



NATICK 180
STEERING COMMITTEE MEETING

Remote Participation by Zoom

8:30 am May 3, 2023



MINUTES

Steering Committee Member or Designee	Organization	Sector Represented	Present	Absent
Lauren Lele	Newton Wellesley Hospital	Healthcare	✓	
Dr. Catharina Armstrong	Newton Wellesley Hospital	Healthcare	✓	
Adelaida Gibson	MetroWest Medical Center	Healthcare	✓	
Donald Breda	Natick Board of Health	Local Government	✓	
Art Ferguson	Natick Public Schools	Schools		✓
Christine Guthery	SPARK Kindness	Civic / Volunteer	✓	
Chief James Hicks	Natick Police Department	Law Enforcement	✓	
Lt. Chad Howard	Natick Police Department	Law Enforcement	✓	
Paul Joseph	Natick Selectboard	Local Government		✓
Shai Fuxman	Natick School Committee	Schools	✓	
Matt Brand	Natick School Committee	Schools	✓	
Sarallyn Keller, Chair	Natick Interfaith Leader Association / First Congregational Church	Religious / Fraternal	✓	
Chief Jason Ferschke	Natick Fire Department	Local Government	✓	
Johny Georges	Natick Fire Department	Local Government	✓	
Cheryle Lucenta	SOAR Natick	Other organization involved in reducing substance misuse	✓	

Erin Miller	Natick Public Schools	Schools	✓	
Dr. Anna Nolin Vice Chair	Natick Public Schools	Schools		✓
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: [SLIDES](#)

Citizens' Concerns: None.

Vote on **April 5, 2023 Steering Committee Meeting minutes**. A motion was made to approve the minutes "as is", seconded, and then approved by majority vote. The meeting attendee list will be updated to add Matt Brand to the list of Steering Committee members since he is the new School Committee liaison.

**Coalition Governance and Operations:
Chair and Co-Chair Elections**

Ms. Keller and Dr. Nolin have been the Chair and Vice Chair for the past two years. The Steering Committee bylaws state that these positions must be voted on every year and no person can serve in the position for more than two years.

Mr. Boudreau offered to serve as Vice Chair at the April meeting. Preference is to have the chair and co-chair positions held by a town employee and a community member, although this is not a requirement in the by-laws. There are a few Steering Committee members who may be interested in a co-chair position, and Ms. Sugarman will be having these conversations with individuals outside of this meeting. A vote on the co-chairs will be tabled until the June Steering Committee meeting.

Finance Updates

- There is about \$17,000 left in Prevention and Outreach funds. The Upmetrics data management contract (about \$10,000) will be covered by some of these funds.
- There is about \$20,000 left in legislative earmark funds. Some of this was used to purchase

Narcan for the community (approximately \$12,000) and is not currently reflected in the fund balance. 4mg doses were purchased for the general community and 8mg Kloxxado doses were purchased for the Fire Department (25 boxes). Legislative earmark funds can be used to develop and share a new community mailer with all Natick addresses. The schools are interested in partnering with Natick 180 on this so that the community receives consistent messaging on mental health and substance use resources. Another idea is to use funds to purchase bag valve masks which help when providing CPR.

Natick 180 Updates and Announcements:

a. Spring Coalition Meeting Planning

The Natick 180 Coalition will be holding its Spring Coalition Meeting on Thursday, May 25th from 5:30 - 7 PM ET. This meeting would be held in a hybrid format, both over Zoom and in person at the Community Senior Center. The agenda includes providing highlights from the past year, sharing what is planned for the summer and early fall, celebrating graduating NATI seniors, and presenting the community champion award(s).

One idea was to include Natick 180 in NHS Class Night activities. Natick 180 could present awards as part of Class Night or even award an annual scholarship from Natick 180.

b. Community Champion Award Recipient Selection

About 9 community members were nominated for the Community Champion Award. Typically one member from each voting sector of the Coalition can vote. Each of these individuals will receive an email with the nominations and be asked to vote for two. The awardee(s) will then be announced during the Spring Coalition Meeting.

c. Opioid Settlement Monies Listening Sessions

Given the opioid settlement funds that the Town of Natick is receiving, Natick 180 would like to hold two community listening sessions so that community members can provide input on how to use these funds over the next several years. One listening session will be virtual and the other will be in-person. The plan is to schedule these sessions for June 2023.

d. After Prom Party (APP)

A letter from community leaders will be sent out to parents/caregivers before prom and graduation season reminding them to celebrate in a healthy and safe manner. This letter will be signed by community leaders. The After Prom Party is still seeking volunteers and donations. All who are willing to help are encourage to do so: <https://www.natickhighptso.com/after-prom-party>.

e. Upcoming Activities/Events:

For Mental Health Awareness Month, Natick 180 is encouraging community members to attend and participate in the Town's mental health activities. Follow @NatickSupportsMentalHealth on Facebook for events, tips, and more throughout the month.

4. TOWN DEPARTMENT REPORTS:

a. Natick Police Department

Current Statistics:

- Year To Date overdose totals: 14 in 2023; 7 in 2022 (this includes opioid and non-opioid involved incidents)
- Year to Date overdose death totals: 1 in 2023; 4 in 2022.

The majority are ages 23-30, male, and from Natick. In the past month, there were 4 opioid and non-opioid related incidents. So far this year the Natick Police Department has provided Narcan 12 times, followed by bystanders and the fire department.

