



A Healthy Lynnfield Highlights Community Report

July 1, 2021 to June 30, 2022



ABOUT US

The Lynnfield Substance Abuse Prevention Coalition, known as A Healthy Lynnfield (AHL), is a 501(c) 3 organization. It is a partnership between the Town of Lynnfield, residents, and many partner organizations working on the issue of substance use prevention.

Phil Crawford, Chairman

Peg Sallade, Program Director

Diana DeLeo, Community Outreach & Engagement Coordinator

Julie Greene, Drug Free Communities Program Coordinator

Olga Sanchez, Family Engagement Specialist serving multilingual families

Matt Angelo & Sheri Weeks, Advisors, A Healthy Lynnfield Middle School Youth Group

A LETTER FROM OUR CHAIRMAN



A Healthy Lynnfield had yet another successful year supporting healthy decisions for youth and families in Lynnfield. Our programming was flexible as the workplace and community adjusted to a post-pandemic way of business, and we continued to grow our outreach and community engagement. Highlights include hosting a new educational series for parents, three school assemblies, our *Inspiring Healthy Teens* magazine, a new community Healthy Living

Expo event and more, each promoting wellness and healthy choices. A Healthy Lynnfield is fortunate to have the help and support of the people who live, work and play in Lynnfield. Together, we will continue our mission to prevent substance misuse and have a healthy community for all.

Phil Crawford
Chairman, A Healthy Lynnfield

YOUTH LEADERSHIP

A Healthy Lynnfield's Youth Groups at Lynnfield High School (LHS) and Lynnfield Middle School (LMS) continue to thrive and provide leadership opportunities for youth in Lynnfield.

A Healthy Lynnfield Youth Leadership Groups



A Healthy Lynnfield Youth Council



A Healthy Lynnfield Middle School Club

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MISSION: 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.

Healthy Conversations, Healthy Kids Series

SESSION 2

Blunt Talk on Marijuana: What Every Parent Needs to Know

Wednesday, November 10, 2021 • 6:30 to 8:00 p.m.

Come learn what Lynnfield parents and caregivers need to know about youth marijuana use. The landscape of marijuana use has changed drastically over the past few years. It's never too early to stay informed.

- Are you able to recognize new forms of marijuana products?
- Can you explain the following statement: "It's not about what you do when using marijuana, it's what they do" that is concerning?
- Are you confident, comfortable and feeling informed enough to have a conversation with your child about marijuana use?

This session will cover:

- An overview of marijuana and current trends in use among youth.
- Key research on marijuana and the teenage brain, the perceived benefits, and the effects of use.
- The facts about marijuana and cannabis use disorder/addiction.
- How to engage youth in conversations around marijuana use.
- How to promote open, positive communication and healthier life choices.
- Resources and supports for families.

This is an in-person meeting at The Media Center at Merritt Middle School, 600 Merritt Street, 2nd floor. Masks are required.

Jordana Willers, Ed.D., Youth & Young Adult Training Coordinator for the Institute for Health and Recovery (IHR), will deliver this session. Ms. Willers is responsible for training youth and young adult providers across the state in evidence-based substance use prevention interventions.

Registration Required
Register at www.healthylynnfield.org

"I learned new information regarding the long-term effects of THC."

A Healthy Lynnfield, The Healthy Peabody Collaborative, the Tri-Town Council's Coalition and the North Reading Community Impact Team present a Responsible Beverage Sales and Service Training for Local Businesses.

TIPS Training
(Training for Intervention Procedures) **FREE**

Conducted by **Mina Marcantoni, Certified TIPS Trainer, DASH Shop Consultants**

Tuesday, November 16 • 9:00 a.m. to 3:00 p.m.

At Merritt Media Center, 600 Lynnfield Marketplace

TIPS is a dynamic, skills-based training program designed to prevent intoxication, drunk driving and underage drinking by enhancing the fundamental "people skills" of servers, when and measures of alcohol. TIPS gives individuals the knowledge and confidence they need to recognize alcohol-related problems and intervene to prevent alcohol-related tragedies.

This training is open to establishments with liquor licenses in the communities of Lynnfield, North Reading, Peabody, Middleton, Bedford and Topfield. The focus of customer intervention is for passing establishments.

To register, go to: www.healthylynnfield.org/events

Space is limited. Interested individuals must register on-line. For more information, contact salladem@lynnfield.k12.ma.us

Supported by:

"Always tell children they are good enough."

