



**Awareness & Education
Action Team Meeting
Aug. 21, 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 Rec 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 the July 24, 2023 meeting was tabled due to a small number of participants.
3. Updates & announcements	a. Adult Mental Health First Aid Training of Trainers - Katie and Lizzy will be trained in adult (18+) mental health first aid (8/30 - 9/1). The training focuses on

	<p>how to intervene in mental health situations. They will then bring the trainings to the community.</p> <p>b. Sept. is Recovery Month - The Access to Services action team developed a theme centered around promoting health and wellness in Natick. There will be a banner placed over Main Street, which is awaiting Select Board approval and is expected to be hung during the week of September 25th. Natick 180 is partnering with local businesses (such as local gyms which might offer a free class) and restaurants (for example, offering a mocktail). The library has been contacted to see if they can do a book list / brochure with books on recovery. The purple flags will be installed this Fri 8/25, and will be up until 9/10 on the grounds of the FCC. Natick Days will be held on 9/9; Narcan training will be offered on 9/21; MOAR will organize its statewide Recovery Day on 9/26 in Boston. Natick 180 is partnering with a local group, Sober in the Suburbs, which is hosting a speaker on 9/27. Natick 180 is also scheduling a community cleanup in coordination with Keep Natick Beautiful, which will involve NATI students, so it will likely be held after school this Sept.</p> <p>c. Save the Dates: Natick 180 Town Hall (10/25) and Retreat (11/8) - 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 Natick 180 Retreat will be specifically for coalition members, with a goal of developing ways to operationalize strategic planning items.</p>
<p>4. Recap of Past Month's Events</p>	<p>a. Brandon School training - August 9th - Brandon has a large staff (approx. 200 people). 60 staff were trained on the 9th on topics such as vaping and other substance use. There was a focus on what interventions staff could implement, best resources, teen brain development, and substance usage trends. Natick 180 may be able to share previously developed curriculum from the Natick middle schools to use in the future. Natick 180 looks forward to a continued ongoing partnership with Brandon.</p> <p>b. Central MetroWest Substance Awareness & Prevention Collaborative Retreat (August 15th) This regional group includes Northboro, Southboro, Marlboro, Ashland, Natick, Westboro, and Hudson (Framingham is no longer part of this group because of its size). At the meeting, the group identified variables that contribute to or protect against youth substance use. The goal is to come up with a collaborative approach to preventing youth use. Natick and Ashland have coalitions but not every community does. MWAHS survey data was shared. Natick's rates in general trend lower than some neighboring communities, but was higher in terms of perception among youth that daily/frequent use of cannabis is unhealthy - a low of 46%, which is concerning. Rates of cannabis use are higher among Natick teens as well. There is not a strong correlation between youth use of cannabis and retail availability, but there does appear to be a link between youth use rates and exposure to advertising.</p>

5. Upcoming Events

a. SPARK Kindness -

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, and registration is open. Natick180 is a spotlight partner, and will support and help promote the event.

"RAK (Random Acts of Kindness) Attack" - on Fri, SPARK volunteers plan to bring non perishable items to those individuals who are planting flags for opioid overdose awareness. RAKs exemplify how we hold each other in community.

b. Purple Flag Project in Natick (August 25th) - Each flag represents one person in the state that died from an opioid-related incident. For 2023, 2357 flags will be installed in Natick, then Newton (Newton Wellesley Hospital), and lastly Boston (Brigham & Women's Hospital). These flags represent those lost in MA to opioid overdose in 2022. SOAR is looking for volunteers to help with all of the installations. Natick's will be held at 4:30 pm on the 25th. Denise wondered about media coverage - this is something that SOAR would coordinate since it is their event. Newton Wellesley Hospital generally solicits news coverage.

c. Natick 180 booth at Farmers Market/Multicultural Day - August 26th - Natick is partnering with SOAR to host a booth. This date will allow our presence to coincide with the Recovery Month and the Purple Flag project on Aug. 25th. Separately, Natick 180 is also participating in Multicultural Day.

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. International Overdose Awareness Day - Community Resource Night (August 28th in Wayland) - there will be speakers, Narcan training, and resources. Natick 180 will have a table there.

f. Natick Days - Sept. 9th - Natick 180 will have a booth, and an obstacle course. It is a big fundraiser for N180; the money is utilized by NATI for their activities. Volunteers are needed.

g. FFDA: Family Caregiver Toolkit Webinar - Sept. 13th from 6:30-7:30 pm. 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. Natick 180 and its partners will promote the event widely at the beginning of the school year.

h. Zip Trip - This Friday morning, there will be a live news broadcast by Fox 25 news from Natick Center called "zip trip." The objective is to promote the town that

	<p>is being featured. Natick 180 will be amongst other town organizations to set up booths and hope to be interviewed (starting at 5:30 am). The event is from 6-10 AM.</p>
<p>6. Discussion</p>	<p>a. Natick 180 Community Mailer - The mailer is a work in progress, and we are aiming to send it to all Natick households at the beginning of the school year. The booklet will contain 4 quadrants, containing information on Natick 180, ways to get involved in the coalition, trainings offered, and prevention parenting tips.</p> <p>b. Ideas for the remainder of 2023:</p> <p>i. Panel event on youth substance use. We are hoping to bring in Dr. Miriam Schizer of Boston Children’s Hospital to present on adolescent brain development and prevention of substance use and hold the event at the end of October/beginning of November. Other panelists might include parents who have lived experience with substance use challenges among their children. It was mentioned that having a local drug recognition police officer or community liaison officer who could speak to the town’s response to overdoses would be useful. The goal would be to provide a contact for Natick community members who may be experiencing concerns. Denise mentioned a friend who lost a child to an opioid overdose who may be willing to join the panel if invited.</p> <p>ii. Coach/sports team trainings - The Mental Health Collaborative offers mental health trainings, including one specifically for coaches. Natick 180 and NHS staff can be trained as trainers to then provide the training to coaches during each athletic season. Coaches are trained on mental health awareness and how to intervene if they notice concerns with their players. Natick 180 is in communications to get this launched.</p> <p>iii. Screenagers viewing - one time screening is \$700; annual license for the school year is \$950.</p>
<p>7. Set next meeting date & adjourn</p>	<p>Monday, Sept. 11th from 10-11:30 AM</p>