The Post Overdose Support Team provides a Narcan kit and resources to those after an overdose.

During Prescription Drug Take Back Day on April 22nd, the Natick Police Department collected 218

pounds of expired and unneeded medication. The Police Department also has a bin available 24/7 in the main lobby. This bin is filled and emptied about once every 3 weeks.

Upcoming Events:

May 6th - The Natick Police Department will be at the Natick Farmers Market. They plan to have a few visits over the course of the summer and different activities to engage with the community.

May 17th - The Natick Police Department is hosting an event with the residents of Natick Housing Authority who live on Bennett and Mill Streets. They will have sports equipment and games at the Mill Street Park.

June 14th - The Recovery and Veterans Court has 2 clients graduating. Community members are welcome to attend.

b. Natick Fire Department - no additional reports to share.

c. Natick Public Schools

In the past few years, clubs/activities have started wearing cords during graduation to represent their participation in different student groups while in high school. NATI could start having their own cord for graduation next year. This is something that will be looked into.

Several communities have started using coach buses, instead of limos, for prom. This may be met with initial pushback from students, but does help with harm reduction, drunk driving, and financial equity at prom. There is support for Natick to start this too.

d. Health Department

The 37th Annual Household Hazardous Waste Day is on May 6th. Individuals must be a Natick resident and register in-person. The cost per car is \$10 and the event is limited to 300 cars. So far, there are many registrations and only a few spots left to register.

The Health Department shared many of Natick's initiatives for Mental Health Awareness Month. A larger banner across Route 27 will be up the week of May 14th, and smaller banners will be up along fences in town all month. Green ribbon decals that say Natick Supports Mental Health, posters with a QR code to the Natick Supports Mental Health Facebook group, and green ribbons to wear will be available at many of the Town buildings throughout the month.

Natick is hosting several events including a kick-off on May 4th (community members are invited to stop by the community's tree display at the library and write a response to the prompt "how can we support each other" on a green ribbon), a webinar with Families for Depression Awareness on May 17th, and a QPR Suicide Prevention Training on May 24th.

The library is also hosting their own event about mental health on May 11th. The health department will be at the Farmer's Market on May 13th with mental health resources for the community.

Wilson Middle School is creating their own school tree where students will reflect on what mental health means to them and how they can support each other.

e. Select Board

There is an application for a new alcohol license that the Select Board is considering. The proposed location for this license will be in the plaza where Liberty Pizza is located. Currently, there does not seem to be a lot of support for this location given the close proximity of another existing liquor store.

f. Health Sector

i. Newton Wellesley Hospital

The majority of substance use related visits are for alcohol use disorder and fentanyl found in substances like cocaine. A new drug to be on the lookout for is xylazine (also called tranq). It prolongs the high a person experiences, but overdoses can also look very different and the drug is harder to reverse. The hospital has not yet seen any cases, but it is becoming more prevalent across the country.

There is a Mental Health Workshop for Teens & Parents event at Newton's library on May 10th from 6-8 PM. Register [here](#).

The Boston Bulldogs are hosting a Run For Recovery 5K & Tribute on May 21st. For more information and to register, visit: <https://www.bostonbulldogsrunning.com/2023runforrecovery.html>

ii. MetroWest Medical Center

Leonard Morse Hospital has new leadership which includes the executive director, director of nursing, etc. Ms. Gibson is not able to attend Natick 180's Spring Coalition meeting on May 25th, but is hoping that one of these individuals in new leadership positions will be able to attend.

COMMUNITY REPORTS:

SOAR Natick - SOAR is fulfilling grant requests both in and beyond MetroWest. Many are older individuals looking to get their driver's licenses back, assistance with living expenses, etc. SOAR Natick will be awarding scholarships for graduating NHS students later this month.

Learn to Cope has been looking to move their meetings to the Natick Community Senior Center. It looks like this will be their new meeting location going forward.

SPARK Kindness

- 5/15 from 7-8 PM - Growing Up Public: Navigating Reputation and Social Media in the Digital Age. Art Fergusson from the schools will help host this event and the event is geared towards educators.
- 6/3 from 2-3 PM at NHS - SPARK is hosting a diverse books story hour and the book "How to Live on Dream Street" will be read. Register [here](#).

SPARK Kindness applied for a grant from the MetroWest Health Foundation to develop the MetroWest Anti-Bullying Coalition. These efforts would primarily focus on identity- based bullying since this is a particularly harmful form of bullying and is often compounded by other forms of discrimination such as racism. The Coalition (regardless of grant funding) will be created in early 2024 to bring people together with the mutual goal of developing a caring community and addressing all forms of bullying and acts of hate.

Interfaith Leader Association

This group is meeting later today to discuss and respond to the recent act of hate at the West Natick Train Station. This group is also planning Harmony Week for February 2024. This is a global event that happens around the world and is focused on interfaith collaboration.

Recovery community - tabled due to SC member not present at this meeting

Action Team Upcoming Meetings:

- Education and Awareness - May 10th, 9:00-10:30 AM
- Access To Services - May 24th, 1:00-2:30 PM

Set the next meeting date/time and adjourn

- The next Steering Committee meeting is proposed for Wednesday, June 7th from 8:30-10:00 AM.

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