Healthy Conversations, Healthy Kids Series

SESSION 3

Just Talk About It: Supporting the Mental Health of K-12 Youth

Wednesday, January 12, 2022 • 6:30 to 8:00 p.m.

Each of us can be proactive in supporting the mental health of our kids. Popular speaker Jon Mattleman returns for a special IHR/KLG parent and caregiver presentation on how we can manage anxiety, address wellness, and keep our families in balance as COVID-19 restrictions change. With his background in school, and his earlier months approach, Jon (joined by Young Adult Speaker Wes who will share his lived experience as a student who struggled with anxiety, Wes will tell the story of his struggle starting in third grade and how he found positive supports on his way to recovery. Attendees will learn to look beyond stigma and notice warning signs of stress, anxiety, depression, and suicide. Just talk about it normalizes having conversations early and often with your family to promote mental well-being, early recognition and intervention, and professional support. There will be plenty of time for questions.

Wes always wanted to be perfect and accepted by others, even if it meant hiding his true emotions under the surface. Wes now lives a life where he accepts, understands, and manages his anxiety instead of suppressing it. He is able to show his humor, warmth, and his authentic self. Most importantly, he hopes to inspire others to feel less ashamed of their own mental health challenges and find a way to validate themselves.

Jon is the Clinical Director of Minding Your Mind and uses insight, warmth, and humor to share practical tools and resources to guide us in supporting the mental health of youth.

Registration Required
REGISTER HERE

"I was surprised at the suicide stats. It gave me pause to refocus on my parenting style."

VIRTUAL PARENT/COMMUNITY SESSION

INTERNET SAFETY

Wednesday, January 19 • 6:30 p.m.

Katie Greer | INTERNET SAFETY EXPERT

Our kids are doing WHAT? What can I do to protect them? What apps should I be worried about? Is social networking safe? Is my child being cyberbullied? What's the best? Soaking? What's next? It's overwhelming being a parent today in our technology-driven society. Keeping up with the latest trends and dangers can often seem like an impossible task. Katie will help you navigate the digital waters and let you know what's new, what's next, and what's best. Katie will include how to use social media in a positive way and provides parents with proactive resources to help kids safe.

The program is open to the public, but for adults only. Ms. Greer will speak to students at Lynnfield Middle School the same day. It is a great opportunity to learn along with your kids and enhance family dialogue around the topic.

Registration Required
REGISTER HERE

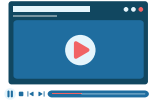
"I learned how parents can reinforce online safety, have breaks from electronics, more conversations, set boundaries, and reinforce behavior expectations."

SUPPORTING PREVENTION IN LYNNFIELD

Materials Distributed



7,000 copies of "Inspiring Healthy Teens"



4-part Prevention Education Video Series for Red Ribbon Week



200 copies of "Making the Transition to Middle School" for incoming 5th grade families



60 local press articles & ads

75 community resource bags for Rotary's Annual Turkey Trot participants



6 community newsletters

200 T-shirts for Post-Prom Celebration



200 "Celebrate Safe, Celebrate Sober" car air fresheners for Prom Prevention Activity



200+ people received information at our first annual Healthy Living Expo

KEY

Our prevention work follows 7 Key Strategies for Community Change.

Providing Information =

Access =

Building Skills =

Physical Design =

Providing Incentives =

Providing Support =

Policy Change =

Community:

Healthy Conversations, Healthy Kids Series

- *Understanding Parents' Perceptions: Results of the 2021 Parent/Caregiver Survey* with Scott Formica, Ph.D., Social Science Research & Evaluation, Inc.
- *Blunt Talk on Marijuana: What Every Parent Needs to Know* with Jordana Willers, Ed.D., Health Resources in Action
- *Just Talk About It: Supporting the Mental Health of K-12 Students* with Jon Mattleman, Minding Your Mind and the Massachusetts Partnership for Youth
- *Internet Safety* with Katie Greer, KLG Consulting
- *Don't Feed the Worry Bug* with Clinician Heather Day, Riverside Community Care
- *Together in 2022: Compassionate Conversations on Equity* with Cyndi Weekes Bradley, The Equity Process

TOWN OF LYNNFIELD
Save the Dates!
Healthy Worksite Training Series

All sessions are on Wednesdays, from 9 to 10 am. January is virtual. Others will be in person at the Money Room unless otherwise indicated. Location will be confirmed with registration.
 Register at: <https://ahealthlylynnfield.org/news-%26-events>

February 23
New Traditions for Good Nutrition-VIRTUAL
 Join Jillian Allen, Registered Dietitian, for an engaging workshop on nutrition for the New Year! Learn strategies for weight management, creating balanced meals, eating healthy on the go, and optimizing work productivity through good nutrition.

