareness Event - April 28th - This program, “My Teen Won’t Talk to Me” is being offered through a collaboration between N180, FCC, & FFDA. The format will have participants watch scenarios then have discussions about them. Please share the event widely.</p> <p>b. Prescription Drug Take Back Day - April 30th - this event will occur on the same day as Earth Day & Hazardous Waste Disposal Day. Collection sites include the parking lot behind the Natick Police Dept, and Wegman’s 2nd floor walkway. We plan to have the Rise On van at the police department; this makes a strong connection between community safety and harm reduction.</p> <p>c. Newton-Wellesley Hospital Event - May 4th - Drug Use is On the Rise: How to Identify Signs in Your Child or Loved One. Katie Sugarman is on the panel. The panel will discuss what drugs are circulating in the community, signs and symptoms of substance use, and how to communicate on this topic.</p> <p>d. Jessica Lahey Event - May 11th, from 7:00-8:30 PM. The presentation is being co-sponsored with Dover-Sherborn’s Challenge Success Program. The event will be on Zoom, and will cost \$5,000 (to be cost-shared between Dover-Sherborn and Natick). Michele Marotta offered to contact an ASL interpreter for the event; Katie Sugarman will reach out to Dover-Sherborn to discuss accessibility needs. Jessica will be discussing her new book, “The</p>

	<p>Addiction Inoculation” and addiction in general, including how to understand root causes and genetic components. She focuses on how to have conversations with youth.</p>
<p>6. Discussion</p>	<p>a. Opioid Settlement Monies Conversation - The large pharmaceutical companies are paying settlement money to states, including Massachusetts. MA will receive \$210 million; these funds to be disseminated to towns who signed on to receive those monies to use at local level for prevention efforts. Natick is signed on and we will receive an amount in the tens of thousands of dollars range per year thru 2028. Coalition discussions should begin as to how we might use these prevention-oriented funds. There is no deadline at this point. N180 wants to create a scope of services. There is a curriculum that the MA Attorney General’s office has developed (“Project Peer”) which brings programming around opioid prevention for youth at the middle and high school levels. Katie & Lizzy are registered to attend this training. This is a free resource so we need to think of other ways to spend the monies. One idea is to identify resources that target athlete/parent/coach audiences. Long term town planning is occurring now, so settlement money should be thought of in terms of what the most pressing needs are, and bring suggestions to the Selectboard. We need to identify what we think expenses are going to be moving forward and institutionalize these things. For example, how we move into navigating having hard conversations; how we advocate for young people around pain management and injuries (positive coping strategies) and addiction. There is a need for programming that links adults in recovery to youth; make an impact (like recovery speakers being brought to NHS health classes). Another idea is to continue to support groups such as the Boston Bulldogs; help get people into recovery settings. Based on findings from the Parent/Caregiver survey, pediatricians are often the first place concerned parents would turn if they had concerns about their children, so maybe partnering with pediatricians would be a good strategy. Continue to work with schools (athletic depts, nurses, wellness staff).</p> <p>b. Spoon Project at July Art Walk - The project is an art installation of a giant spoon, representing opioid addiction. The goal is to raise awareness as to the opioid crisis. Do we want to bring this project to the Art Walk in July? Need to reach out to the artist as well as Athena Pandolf of the Cultural District. We should check with SOAR to see how parents who have lost loved ones would react to this project. Denise was involved when the spoon was brought to Lexington, and it was positively received. We will reach out to SOAR as to their impressions of this artwork. It would be valuable to attach QR code with resources.</p> <p>c. Other: Fall 2022: Plan for local screenings of Recovery City. NHS teacher Lisa Olivieri documented the stories of four women, each reflecting different facets of addiction and recovery. The documentary is set in Worcester, and follows women who have lived experience with addiction; some are court-involved. Metrowest Health Foundation funding is being sought for screenings throughout MetroWest. N180 has been asked to sponsor screenings, hopefully during recovery month in Sept. For more information, see: https://www.wmm.com/sponsored-project/recovery-city/</p>
<p>7. Set next meeting date & adjourn</p>	<p>May 10th, 2022 from 9-10:30 AM ET</p>

