



NATICK 180
STEERING COMMITTEE MEETING

Remote Participation by Zoom

8:30 am May 4, 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		✓
Christine Guthery	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.		✓
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 10, 2022 Coalition Wide Meeting minutes**
 - This was tabled because the meeting minutes were not sent in advance of the meeting. A vote will take place at the June meeting.
 - **Vote on meeting minutes from April 6th, 2022.**
 - 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 have been received. A Google form is being created so that Steering Committee and other coalition members can vote. This award can go to anybody in the community who lives in or works in Natick and supports Natick's substance use prevention/treatment efforts. Nominees do not need to be Coalition members. It was decided to have Steering Committee members vote for their top two choices, as is the precedent, with only one sector representative given the opportunity to vote. Awards will be presented at the final Coalition meeting of the year in June.
 - The group decided to hold the final June Coalition meeting of the year on June 9th in the evening (5:30 - 7:00 PM). The meeting will be in person at Town Hall with a hybrid participation option.
 - Natick 180 plans to hold its summer strategic planning session sometime in August because MetroWest Adolescent Health Survey data will not be available until several more weeks. Natick 180 staff have reached out to a few strategic planning consultants for pricing, and should have quotes by next week. Natick 180 may coordinate with Natick Public Schools to hire a consultant together.
 - Natick is one of several municipalities in MA that will be receiving opioid settlement monies from

pharmaceutical companies. Natick180 is currently compiling a “wish list” for how to spend these monies. We do not know when or how much money the town will receive. One idea that was raised is to use more peer-to-peer networks for support.

- Natick 180 has rented the billboard on the Natick/Framingham border of 135 for two 4 week periods in 2022 - the month of August and mid-November to mid-December. The billboard will likely have messaging about substance use during these times that relates to the back to school season and the holidays.
- Natick 180 is in communication with the Opioid Spoon Project, a local artist’s work that raises awareness about the opioid epidemic with a large bent spoon display. We are hoping to bring this project to Natick in July for the Art Walk. This timing works well because it leads into the Purple Flag Project and Overdose Awareness Day in August, as well as recovery month in September. Bringing the art project in is low cost and we are continuing conversations with the artist.

Event Updates

- An event with Families for Depression Awareness was held on April 28th 2022 from 7-8:15 PM. About 40 people registered and about 15 people attended. Overall, attendees enjoyed the event. A 50% attendance rate is about average for virtual events.
- On April 30th Natick participated in the National Medication Take Back Day event. Collection locations were at both the Natick Police Department and the Wegmans 2nd floor parking lot. 7 boxes of medications weighing 170 pounds were collected. The Rise On Van from JRI was at the Natick Police Department site during the event. It was a good opportunity to raise awareness about the van which provides prevention services, syringe services, and basic medical services to the community. The van collected sharps because these cannot be accepted as part of the Take Back Day. In total JRI collected three 8-gallon containers of sharps plus a few large coffee cans of sharps from the community. A question was raised as to whether or not the Health Department has seen an uptick in sharps disposals. They will look into it and get back to the committee. Overall, it was a good opportunity for the community to interact with and learn about the van.
- On May 4th (tonight) 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. There will be time for Q/A so community members can be supported. Natick 180’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. 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. This event is sponsored by Natick 180 and Dover-Sherborn’s Challenge Success Program with support from SPARK Kindness.
- Town department reports:
 - **Natick Police and Fire Departments -**
 - There was one fatal overdose on April 23, 2022. It was a 28 year-old male at an apartment in Natick. He passed away while being transported to the hospital.
 - On April 23, 2022 a 28 year-old female attempted suicide in a private home by taking medication.
 - On May 1st a 14 year-old female overdosed in a private home. She lost consciousness, and it is believed that this overdose was either accidental or experimental, not a suicide attempt. By the time the police arrived, she had regained consciousness. Zzzquil (a night-time sleep aid; not a typical overdose drug) was used.
 - There has been an increase in overdoses despite the decrease in substance use and opioids. This is in large part due to fentanyl in the drug supply, but it is hard to determine which cases are intentional versus unintentional overdoses. Natick 180 is hearing that there are not more youth using, but that the youth who are using are using more. COVID-19 has likely affected substance use trends. Youth are at home more and around adults more than before and this is a likely explanation for why substance use is going

down. There are increased rates of binge drinking and drinking with parents/within family units as well.

- Year to date in 2022 there have been 7 nonfatal overdoses and 1 fatal overdose in Natick. No Narcan has been used by Natick law enforcement so far in 2022.
- There have been 5 less overdoses than this time last year. The police have been experiencing more suicide and mental health reports across all age groups. They will check with the police's mental health clinician for more data on these calls. Youth are also reporting more suicide attempts than before (according to MWAHS data).

