

**Natick 180 Awareness & Education
Action Team Meeting
Aug. 9, 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.
Sarallyn Keller	Religious / Fraternal Organization	First Congregational Church & Natick Interfaith Leaders Association
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 June 14, 2022 and July 20, 2022 was tabled due to the small number of attendees. They will be presented and voted on at the next meeting.
3. Updates and announcements	a. Project ECHO - Cannabis Prevention Program - this is a year- long curriculum for practitioners to learn more about cannabis prevention. Needham & Natick are partnering on this project, which will increase our collective knowledge base and provide guidance around strategies to

	<p>implement in the communities. The overall goals of ECHO are to increase the use of evidence-based approaches to cannabis prevention, policy, and communication in New England.</p> <p>b. iDECIDE Program - this is a diversion program, developed by MGH, for middle and high school youth who are found with substances on school property. Natick is one of many schools participating in this program; the Natick Service Council will implement it for our town. Training for involved individuals will occur in Sept. iDECIDE focuses on all substances. The program will be rolled out at Wilson, Kennedy, and Natick High School this fall.</p> <p>c. Fall Strategic Planning Process - N180 is planning to 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. Information and data points will include: MWAHS (which is now available and will soon be shared with external community once the schools decide the timeline for the release of info), overdose death data, suicide and vulnerability data from the Natick Fire Dept., recent Natick 180 surveys including our parent & coalition member surveys, school surveys on socio-emotional wellness, Interface referral network info, focus groups from youth, and key stakeholder interviews. N180 will seek information from Newton-Wellesley Hospital as well. All of this data, collectively, will be gathered and analyzed to inform our strategic planning.</p> <p>N180 is planning to hold informational focus groups with individuals in recovery this summer so as to gain perspective from this population. There are about a half dozen people that Katie will be contacting. Broadening the diversity of this group would be helpful so please reach out to Katie if you have any referrals.</p> <p>Regarding mental health-related data, N180 will partner with first responders & Natick Fire Dept to collect data around suicide attempts and overdoses.</p> <p>Another data source may be available through Natick Public Schools: screening of students with mental health risks.</p> <p>All the collected data will be shared with Coalition members during action team/steering committee meetings in advance of an Strategic Planning Session sometime in the fall.</p>
<p>4. Recap of past months' events</p>	<p>a. Opioid Spoon Project at the July Art Walk - the Art Walk was held on 7/21. The Opioid Spoon project was installed - it is a sculpture of a giant spoon, representing opioid addiction. We received good feedback in terms of raising awareness about the opioid crisis. The placement of the spoon was on the Natick Common. There was some media coverage of the event and sculpture.</p> <p>b. Natick 180 Billboard - The N180 billboard is up on Rte. 135 on the Framingham side. It shares self-care strategies for getting back to healthy habits as the school year commences. The same messaging will be put on banners around town. There was one e-comment on Instagram & FB from a community member who was concerned about the "exercise" and "eat more fruits and veggies" notes as they could be construed as triggering for people</p>