February 23
Creating Harmony Across Generations at Work
 Today's workplace is constantly evolving. It's possible to have four generations on the same team sharing the same goals. Each generation brings its own values, rules, and styles. This workshop will explore strengths and values of each generation and provide tips for a harmonious work environment.

February 23
Words at Work - Why They Matter
 Join Cyndi Weekes Bradley and the Equity Process for a conversation on why words at work matter. We all bring unconscious bias to our workplace, learning how our words can unintentionally cause stress or harm and how to avoid this helps us better establish healthy and productive relationships at work.

February 23
How to Create a Respectful Workplace
 Congratulate and respect in the workplace help cultivate a positive environment. This program will introduce communication skills and other behaviors that promote respectful, open ways of relating, setting differences, and working as a team.

Healthy Conversations, Healthy Kids Series

SESSION 4: Don't Feed the Worry Bug: Helping Kids Manage their Anxieties

HYBRID Workshop • Wednesday, February 2 • 6:30 p.m.

When children do not outgrow the fears and worries that they manifest with school, home, or play activities, the child may have an anxiety disorder. Meet with Behavioral Community Care Clinician Heather Day, LMHC for a "hands-on" discussion about childhood anxiety. She will cover how anxiety manifests in children of different ages, how and why staying healthy is important for both caregivers and children, and tips to help work with your children so they can learn to better recognize and manage their own anxiety. As parents, our role is to help our children learn ways to better manage anxiety not eliminate it. Parents in this workshop will discuss how to best respond to 3 case scenarios and get practical information. We hope you can join us!

About the Presenter:
 Heather Day, MA, LMHC
 Clinical Supervisor and Occupational Clinician, Riverside Community Care
 Heather graduated from Eastern University, Charlotte, MA in 2009. Her work focused on children and family services. Heather interned at SSMH residential program for 12-18 year-old youth referred by DCF for stabilization services. She also worked in a group home for adults with developmental disabilities. She has had the opportunity to work collaboratively with the Department of Mental Health, substance use, residential programs, courtship, family counseling, and outpatient services. Working across the lifespan has been instrumental in her understanding of how early interventions can better stabilize and promote change. She enjoys working with youth and families at Riverside Outpatient Services in Lynnfield, MA.

Registration Required
 REGISTER HERE

Together in 2022
 A Virtual Series on Diversity, Equity and Inclusion

Compassionate Conversations on Equity
 Wednesday, February 16, 6:30 p.m.
 VIRTUAL Community Presentation

Ever get caught in an uncomfortable social conversation about diversity, equity or inclusion? Not sure how to respond? Afraid of inadvertently offending someone because you feel unprepared or uncomfortable having challenging conversations? In this workshop, participants will learn how to create BRAVE and SAFE spaces for authentic conversations on equity, diversity and inclusion.

About the Presenter:
 Cyndi Weekes Bradley, Founder and CEO, the Equity Process
 Cyndi Weekes Bradley has over 20 years of data-driven experience in equity including retail equity. She served as a Teacher, Dean, School Bus Manager, Boston Principal, Fellow, SPED Assistant, Principal and Policy Reviewer, Science Teacher, K-12, Analysis, Education Strategist, and Associate Lecturer as well as Founder and CEO of The Equity Process. She holds a Master's Degree from Simmons University (Formerly Simmons College '96).

Register by February 14, 2022 at www.ahealthlylynnfield.org

Join A Healthy Lynnfield and the Wakefield Lynnfield Chamber of Commerce in this family-friendly event!

