



**Natick 180 Awareness & Education  
 Action Team Meeting  
 July 20, 2022 9:00-10:30 AM  
 Virtual via Zoom**

**Total Attendees (7)**

Attendee	Sector Membership	Agency / Organization
Lizzy Chalfin	Local Government	Natick 180 / Natick Health Dept.
Scott Davis	Parent	Natick community member
Astrid Dretler	Local Government	Natick 180 / Natick Health Dept.
Officer Beth Hefler	Law Enforcement	Natick Police Dept.
Lauren Meurer	Youth-Serving Organization	Natick Recreation & Parks Dept.
Shirley Toumayan Miller	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 past meeting minutes	A vote on meeting minutes from <b>June 14, 2022</b> was tabled due to the small number of attendees. They will be presented and voted on at the next meeting.
3. Updates and announcements	<b>a. Summer Strategic Planning Process</b> - N180 will host a strategic planning process for the coalition with regard to its final year of DFC funding. We have not had a strategic planning meeting since 2018. The target date will be this fall (we originally planned to get together in Aug. but there are conflicts,



	<p>especially with hiring a third party facilitator). Information and data from the MWAHS and recent Natick 180 surveys from parents, focus groups from youth, and key stakeholder interviews will be gathered and analyzed to inform our strategic planning.</p> <p>Katie is trying to plan for some focus groups with individuals in recovery this summer so as to broaden our understanding.</p> <p>Mental health-related data is important, especially around suicidality. Katie &amp; Lizzy are now trained in the QPR program. We will collect data from Natick first responders around suicide attempts, especially those that involve overdoses as they could be intentional.</p> <p>If anyone has additional data points that they think would be helpful, please let us know so we can reach out and gather that data. Data from William James Interface and local pediatricians (anecdotal / observational data) would be important. Astrid will reach out to Charles River Pediatrics. William James originally predicted around 100 interactions per year but the number has been double that (2020 calendar year). For 2021, trends show upwards of 200 calls. We could also try to gather info from Newton Wellesley Hospital and Framingham Metrowest Medical Center.</p>
<p>4. Recap of past months' events</p>	<p>a. <b>Mini Golf Event at the Library</b> - 6/25 - thank you to Denise and Shirley for their assistance in assembling the Natick 180 hole. The library has distributed nearly all of our Natick 180 booklets.</p> <p>b. Narcan Training for NCOF - 6/16 - 8 staff trained.</p> <p>c. Natick Nights Wellness Event - 7/7 - Natick 180 &amp; the Health Dept. shared a booth at the event. Materials were disseminated.</p>
<p>5. Upcoming events</p>	<p>a. <b>Natick 180 August Billboard</b> - the design has been finalized and will be up from 8/1 to 8/28. It includes positive messaging, including tips related directly to substance misuse prevention. Our plan is to re-create the same images into banners and hang them around town. One location will be Murphy field. Shirley suggested hanging a banner on the fence where the fire occurred (need to check with construction company). Another spot may be at the FCC.</p> <p>b. <b>Spoon Project at July Art Walk</b> - on 7/21. The project is an art installation of a giant spoon, representing opioid addiction. The goal is to raise awareness about the opioid crisis. The placement of the spoon will be on the Natick Common during the Art Walk. The artist will bring materials as will Natick 180, and will be exhibited until 9 pm.</p> <p>c. <b>Redhawk Fest</b> - Sunday 8/28 from 4-7 pm. It is attended mostly by 9th &amp; 10th graders. The event will take place on the NHS practice field. N180 will plan to have a presence.</p>



	<p>d. <b>“Recovery City” Screening</b> - 9/14 - The documentary 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> There will be a meet and greet prior to the screening; then a panel discussion following it. The Rise On van will have a presence as well and N180 is seeking event sponsors. Dr. Armstrong from NWH will be on the panel.</p>
<p>6. Discussion</p>	<p><b>a. 988 Suicide and Crisis Lifeline</b> - for anyone having a crisis related to suicide specifically, or any mental health concern. It is a national number. Natick 180 is trying to get the word out around town about this resource. Several media outlets printed articles about the lifeline. There are social media posts that are being posted as well. Natick Town Pages was contacted. There are magnets and business cards available to order (Lizzy put in a request for some) and distribute - this would be good to distribute at Redhawk Fest.</p> <p><b>Events and Activities for Upcoming School Year</b> - it was suggested that Natick 180 be present at back to school nights. A quick PSA would be easier to integrate into the overall presentation. We could recycle the “We are Natick 180” video and add a screen at the end with some links and info about Natick 180.</p> <p>The School Committee is now starting to discuss the results of the MWAHS. Depression, anxiety, bullying seem to be the top issues and this will drive what Natick Rec &amp; Parks will focus on. NRP also wants to host more Youth Mental Health First Aid trainings.</p> <p>One Natick 180 goal is to have NATI work more closely with middle schoolers. We will explore what lesson plans may already exist, and have them bring it to WMS &amp; KMS. We also want to work closely with middle school health classes.</p> <p>Regarding Playful Parenting, one parent expressed an interest in being a parent facilitator, to continue the lessons learned during the training sessions.</p> <p>Natick 180 will have a presence at Natick Days and possibly the Spooktacular event. The Spooktacular event is aiming to be more appealing to a wider age range (not just elementary &amp; preschool-aged kids).</p> <p>SPARK has hosted a Kindness Week and has distributed a heart decal. Maybe Natick 180 can create something similar which then shows partnership with the entity or individual who displays it. We also may want to get colorful car magnets made with the Natick 180 logo. Aim to have this done prior to Natick Days.</p>



	<p><b>b. QPR Training</b> - Katie and Lizzy became trained last month in the “Question, Persuade, Refer” program. It focuses mostly on suicide prevention. Trainings can now be held; it is approximately 2 hrs and can be done in person or virtually. This announcement went out in the Natick 180 newsletter, and has already generated several inquiries. NRP staff would be interested.</p> <p>Maybe the development of a webpage with all of the trainings listed would be helpful (e.g. the fire dept runs a CPR training but that is not necessarily widely known to the community). A co-training in CPR &amp; Narcan would be useful. Putting info out on Facebook pages simultaneously (NPD, NFD, NRP, Moms, Natick Talks &amp; Natick 180) would be a good strategy.</p> <p>This is especially timely due to recent events in Natick. Town employees and community members may be in great need of psychological first aid right now.</p>
7. Set next meeting date & adjourn	August 9, 2022 from 9-10:30 AM ET