	<p>with body dysmorphia or concerns about extreme exercise. The comment was later removed by the person who posted it. We appreciate all perspectives and will try to promote the overall message of health and wellness.</p>
<p>5. Upcoming events</p> <p>*N180 could use volunteer support at all of these upcoming events</p>	<p>a. SPARK Kindness is hosting a presentation entitled “Addressing Back to School Anxiety: How to Plan for a Resilient Year Ahead” - this event will be held on 8/18 from 7-8 pm, with Phyllis Fagell. See https://www.sparkkindness.org/programs/ for more information.</p> <p>b. Purple Flag Project - the flag installation, in recognition of lives lost to overdose in MA, will occur on 8/29 at 5 pm at the FCC. The flags will remain up until 9/11. International OD Awareness Day is on 8/31. There will be a banner placed on the FCC fence at the corner of Main St & Central St to describe the intent of the flags. After Natick, the flags will then travel to Boston, then Newton Wellesley Hospital.</p> <p>c. Multicultural Day in Natick will be held on Aug 27th from 11 am - 2 pm. The event commemorates the different cultures in our community. Some portion of the event may be held indoors at the Common St. Spiritual Center. N180 will be there tabling.</p> <p>d. Redhawk Fest - this annual event at NHS will be held on Sunday 8/28 from 4-8 pm. It is attended mostly by 9th & 10th graders. The event will take place on the NHS practice field. N180 will plan to have a presence. It allows for students to connect and reacclimate with getting back to school.</p> <p>e. Natick Days - will be held on 9/10 from 10 am - 3 pm. Natick 180 will be in the same location as last year (next to Town Hall), with the inflatable obstacle course.</p> <p>f. “Recovery City” Screening - this screening will be held on 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: https://www.wmm.com/sponsored-project/recovery-city/ 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. Rotary Spark Fram Force and Lisa Olivieri will be there. N180 will invite NATI students to participate with us.</p>
<p>6. Discussion</p>	<p>a. Events and Activities for Upcoming School Year -</p> <p>Lizzy plans to connect with NATI members prior to the start of the school year, which is in 3 weeks. The plan is to talk about activities and get a meeting schedule for the year in place.</p> <p>Last A&E meeting, creating a Natick 180 “PSA” was discussed. A quick video overview of N180 would be easier to integrate into the overall back to school presentation, rather than giving us time on the agenda. N180 is trying to set up a meeting with administrator Jason Hoye before school starts, during</p>

which this idea will be presented. A PSA could also be shared with elementary & middle schools as well.

The School Committee is now starting to discuss the results of the MWAHS data. Depression, anxiety, and bullying seem to be the top issues. The survey data will also help determine what Natick Rec & Parks will focus on.

Sarallyn mentioned an example of a powerful, positive youth-focused assets campaign developed by a coalition in Newburyport called "Youthrive." N180 and NATI students could do something similar, which is to look at the youth-centered assets that exist in Natick. It would involve surveying youth to assess how many strengths, especially around education and prevention, they feel are present in the community. The tag line "youthrive" is very catchy. We should plan to do a tutorial with NATI students on positive youth development, as it shows how to make stronger positive connections with other people and organizations in the community. NATI could present this type of information to middle schoolers as an activity, as well as the Teen Center.

It was suggested that we continue to look for opportunities to host events at TCAN, as it is a great venue. We could host a "get to know Natick 180" event, and involve our community partners. TCAN does host events for young people (Rock on Main) and family nights. There are performers who are in recovery, and some productions focus on mental health recovery. Ex. Improbable Players - this troupe has productions that focus on prevention of substance misuse. The troupe partners with a doctor at MGH (Dr. John Kelly) to make sure their language is accurate and that their work is valid. They do a week-long program with middle schools where they select one grade and work with students over the course of a week, which culminates in a full event at the end. We should connect with Walnut Hill School for the Arts, as it would be a good type of program for them as well. Another idea is to partner with Natick Drama Workshop (NDW), which may consider hosting the Improbable Players; this would be a nice way to get other organizations involved, and not have to rely on the schools.

Lauren Meurer of Natick Rec mentioned that Families for Depression Awareness had contacted her recently in regards to upcoming programming. N180 does not have anything on the calendar with them yet. FFDA has some pre-recorded sessions that are available. We should join forces to host an event with our community partners as mental health concerns are still such an important topic.

b. New Natick 180 Marketing Collateral - We need to replenish our standard items such as pens, drawstring & canvas bags, hand sanitizer, and medication lock boxes (which have been purchased in the past with earmark monies). New items may include window clings and car magnets, stress-relief items, self-care kits, medication lock bags, and other items that promote N180. We could order printed stickers/decals with our logo that can be placed onto any item. Refrigerator magnets could include crisis phone numbers. We need to keep a balance of items that appeal to youth too.

c. QPR & YMHA Training - Katie and Lizzy were trained last month in the "Question, Persuade, Refer" program. It focuses mostly on suicide prevention. The training is approximately 2 hrs and can be done in person or

	<p>virtually. A date is being scheduled to conduct a training with interested parties.</p> <p>d. Learn A Better Way - N180 is trying to gauge interest in the community; LABW will hold a workshop later this fall.</p>
7. Set next meeting date & adjourn	Sept. 13, 2022 from 9-10:30 AM ET. We will send out a sign-up sheet for volunteers to help out at all upcoming events.