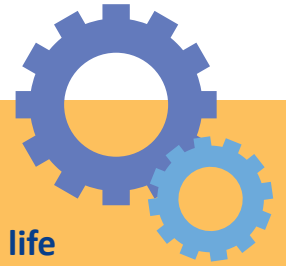




# A Healthy Lynnfield



## Our Mission:

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

## About Us:

In an effort to promote a healthier and safer community, and in response to the rising misuse of opioids, The Town of Lynnfield formed The Lynnfield Substance Abuse Prevention Coalition, known as A Healthy Lynnfield.

A Healthy Lynnfield engages town departments, residents, schools, parents, youth, the faith community, local government, businesses, civic organizations and health professionals in our work. Volunteers across the community are welcome to join our efforts.

## Resources:

*Finding help doesn't have to be hard.*

Find a full list of resources and support on our website [www.ahealthylynnfield.org](http://www.ahealthylynnfield.org)

INTERFACE Resource and Referral Helpline is a free and confidential resource to Lynnfield Residents. INTERFACE will match your insurance, your schedule and your need with an available outpatient Mental Health Professional in your area. **1-888-244-6843**

For mental health emergency, call Eliot Crisis Intervention at **1-800-988-1111** or dial **911** directly.

### *Substance Use:*

If you are seeking assistance for Substance Use Treatment or Recovery Services, call the Massachusetts Substance Use Helpline at

**1-800-327-5050** or [www.HelplineMA.org](http://www.HelplineMA.org)

## Who's Involved?




We currently have many volunteers, several community partner organizations, and multiple town departments that meet monthly to discuss implementation and direction of our community-wide prevention initiatives.

**Join Us!** Meetings are the second Monday of each month, unless otherwise posted. Meetings are from 9:00-10:30 am, at the Al Merrit Media and Cultural Center at 600 Market Street and are open to everyone.


## Contact Us:



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Phone: 781-334-5820 X1103  
Email: [salladem@lynnfield.k12.ma.us](mailto:salladem@lynnfield.k12.ma.us)

 [www.ahealthylynnfield.org](http://www.ahealthylynnfield.org)

 Facebook: @AHealthyLynnfield

 Twitter: @AHLynnfield

 Instagram: @AHealthyLynnfield



*please turn over*

## Funding:

The Town of Lynnfield / Office of Prevention is funded by two federal substance use prevention grants, Partnerships for Success and Drug Free Communities. Our 501(c)(3) supports scholarships and other programs restricted by grant funding. Scan the QR Code to learn more of A Healthy Lynnfield's areas of focus and goals.



## The Spectrum of Prevention:

Informing about Policy and Legislation

Changing Organizational Practices

Fostering Coalitions and Networks

Educating Providers

Promoting Community Education

Strengthening Individual Knowledge and Skills

## Our Efforts Include:

- Substance misuse prevention education
- Coordinating activities across our partner organizations
- Enhancing opportunities for young people to lead on this issue through our Lynnfield Middle School and Lynnfield High School A Healthy Lynnfield Leaders
- Working with public safety to ensure lives are saved and referrals are made for treatment and family support
- Working with health care and behavioral health partners to ensure resources are accessible
- Reducing stigma associated with the disease

## Risk and Protective Factors:

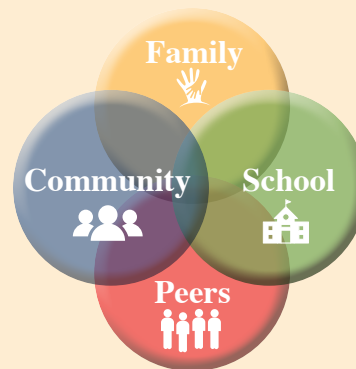
Reducing risk factors and increasing protective factors is central to keeping Lynnfield youth healthy and substance free.

### Risk Factors

- Societal/community norms about alcohol and drug use
- Perceived approval of substance use (peer, family, community)
- Academic failure or low academic aspirations
- Poor social skills: impulsive, aggressive, passive, and withdrawn
- Poor coping, communication and problem solving skills
- Early-onset depression and anxiety
- Extreme need for approval and social support
- Affiliations with deviant peers

### Protective Factors

- Supportive relationships with family members
- Opportunities for engagement within school and community
- Clear family expectations and consequences within the family
- Success in school performance
- Engagement and connection in two or more of the following contexts: school, peers, athletics or activities, employment, religion, culture
- Positive physical, social, and emotional development
- Good coping and problem solving skills



## Local Problems Require Local Solutions

## Donate Today:

Your contributions help make our programs possible. To donate, simply use our PayPal account at [www.ahhealthylynnfield.org](http://www.ahhealthylynnfield.org)

*A Healthy Lynnfield is a 501(c)(3) charitable organization. Donations are tax-deductible and support our programs.*