WAKEFIELD, LYNNFIELD
Healthy Living EXPO

Featuring: **Health Information** and **Food & Entertainment**

Saturday, May 14, 2022 - 10 am to 1 pm
 Lynnfield Town Common
 For more information and a list of participating vendors, see www.ahealthlylynnfield.org/healthy-living-expo

Featuring:
 Over 35 health, wellness and lifestyle vendors!
 Health screenings
 Personal Fitness, Nutrition and Lifestyle Coaches
 Mini Massages from Elements Massage
 Covid Booster Shots (pre-registration required)

Special Attractions:
 Face Painting
 Awesome Robb the Magician
 KidFun
 For Purchases:
 Cool Cakes for Cream & Countryside Deli Pizzeria
 Donuts
 Oatmeal
 Vision and Hearing
 Melons
 Mental Health
 Domestic Violence Prevention
 Therapy Dogs for Petland

"I learned how age differences influence what we do, and what we bring to the table. Different generations have different points of view."

"Great presenter! The information (on childhood anxiety and school refusal) was very informative and helpful."

"I learned to be 'balanced' before entering difficult conversations, and to try different approaches to bring up challenging topics, like microaggressions."

"I learned to recognize microaggressions and appreciate the differences. Compassion is always inclusive and never exclusive."

Be Well with SEL in partnership with Community Schools: Three 6-week after-school sessions

- "Stop Think Act" and "Best Me I Can Be" at Huckleberry Hill School
- "The Best Me I Can Be" at Summer Street School

Interface Resource and Referral Helpline: 100 residents helped!

Mindwise Wellness Screening

Meeting with our Congressman, and MA Senator and Representative to discuss innovations in Mental Health and Substance Use

- Lynnfield Public Schools:**
- *The Drive to Save Lives* with Cara Filler
 - *Teen Dating Violence Prevention: Stand up and Speak Out!* with Ashley Bendiksen
 - *Internet Safety* with Katie Greer
 - *The Importance of Self Care and Wellness* with Sammy Davis
 - *Striving for Equity with Diverse Learners: A 15 credit-hour course for classroom teachers* with Karen Hall
 - *Assisting the LPS Family Resource Center & Multilingual Families*

Town Employees:

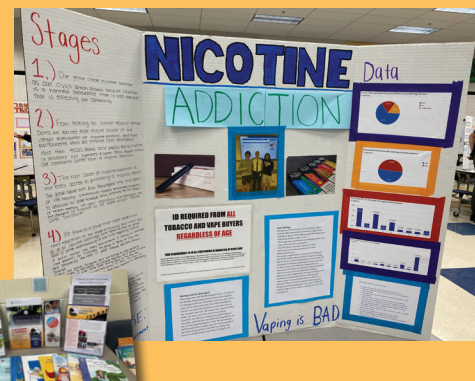
- Town of Lynnfield Healthy Worksite Training Series**
- *New Traditions for Good Nutrition* with Jillian Allen, RD, Whole Balanced Nutrition
 - *Words at Work - Why They Matter* with Cyndi Weekes Bradley, the Equity Process
 - *Creating Harmony Across Generations at Work* with Patricia Fabbri, Optum Health

Lynnfield Businesses:

- *TIPS Responsible Beverage Service and Sales training certification for servers/sellers of alcohol* with Mike Marcantonio, DramShoppe Consultants
- *Business Recognition: Community Pledge to Prevent Underage Alcohol Sales* celebrates local businesses who pledge to not sell to minors
- *Point of service displays for identifying Community Pledge participants*

CIVIC ACTION FOR PREVENTION

A Healthy Lynnfield teamed up with the Lynnfield High School Social Studies Department. With the help of a Merrimack College Fellow, Brian Holihan, Lynnfield High School sophomores participated in Civic Action Projects to address community issues with decision-makers. The Civic Action projects showcase the power of youth advocacy in initiating change. When youth are involved in decision-making processes that affect their health and environment, they are strongly motivated to engage in the creation of a better, more equitable society.





COMMUNITY ASSESSMENT SNAPSHOT

LMS 2021 Current Use:



10% of 8th graders report ever trying alcohol

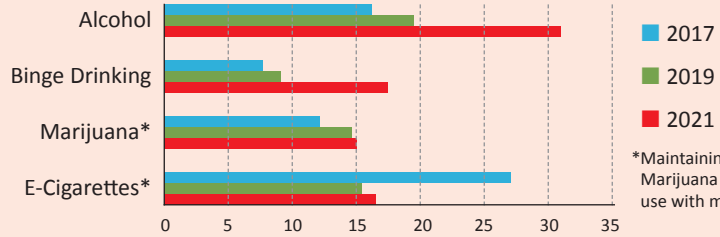


5% of 8th graders report ever trying electronic vaping devices



Almost 1 in 5 8th graders report ever experiencing depression

LHS Current Use Trends (%):



