



Lynnfield Substance Abuse Prevention Coalition d/b/a/A Healthy Lynnfield Minutes

Monday, June 12, 2023: Al-Merritt Media Center, 600 Market Street

Present: Ron Block, Diane Courtney, Phil Crawford, Carmela Dalton, Stacey Dahlsted, Heather Day, Rob Dolan, Linda Naccara, Abby Porter, Toni Rebelo, Peg Sallade, Nick Secatore, Kyra Drescher, Dave Thomson, Lori Wyckoff, Cara Green, Adolis Ramos, Drew von Jako, Evy Georges, Lydia Sweetser

I: Introductions & Welcome to Guests

- Welcome to Adolis Ramos from the Northeast Tobacco Free Community Partnership

II: Coalition Business

- Youth Leadership
 - a. [Year End Presentation LMS Youth Council](#)– Red Ribbon Week and Mental Health Awareness activities within LMS as well as Community-Wide
 - b. Recognition of LHS AHL Youth Council Graduating Seniors: Evy Georges, Drew von Jako, and Teanne Alfama Polanco
 - c. Scholarships were awarded to Evy Georges and Lucas Cook by our 501c3 Board based on scholarship committee review of applications.
- Thank you to Reverend Lori Wyckoff. Reverend Lori is leaving her position at Centre Congregational Church. The group thanked her for her service. She has been an outstanding leader and contributor to the mission of AHL. She will connect us to her replacement to be a representative from the faith community in our coalition.
- Parent Advisory Committee-Recap ([Powerpoint Linked](#))
 - a. Stacy Dahlstedt reported on the work of the Parent Advisory committee this year. The committee engaged 15-20 parents in planning and promoting our educational series for parents that reflect our top YRBS data needs and parent interests. We learned that virtual sessions are more cost beneficial and have as much if not more attendance than in person speakers. Topics from next school year will focus on social media and digital education for parents per the new surgeon general's report.
 - b. Heather Day: positive feedback from the Podcast series, the importance of starting the dialogue with parents. She has seen an increase in parents reaching out regarding getting help for their children.
- [Health Expo](#) & Mental Health Month Recap & Feedback (Video linked). Thank you to the planning committee, DPW, Public Safety, and all who helped. We raised around 9K. Next year, we will look into starting later in the day, possibly combining with townscape for Town Day.
- The [May 3 Forum](#) on Alcohol, Public Health & Safety at Spinelli's restaurant was a success. If you did not attend, please see the video of the event. As a resident, you can

voluntarily sign the [Resolution](#) linked here to raise alcohol taxes, which is a demonstrated evidence-based way to impact public safety.

- Thank you to the Metronorth YMCA for awarding AHL community partner of the year. Phil and staff attended the meeting and received a very nice award. We are honored. [YMCA Annual Meeting](#)(video linked)
- Coaches Training Feedback-NAN Project
 - a. Coaches attended a QPR training on suicide prevention and mental health. The training was delivered by the NAN project. Coaches engaged in conversation around policies and procedures around supporting students presenting with mental health challenges. Work will continue on this with the athletic director over the summer. We hope to train more coaches in August, and explore student training as well.
 - b. Family Engagement Specialist Position-Olga Sanchez has left her position. We will be reposting for 12 hours a week and will work with the other family resource centers to recruit over the summer. SSRE is doing a mini evaluation of the value of this resource.

IV: School (5)

- Toni– Thank you to AHL for their continued support, especially youth who have come into the Middle and Elementary Schools to present on important health issues.
 - Looking forward to planning for next year, YRBS in the fall
 - Alcohol EDU for students in health class & 9th-grade health curriculum being discussed
- School Improvement Plans to be released in the Fall-we will share more information then.
- Peg gave a brief overview of work completed under the contract for technical assistance (Sarah Benes, Lighthouse Consulting) to support the health, PE and wellness curriculum improvement at LPS. Ms. Benes met with the Wellness team to establish a vision, provided professional training at Lynnfield Learns, responded to a call for assistance from the Athletic/Wellness Director, and is putting together a curricula plan for LMS, as well as plan for professional development for next year.
- **V: Treatment/Recovery (5)**
- Heather and Riverside, introduced the ARC model (attachment regulation competency) that involves the child and guardian and gave an overview of new groups offered this summer.
- MCAW is now dual-certified in Mental Health and Substance Use

VI: Public Safety/Public Health (5)

- Health Dept– [Narcan Program in Lynnfield](#)
 - Free, confidential Narcan kit is now available for the public at the health department as a harm reduction strategy. Non-identifying tracking information collected. Instructions for use are included in the kit as well as resources.
- **VII: Community (5)**
- Adolis Ramos is the new Tobacco Control technical assistance provider regionally. She is looking forward to working in Lynnfield assisting with current information and tobacco training for adult community members.
- Rotary

- Build A Bed Made 22 Beds assembled for children in need. AHL had a participating team. Ron suggested combining this event with the Expo. This will be included for future discussion. Concerts on the Common this July (Flyer Distributed)
- 60th Anniversary of Lynnfield Rotary June 19th--ticket available. See Ron.
- Library
 - Successful Pride event by Speak OUT Boston. 20 Attendees
 - Library Strategic Planning Meeting, reach out to Abby Porter at aporter@noblenet.org

VIII: New Business (5)

- Summer Movie Nights-**July 18 & Aug 1 (National Night Out with Police Dept)**
 - a. Need volunteers for our community basketball team for the National Night Out game: email Diana DeLeo deleod@lynnfield.k12.ma.us
- August Meeting Date: **August 14, 9 am at Market Street (NO JULY MEETING)**
- Annual Meeting Planning Ad Hoc Committee-Sign Up. We request 2 volunteers to help plan the annual meeting in September. Please sign up on the sheet.

Adjourn Meeting

No July Meeting, Individual Summer Check In's, Please schedule a time with us.

Next Meeting is Aug 14

A Healthy Lynnfield's mission is to empower residents to make positive choices every day. Together, we work to prevent substance misuse, to improve the quality of life for those impacted, and to support programs that help all young people thrive.