



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

**Total Attendees (11)**

| <b>Attendee</b>         | <b>Sector Membership</b>           | <b>Agency / Organization</b>                                       |
|-------------------------|------------------------------------|--|
| Rabab Adel              | Local Government Intern / Student  | Natick 180 / Regis College   |
| Lizzy Chalfin           | Local Government                   | Natick 180 / Natick Health Dept.                                   |
| Astrid Dretler          | Local Government                   | Natick 180 / Natick Health Dept.                                   |
| 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   |
| Shirley Toumayan Miller | Parent                             | Natick community member  |
| Denise Passaretti       | Parent                             | Natick community member  |
| Noa Reiter              | Local Government Intern / Student  | Natick 180 / Brandeis Univ.  |
| Lt. Cara Rossi          | Law Enforcement                    | Natick Police Department   |
| Katie Sugarman          | Local Government                   | Natick 180 / Natick Health Dept.                                   |



Click for Powerpoint: [Slides](#)



**Meeting Minutes:**

| Agenda Item                  | Discussion  |
|------------------------------|---|
| 1. Citizens' Concerns        | None.   |
| 2. Approve meeting minutes   | Meeting minutes from <b>April 12, 2022</b> were approved by a unanimous vote. Official meeting minutes will be posted to the Town of Natick website.  |
| 3. Updates and announcements | <p><b>a. Marathon Banner - “No one gets to the finish line alone”</b> One of the two banners was displayed at the Natick Dog Park (hard to see) but N180 did not get permission in time from the BAA to display the banner on the jersey barrier on Rte 135. The second banner was displayed on the fencing across from St. Patrick’s Church at the former site of the Montrose School in Natick Center. It had flipped over in the wind so it may not have been very visible. We should use the banners for other road races / events coming up this spring &amp; summer including the annual Tour de Natick bike ride sponsored by Natick Rotary. For 2023, we need to inquire early with the BAA (<b>Jan. 2023</b>) in terms of advance planning. Lt. Brian Lauzon from NPD is a good local contact.</p> <p><b>b. Families for Depression Awareness Event</b> - This program “<i>My Teen Won’t Talk to Me</i>” was held on 4/28 and was offered through a collaboration between N180, First Congregational Church, &amp; Families For Depression Awareness. There were about 40 registrants and 15 participants, feedback was positive. The session was pre-recorded and then watched live as a group. This format worked well and allowed for conversation between participants and the host organization.</p> <p><b>c. Prescription Drug Take Back Day</b> - This event was held on April 30th, which was the same day as Earth Day &amp; Hazardous Waste Disposal Day. 170 pounds of medication was collected between the two collection sites (parking lot behind the Natick Police Dept, and Wegman’s 2nd floor walkway). Several boxes of sharps were also collected by the JRI mobile health van. It was really helpful to have the van there for visibility and promotion.</p> <p><b>d. Newton-Wellesley Hospital Event</b> - “<i>Teen Drug Use is On the Rise: How to Identify Signs in Your Child or Loved One</i>” was held on 5/4. Katie Sugarman was a panelist. The discussion centered on what drugs are circulating in the community, signs and symptoms of substance use, and how to communicate on this topic. Natick is part of Newton Wellesley Hospital’s catchment area. About 50 people attended the presentation. It was recorded and can be shared more widely. The data show that the overall numbers of youth using have not actually increased in the latest surveys (Monitoring the</p> |



|                           |  |
|---------------------------|--|
|                           | <p>Future and MWAHS) but other concerning behaviors are on the rise (in particular, mental health).</p> <p><b>e. Summer Strategic Planning Process</b> - N180 will host a strategic planning process for the coalition with regard to its final year of DFC funding. The target date will be in late Aug, specific date TBA. A doodle poll will be sent to coalition members. We have not had a strategic planning meeting since 2018.</p> <p><b>f. Opioid Settlement Monies Conversation</b> - 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, including Natick. Natick will likely receive an amount in the tens of thousands of dollars range per year through 2028. Coalition discussions should begin soon as to how we might use these prevention-oriented funds.</p> <p><b>G. Recovery City Documentary</b> - There will be a local screening of this documentary on Sept. 14th at TCAN. It was created by NHS teacher Lisa Olivieri, who documented the stories of four women, each reflecting different facets of addiction and recovery. The documentary is set in Worcester, and follows these women who have lived experience with addiction. For more information, see: <a href="https://www.wmm.com/sponsored-project/recovery-city/">https://www.wmm.com/sponsored-project/recovery-city/</a></p> |
| <p>4. Upcoming events</p> | <p>a . <b>Jessica Lahey Event</b> - This guest speaker will be presenting to the Natick and Dover-Sherborn communities tomorrow, May 11th, from 7:00-8:30 PM. The presentation is co-sponsored by N180, Dover-Sherborn’s Challenge Success Program, and SPARK Kindness. Over 200 people are currently registered (and rising), and the event will be on Zoom. Jessica will be discussing her new book, “The 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><b>b. NATI Updates:</b></p> <p><b>i. Pilot of Teen Mental Health Speaker with Families for Depression Awareness</b> – The guest speaker will visit on 5/16 at 7:30 am, and speak with NATI students and the new Mental Health club at NHS. The teen speaker has lived experience with mental health. The high school administration wants to start with a small group pilot program to make sure content is manageable and that youth can be supported if needed. School infrastructure and support must be available if necessary. It may be that it makes sense to have smaller events throughout the year rather than large assemblies.</p> <p>ii. The annual <b>Sticker Shock</b> campaign will be conducted on May 16th in the evening (this event has been postponed for the past 2 years). A sticker with</p>  |



