

Access to Services Action Team

Virtual Meeting

Natick, MA

1:00 PM - 2:30 PM

Wednesday, April 27, 2022



Your community resource
for addiction education,
prevention & recovery.

Attendees (6):

Name	Organization	Sector Represented
Lizzy Chalfin	Natick 180 / Natick Health Dept.	Local Government
Astrid Dretler	Natick 180 / Natick Health Dept.	Local Government
Scott Francis	MOAR	Other organization involved in reducing substance misuse
Lt. Cara Rossi	Natick Police Dept.	Law Enforcement
Katie Sugarman	Natick 180 / Natick Health Dept.	Local Government
Annette Ziegler	Natick High School	Schools

Powerpoint:

https://docs.google.com/presentation/d/1GIGm5rlyhQWysCoHccJULRL_Aa_1dz9-/edit?usp=sharing&oid=110252097579121196739&rtopof=true&sd=true

Meeting Minutes:

Agenda Item	Discussion
1. Citizens' Concerns	None.
2. Approve meeting minutes	Meeting minutes from March 30th, 2022 will be reviewed at the next meeting. Once approved; they will be posted to the Town of Natick website.
3. Updates and announcements	a. Natick 180 Updates Rise On Van: The van has been going to the Natick Housing Authority on a weekly basis for several weeks. They are not getting a lot of engagement currently. Natick 180 is looking into additional locations to park the van in the community. Ideas include the Common Street Spiritual Center (in a central location, has parking, and is nondenominational), the Natick

Service Council, and the Farmers Market.

The van will be at the Natick Police Dept. for Prescription Drug Take Back Day on April 30th. This is a good opportunity for the community to interact with the van and access Narcan, sharps drop off, and harm reduction services. Natick 180 has 10 prescription drug lock-boxes on hand. The van will also be offering these until supplies last. Natick police will be on site to establish a positive and visible connection with the van, but they will be mindful to preserve people's anonymity when seeking services.

MetroWest Adolescent Health Survey:

The initial 2021 survey results are in. Mental health issues and self-harming behaviors have risen since the last survey was completed in 2018. Females report more mental health challenges than males. Initial reports from the survey indicate that reported substance use has decreased since the last survey was administered in 2018. A full report from the survey will be available in the next couple of months. A presentation of the survey results to the community will take place around August.

Natick's July Art Walk

Natick's Art Walk takes place on a weekday evening every July. Natick 180 is looking into bringing the Opioid Spoon Project to the event (<https://www.theopioidspoonproject.com/>). This art piece is a large bent spoon and a conversation/advocacy piece about the opioid epidemic. Natick 180 is currently exploring possibilities to participate in the art walk with the artist. Natick 180 is also checking to see if it is possible to bring the Opioid Project, currently on display at Newton-Wellesley Hospital, to the Town in conjunction with this event's art theme.

International Overdose Awareness Day - 8/31

Natick 180 does not historically do anything for this event. It was asked whether the group would want to do something for this day in addition to the purple flag project that takes place in late August. International Overdose Awareness Day could be promoted at the July Art Walk if the group decides to do something.

September - National Recovery Month

Natick 180 has been in communication with a Natick High School teacher (Lisa Olivieri) who is also a documentarian. This teacher is currently putting the finishing touches on a new film "Recovery City" which chronicles a few individuals in MA on their path to recovery. We are hoping to screen the movie at TCAN in September, and are working closely with both SOAR Natick and the teacher to plan for this event. It will take place on a Thursday evening and be a 1 hour screening. Following the film segment, there will be a panel discussion with those in recovery from the film as well as Dr. Armstrong, an addiction specialist at Newton-Wellesley Hospital. We would like to get local representatives, people from the Framingham recovery court, etc. to attend the event as well. Natick 180 will try and arrange for the Rise On Van to be at the

event. PBS stations in New England are already on board to show the film. For more information, see:

<https://www.wmm.com/sponsored-project/recovery-city/>

A suggestion was raised that Natick should have monthly recovery events.

SADOD (Support After Death From Overdose)

This is a grief outreach support group that The Journey is affiliated with. In this model, those who have experienced a loss are trained to help others who are more recently experiencing a loss due to an overdose. Natick 180 has Coalition members who are currently being trained to provide this type of peer support. This support resource would be within a few weeks after an overdose death. See www.sadod.org for more information on this organization.

