



**Awareness & Education
Action Team Meeting
July 24, 2023 10:00 - 11:30 AM
Virtual via Zoom**

Total Attendees (7)

Attendee	Sector Membership	Agency / Organization
Lizzy Chalfin	Local Government	Natick 180 / Natick Health Dept.
Scott Davis	Parent	Community member
Astrid Dretler	Local Government	Natick 180 / Natick Health Dept.
Michele Marotta	Civic / Volunteer Organization	SPARK Kindness
Lauren Meurer	Youth-serving Organization	Natick Recreation and Parks Dept.
Shirley Toumayan Miller	Parent	Community member
Denise Passaretti	Parent	Community member



Click for Powerpoint: [SLIDES](#)

Meeting Minutes:

Agenda Item	Discussion
1. Citizens' Concerns	None.
2. Approve past meeting minutes	A vote on meeting minutes from June 12, 2023 A&E meeting was taken in accordance with Open Meeting laws. A motion was made to approve the minutes, and were approved by a majority vote. These minutes will be posted to the Town of Natick website.

<p>3. Updates & announcements</p>	<p>a. Adult Mental Health First Aid Training of Trainers - Katie and Lizzy will be trained in adult (18+) mental health first aid at the end of August. This will enable them to bring additional trainings to Natick (starting in September 2023). The training focuses on how to intervene in mental health situations.</p> <p>b. Natick 180 Funding:</p> <p>i. Drug Free Communities funding is officially coming to a close at the end of Sept. We will file a no-cost extension with the CDC, which will allow for the use of carryover funds for the next year. The monies would be used to fund outstanding projects from the Year 10 Itemized Action Plan.</p> <p>ii. Natick 180 was not chosen as a recipient for the STOP Act grant. While disappointing, it may be because Natick's community does not meet the threshold of 50% of its population being marginalized and underserved, while simultaneously at higher risk for substance use disorder. N180 staff will review comments; we will continue to seek other funding sources. A question was posed as to whether Natick 180 could collaborate with other nearby communities whose population is more diverse.</p>
<p>3. Recap of Past Month's Events</p>	<p>a. Opioid Settlement Money Community Conversations - Natick 180 hosted 2 listening sessions (June 26th [virtual] & June 27th [in-person]). The conversations were robust. Thirty plus people were on the virtual call (but we are not sure how many of them were valid attendees); members of The Journey and SOAR attended the in-person event. Good ideas were shared including ongoing support for individuals and families post-overdose, strategies to hold the industry accountable, marketing campaigns, and ways to combat stigma to name a few. Natick has already received funds but they cannot be used yet because state guidelines around distribution and accounting of funds have not yet been clarified. Community members are concerned that opioid monies must be set aside for related projects, and not just integrated into general town funds.</p> <p>b. Families for Depression Awareness (FFDA): Family Stress Survival Guide- A two-part workshop (virtual) for families and youth run by FFDA was held on July 18th & 20th. Two families participated in the workshop, one from Natick; the other from Wellesley, and positive feedback was given. The goal of this pilot program was to bring youth (ages 11-18) and their parents/caregivers together in a group with other families to focus on improving communication and gaining stress management skills. This type of workshop may be held again in the future.</p> <p>c. Natick Nights / ArtWalk - July 20th - N180 had a resource table and 3-D art project entitled "Shining a Light on the Growing Drug Crisis." The project took the form of a lamp with vines growing around it, combined with discarded prescription & medication bottles. Many thanks to Shirley, Phil and Denise for volunteering and creating the structure. Natick 180 had good conversations with community members, and also distributed two Narcan kits.</p>

4. Upcoming Events

a. Brandon School training - August 9th - School staff reached out to Natick 180 for assistance. The training will be held for staff and will cover general education about substances; how to intervene; where and how to find support and resources. N180 could also conduct educational sessions with students, similar to what was presented to the Natick middle school health classes (media literacy, general information on substance use disorder). The staff training session could be recorded for future use, and could be shared to parents/caregivers. A big issue faced by both school personnel as well as parents is vaping - many do not know how to distinguish between whether a vape contains nicotine or cannabis or both. What do vapes look like? What resources are available to youth who want to quit? It is a big problem amongst youth, and many parents/caregivers are not informed enough to intervene effectively. Detection systems are being installed in NHS bathrooms. Mental health resource cards were made by NATI students and were hung in bathroom stalls last spring; these types of cards could be brought to Brandon.