○ **Natick Public Schools**

- The Superintendent made a presentation to the School Committee on April 25th. This presentation covered several data collection efforts from this past year including parent survey data, students/staff belonging and fit, parent efficacy data, and highlights from the MetroWest Adolescent Health Survey.
- There are two recent key hires within the school system:
 - 1) District Director of Safety and Security (Jim Caimano) which is a position funded by a 2 year Dept. of Justice grant plus 1 year of in-kind funding. This position will review health and safety protocols, complete building audits, and update families to make sure that practices are up to date.
 - 2) Director of Social-Emotional Learning and Equity (Art Fergusson) who will supervise all behavioral health staff within NPS. Natick 180 will invite him to be part of the strategic planning sessions this summer.
- Dr. Shai Fuxman is the new liaison to Natick 180 from the School Committee. He is an EDC employee, and expert in social-emotional health.
- It was suggested to have the Natick School Committee added to the list of representatives on Natick 180's Steering Committee. The Steering Committee will vote on this at the next meeting.
- There is a Families for Depression Awareness (FFDA) event being planned by NATI. They will have a peer speaker with lived experience with depression and a FFDA staff member speak with the students as a pilot speaker program with NATI and NHS Mental Health Club. This event is scheduled for May 16th at 7:30 AM. The plan is to scale this event up next school year so it can be offered to more NHS students. For a larger school-wide event, support from school behavioral health administrators will be required.

○ **Natick Health Department -**

- On April 30th the Health Department held Natick's 36th Household Hazardous Waste Day. The event was a success and 201 people bought tickets. This event happened in conjunction with several Earth Day activities. If multiple events are held on the same day like this in the future, we are hoping to cross market this event to take place on the same day as other recycling and waste-focused events.
- COVID-19 cases are rising slightly, and hospitalizations are down. The Natick Health Department has 1400 test kits, and gave out 1000 kits recently.
- This spring season the Health Department is busy with camps, pools, etc.
- For Mental Health Awareness Month, Natick 180 could have banners, bring out the Amy Adams sculpture, place the green ribbon on the First Church, write a press release about mental health awareness month, table at the Farmers Market, hang the "its okay to not be okay" banners, include statistics about mental health on marketing materials, and design a new mental health awareness banner. Natick 180 and Natick Health Department staff will work together to call to attention Mental Health Awareness Month.
- The Rise On Van mobile van is continuing to visit 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 utilization of services. The van will also have a presence at upcoming events such as the Prescription Drug Take Back Day, Saturday morning Natick Farmers Markets, and the Common Street Spiritual Center where support group meetings are sometimes held.

- **Natick Selectboard -**
 - The group discussed having regularly scheduled meetings between the Select Board, School Committee, and Natick 180 Coalition.
 - Paul Joseph can make an announcement at the Select Board meeting this evening about current mental health statistics and upcoming Natick 180 events.
 - The Select Board met with the Natick 180 Policy Action Team yesterday. The conversation was productive and focused on the challenges to the proposed alcohol policy changes in Natick. The discussion primarily focused on on-premise use, the need to think about off-premise youth access, theft, buying for minors, etc. Preliminary work is currently underway for many current town policies; alcohol policy is only one of many being looked at. The proposed policy changes include one-day permits, sale ratio requirements for alcohol to food sales (there is currently 35/65 alcohol/food ratio), rules for seating requirements, and creating levels of penalties for policy violations. Clarity is needed. On May 18th there is a public meeting to draft policy changes. This will then be brought back to the Select Board on June 29th.

Community reports:

- **Newton Wellesley Hospital -**
 - NWH is 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. The primary focus for this event is young adults from teens to college age.
 - NWH has many presentations made possible through the Resiliency Project. This includes seminars for parents (one upcoming event will run from May 4th to early June), a community forum for tweens/teens (May 10th to June), parenting events for postpartum depression, etc.
 - The hospital has seen a recent surge of inpatients seeking substance use services. They are working to get the word out to the community about their services.
- **SOAR Natick**
 - SOAR has received several scholarship applications from graduating Natick High School seniors. In the past, the most applications received was 13, this year there were 30 applications. Two students were selected to receive scholarships for a total of \$3000.
 - The group has seen fewer grant requests for those in early recovery over the past several weeks. A few more have come in over the past month. SOAR will send information about the grant funds to Natick 180 to share on social media and the monthly newsletter.
- **SPARK Kindness**
 - On May 4th SPARK is hosting a program with Dr. Lisa Coyne called “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 with the Jess Lahey event on May 11th from 7-8:30 PM ET.
- **Natick Interfaith Clergy Association - no announcements.**
- **Recovery community -**
 - Tabled since we do not currently have any members of the recovery community on the committee. Natick 180 will repost the advertisement seeking those from the recovery community to join the Steering Committee.

- **Finance update -**
Legislative earmark monies are still being spent down and need to be spent by the end of June.
- **Action Team Updates -**
There will be an Awareness & Education Action Team meeting on Tuesday, 5/10 from 9-10:30 AM. This group is currently working on planning for Recovery Month and is in the beginning phases of planning for an event screening for a local documentarians' newest film "Recovery City." This event will include a panel discussion. Organizations involved in the event will likely include Natick 180, SOAR, Framingham Force, Natick Rotary, and TCAN. The next Access to Services Action Team's next meeting is on Wednesday, 5/18 from 1-2:30 PM. They will be discussing a regional approach to respond to loved ones who have lost somebody due to an overdose. The plan is to have a response group ready by the Fall because that is typically when overdoses tick up the most. Policy Action Team: no upcoming meetings at this time since the group does not meet every month. Their most recent meeting was on May 3rd.
- **Set the next meeting date/time and adjourn -** Wednesday, June 1, 2022 from 8:30-10:00.

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