|               |   |
|---------------|---|
|               | <p>the phrase “<b>Natick youth want to remind you that it is ILLEGAL to buy alcohol for minors</b>” will be placed on large-pack alcohol items that appeal to youth. The students will visit 7 local liquor stores; stores will receive a thank you letter for participating. Hopefully we will have 100% participation. Dion’s is very supportive and already made a donation to the APP.</p> <p>c. <b>Narcan Training</b> - A training was held for library staff 2 weeks ago. Next week, N180 will conduct a training on 5/19 at the Natick Community Organic Farm. If anyone has a group to suggest for training, please reach out.</p> <p>d. <b>Farmer’s Market Tabling</b> - N180 will have a table at two upcoming Farmer’s Market days. We will do a general promotion of N180, Narcan training, and YMHFA training. Dates are May 14th &amp; June 4th from 8:30 am - 1 pm. We need volunteers to help staff the table. Katie has reached out to see if the RiseOn van can be at the venue.</p> <p>e. <b>Coalition Wide Meeting</b> - the quarterly meeting is scheduled for Thurs. June 9th from 5:30-7 pm. It will again be a hybrid format, location TBD. N180 may be able to share some data from the MWAHS (need permission from NPS). Regional data can be shared but local data is first released by the schools. We will recap what N180 has accomplished over the past year, including celebrating our Community Champion award recipient(s).</p>  |
| 6. Discussion | <p>a. <b>After Prom Party Planning</b> - The 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.<br/>Fundraising is being done through Gofundme:<br/><a href="https://www.gofundme.com/f/help-raise-funds-for-the-ptso-and-app?utm_campaign=p_cp+share-sheet&amp;utm_medium=copy_link_all&amp;utm_source=customer">https://www.gofundme.com/f/help-raise-funds-for-the-ptso-and-app?utm_campaign=p_cp+share-sheet&amp;utm_medium=copy_link_all&amp;utm_source=customer</a></p> <p>To sign up for a time slot to volunteer:<br/><a href="https://www.signupgenius.com/go/10c0e4fa5ae2da7fbc25-nhsafter">https://www.signupgenius.com/go/10c0e4fa5ae2da7fbc25-nhsafter</a></p> <p>b. <b>Spoon Project</b> at July Art Walk - The project is an art installation of a giant spoon, representing opioid addiction. The goal is to raise awareness about the opioid crisis. The FDA and pharmaceutical companies’ names are listed on the spoon handle so as to show accountability. N180 has reached out to the artist who is in Westwood as well as the Cultural District (Athena Pandolf) to see if we can move forward with installing the spoon in Natick. N180 would make a reasonable donation to the artist to cover costs. The date of the Art Walk still needs to be confirmed. The artist was just featured on Chronicle (Denise P. will share the link to the segment).</p> |



|                                    |   |
|------------------------------------|---|
|                                    | <p><b>c. Billboard Messaging</b> - N180 has confirmed dates with the company that manages the billboard on Route 135 (near Wendy's) on the Natick / Framingham border. We will rent the billboard for the month of Aug (8/1-8/28) and then again in mid-Nov to mid-Dec. Ideas for messaging include back-to-school-themed messages, and the importance of conversations &amp; communicating with your kids about substance use. In the fall, messages may focus on holidays (i.e. "Give your child the gift of knowledge"). We will continue to brainstorm imagery and messages; it needs to be completed a month in advance of the billboard display.</p> <p><b>d. Youth Mental Health First Aid marketing</b> - the training and pre-work is comprehensive but somewhat long in terms of number of hours. We need to continue to market the program because it is so valuable and needed. Natick Public School nurses could be a target audience. It is important to bring this to the community at large in a general, more broadly accessible way. N180 should specifically partner with the newly hired NPS Dir. of Social-Emotional Learning &amp; Equity (Dr. Art Ferguson). We can reach out to the PTOs and possibly bring in a speaker to address parents during one of their meetings. There is some lack of awareness from parents of elementary school-aged youth. Clubs such as Girl &amp; Boy Scouts could be solicited; however, YMHFA is focused more so on the teenage population. We may need to look into other trainings, such as QPR ("Question, Persuade, Refer"). This program is similar to YMHFA in that it teaches participants how to intervene with an individual who may have mental health concerns (particularly around suicidality). There is also a need for the support of parents/caregivers too as they are overwhelmed. YMHFA does encourage self-care for whomever is receiving the training (it is a small piece of the overall training though). Coaches are still a good target audience. We have tried to partner with the Leonard Morse Metrowest Medical Center in the past, but have not made much headway; we can continue to reach out. It would be good to have parents do the promotion ("Brand Ambassadors") to generate an organic network of folks. There may be other avenues such as parents who host affinity parties (nails, homegoods). We can provide resources such as McLean's Hospital. Continuing to partner with Newton-Wellesley Hospital is valuable and should be pursued. We have brought in speakers from McLean's in the past. Metrowest Care Connection and William James Interface are two resources that parents/caregivers can utilize in Natick.<br/> <a href="http://www.mwcareconnection.info/">www.mwcareconnection.info/</a><br/> <a href="http://www.interface.williamjames.edu/">www.interface.williamjames.edu/</a></p> <p>N180 can help facilitate getting parents connected to the above resources and organizations.</p> |
| 7. Set next meeting date & adjourn | June 14th, 2022 from 9-10:30 AM ET  |