b. SPARK Kindness -

i. SPARK will be hosting a session geared toward parents/caregivers and those who work with youth called "Why Will No One Hang Out With Me?" In this talk, parent coach and author Caroline Maguire, M.Ed., will share "social sleuthing" strategies and tools to help your children strengthen their interpersonal skills, connect with others, and build friendships. The virtual session will be held on August 23rd. Natick180 can support and help promote the event.

ii. Oct 18th Dr. Lisa Damour - from 7-8:30, on the Emotional Well-being of Teens. Dr. Damour will be presenting an overview of her New York Times best seller, a guide to help parents understand their teenagers' intense and often fraught emotional lives—and how to support them through this critical developmental stage. A livestream will be permitted, but SPARK is hoping for a full auditorium with robust attendance. The event registration is not yet ready to go public.

Offering babysitting at events is a good idea but there are some challenges including CORI/SORI, training and levels of care that can be provided, possibly legal concerns. Students could obtain community service hours. This is an idea to explore further.

c. Natick 180 booth at Farmers Market/Multicultural Day - August 26th - Natick is partnering with SOAR to host a table. This date will allow our presence to coincide with the Recovery Month and the Purple Flag project on Aug. 25th (*volunteers are needed to help with the installation). A sign up flier will be circulating soon. It may be a good strategy to ask for volunteers through some social media channels to get more support and involvement from community members while raising awareness.

d. RedHawk Fest- August 27th - Natick 180 will have a table, and looks forward to participating in this annual event, organized by SPARK Kindness, Natick Police Dept, and Natick Public Schools. We will distribute swag and host an activity. Volunteers are needed.

e. Natick Days - Sept. 9th - Natick 180 will have a booth, and will be participating in this annual event. It is a big fundraiser for N180. Volunteers are needed.

	<p>f. FFDA: Family Caregiver Toolkit Webinar - Sept. 13th - this date will be a re-scheduling of the webinar offered this past April. Natick 180 and its partners will promote the event widely at the beginning of the school year. The session is for parents/caregivers, and will focus on how to set boundaries and improve communications and family dynamics. SPARK will help to promote this event.</p> <p>FFDA is also hosting a College-Bound Teens event on Aug. 3rd from 7-8:30. The focus is on how parents can recognize mental health risks faced by teens transitioning to college as well as resources available to college students. For more information, see: https://www.familyaware.org/webinar/how-parents-can-prepare-college-bound-teens-for-mental-wellness/</p> <p>g. Sept. is Recovery Month - The Access to Services Action Team will meet this Wed from 1-2pm to discuss ideas, projects and events related to recovery month. MOAR always has a strong lineup of programming. N180 will reach out to filmmaker Lisa Oliveiri to discuss airing the final cut of her Recovery City film. Other ideas in addition to the Purple Flag installation are welcome.</p>
<p>5. Discussion</p>	<p>a. Natick 180 Community Mailer - We are aiming to mail this publication out to all community households in Natick at the beginning of Sept. The initial design includes four quadrants:</p> <ul style="list-style-type: none"> i) Signs & symptoms: “What to Look For” ii) SMART approach to parenting/resiliency or “CARING” acronym, with tips iii) Natick 180 trainings/resources (QPR, YMHA, Narcan) and/or how to connect with N180 & invitation on how to get involved; also the faces behind the work iv) Data infographics - several data points on Natick 180’s recent measurable successes <p>Natick 180 will follow up with Howbridge and Mark Cannegallo, who has worked with Natick 180 on our other mailers.</p> <p>b. Natick 180 Town Hall - date TBD, but aiming for this fall. The goal of the Town Hall would be to share Natick 180’s Strategic Plan, which was developed this past spring, as well as important data (MWAHS, first responders, focus groups & key stakeholder interviews) and highlight concerns and areas of focus. The Town Hall style meeting allows for community input.</p> <p>c. Ideas for the remainder of 2023 - Panel event on youth substance use with a guest presenter, such as Dr. Miriam Schizer of Boston Children’s Hospital. Dr. Schizer could present on adolescent brain development and prevention of substance use, possibly combined with a panel of others, including parents who have lived experience with substance use challenges among their children. A target date might be the end of Oct. or early Nov., during / after Red Ribbon Week. Denise mentioned a book, Hat Tricks from Heaven, written by her friend who experienced the loss of a child to OUD. The child was a hockey player who was prescribed opioids following an injury.</p>

7. Set next meeting date & adjourn	Monday, Aug. 21st from 10-11:30 AM <i>*Agreement was reached by members to reschedule regular A&E meetings to Mondays at 10 am. Monday is preferable due to Tuesday conflicts.</i>
------------------------------------	---