Natick 180 and other community partners are currently working on developing an outreach model to connect with loved ones 24/48 hours after a loss, so it would be more of an immediate outreach. Funding was provided by the Metrowest Health Foundation through a grant awarded to Framingham. Two consultants have been contacted and will work with us. Initial meetings are planned, and the goal is to have the pilot program ready to go by fall, since that is often the time of year with the most ODs in Natick.

A question was raised as to whether it is best to reach out immediately or after a little bit of time has passed. There is research to indicate that, for those who experience a loss due to suicide, if a person receives outreach within the first 24/48 hours they are more likely to connect with services within the year. Given the similarity of overdose deaths, this model and data is being used in developing the outreach program.

The plan is to keep the content and visits brief because the loved ones are going through a lot at that moment. Those providing peer support will be provided with a binder of useful content including how to access their loved ones Facebook group, what to do to plan for a funeral, etc. A lot of these resources are very helpful to loved ones who are in the early stages of grief because they cover a lot of items that people do not necessarily think of initially.

Opioid Settlement Monies

These funds are reserved for prevention, treatment, and recovery. All municipalities who want to gain access to some of the monies had to submit a request to the Attorney General's Office. Natick submitted a request and will be receiving some money once they become available.

Since we do not know when or how much money Natick will receive, the town needs to think about what we would want now. Ideas suggested include money for trainings, events, equipment, and strategies to address mental health needs. We could provide resources and the knowledge to

identify early stages of substance use for pediatricians. There are a lot of gaps in knowledge as well as inconsistencies in the education and training of doctors around substance use. Natick could also branch out into other forms of addiction ie: gambling. This is a major issue that is under-serviced in the area.

It was also suggested that there could be some regional collaboration to hire a peer specialist and a recovery coach to serve the region. **Peer Specialists** are those with personal lived experience in trauma, mental health, or substance use. The training uses a strengths based approach, but is not clinical and the training doesn't include a lot of motivational interviewing. **Recovery Coaches** do not need to have personal lived experience in recovery. These folks are more knowledgeable about community resources and the training has some components of mental health support. While the titles are similar, these are two distinct skill sets and trainings. If we bring on this type of support for those in recovery, it is helpful to have a team to support the employees with secondary trauma.

b. Action Team Member Updates

Police Department Updates:

On April 24, 2022 a young person originally from Southborough died due to an opioid overdose at a Natick apartment. This young person was in long-term recovery, and had previously spoken with youth as a recovery speaker. Narcan was on hand, but several people in a group were using substances and it is likely that those there did not react in time. Two 4mg doses of Narcan and chest compressions were provided, and the young person died at the hospital.

During April vacation week there was an attempted suicide by a high school student. Prescription drugs were mixed with over the counter medications.

Natick High School - North Star Updates:

We are currently working to arrange for recovery speakers to come in and speak with North Star students about substance use and recovery. The plan is to have Mikey and Sammy who previously spoke with NHS health classes come and speak with the North Star students as well.

c. Community educational events and speakers:

Step Up Night for current 8th grade students is on 4/27/22. NATI will be there recruiting new students for next year.

Families for Depression Awareness is hosting an event "My Teen Won't Talk With Me! Strategies for Building Trust and Communicating Effectively" on 4/28/22. About 40 people have registered so far.

April 30th is National Drug Take Back Day. There will be two Natick locations: the parking lot behind the NPD & the Wegmans 2nd floor pedestrian bridge. N180 will provide informational materials and a list of resources; the Rise On Van will be at the Police Station location.

	<p>The Addiction Inoculation presentation by Jessica Lahey is scheduled for May 11th from 7-8:30. Jessica is an acclaimed author, teacher, speaker, and person in recovery. To register, visit this link: https://www.eventbrite.com/e/the-addiction-inoculation-with-jessica-lahey-tickets-303412273277. This virtual presentation is co-sponsored by N180 and Dover Sherborn's Challenge Success organization, with support from SPARK Kindness. The topic will be how to talk to kids about substance use. Healthy decision-making and honesty are the underpinnings of Jessica's approach.</p>
7. Set next meeting date/time & adjourn	May 25th, 2022 from 1:00-2:30 pm