*Maintaining rates of Marijuana and E-Cigarette use with minimal change

LHS 2021 Current Use:



15%

In 2021, 15% of LHS students currently use marijuana



16%

In 2021, 16% of LHS students currently use an electronic vapor product (e-cigarettes)



Almost 1 in 3 LHS students report currently using alcohol

Other LHS Health Related Topics:

Sleep:

75.6% of LHS students do not get 8 or more hours of sleep



Mental Health:

31.2% of LHS students felt sad or hopeless (almost every day for 2 weeks or more in a row)



*Since 2019, 8% increase

Trusted Adult:

51.5% of LHS students report at least 1 adult in school they feel they can talk to about a concern or problem



YOUTH LEADERSHIP *continued from front cover*

A Healthy Lynnfield Youth Council

- **Pioneers for Pioneers** is an initiative to support youth-adult connections and to recognize student-nominated Trusted Adults at LHS.
- **North Shore Alliance for Gay and Lesbian Youth (NAGLY)** provides resources for LGBTQIA+ students and allies to promote inclusive schools.
- **Respond Inc.**, provides students with resources on Teen Dating Violence and Healthy Relationships.
- **"Card-a-thon" day** to create Valentine's Day Cards for the Lynnfield Council on Aging. ❤️
- LHS Youth speak with Senator Brendan Crighton as part of the **Statewide Kick Butts Youth Action Day**.



A Healthy Lynnfield Middle School Club

- **LMS Spirit Week** with prevention themes such as "Decades Day: Leave Drugs in the Past" celebrate Red Ribbon Week.
- Former Boston University Hockey Player Sammy Davis speaks on self care for **Wellness Week** at LMS.
- The **Mural Design Contest** depicts students' concepts of positive mental health practices. The winning design is now a hallway mural.



Both leadership groups participated in the **Healthy Living Expo**, providing information on mental health, wellness, and substance use prevention to all of Lynnfield.

SPECIAL EVENTS



Healthy Living Expo: We held our first-ever Healthy Living Expo on the town common, in partnership with the Wakefield Lynnfield Chamber of Commerce. The event drew hundreds of community members to visit 40+ vendors, receive health screenings and vaccinations, see Awesome Robb the Magician, and mingle with family, neighbors, and friends!

3rd Annual NIGHT OF HOPE: To celebrate National Recovery Month, A Healthy Lynnfield and the Think of Michael Foundation team up to co-sponsor an awesome community event each fall.



CONTACT US

News + Information on our Website

- ✓ Quarterly Newsletter
- ✓ Updated Resource List
- ✓ Mindwise Screening

Social Media:



Twitter:
@AHLynnfield



Facebook:
@AHealthyLynnfield



Instagram:
@AHealthyLynnfield

Website:
ahealthylynnfield.org

Contact:
salladem@lynnfield.k12.ma.us

FY22 FUNDING

THANK YOU TO OUR FY22 FINANCIAL SUPPORTERS:

Baubles on Broadway
Beth Israel Lahey Health
Davio's
Ellen Rubico Crawford
Friends of Lynnfield Council on Aging
HD Physical Therapy
Home Instead
Kelly Automotive Group
Kendra Scott
Lynnfield Athletic Association
Lynnfield Clergy Collaborative
Lynnfield Rotary
MarketStreet Lynnfield
Parkinson's Fitness
Riverside Community Care, Inc.
The Savings Bank
The Torigian Family YMCA
Thomson Communications
The Vault
Wakefield Cooperative Bank
Wakefield-Lynnfield Chamber of Commerce



INDIVIDUAL DONORS:

Mr. Jeffrey A. Worth

501c3 FINANCIAL STATEMENT:

Beginning Balance

July 1, 2021..... \$10,946.42

Revenues

Donations \$6,084.22

Interest Income \$2.49

Total Revenue \$6,086.71

Expenses

Programming \$499.65

Supplies:

Miscellaneous..... \$60.00

Total Expenses..... \$559.65

Ending Balance

June 30, 2022 \$16,473.48



GRANTS:

Federal SAMHSA/CSAP Partnerships for Success Grant SP-19-004
Federal CDC Drug Free Communities Grant SP-19-005

Grants are administered by the Town of Lynnfield in collaboration with the Board of A Healthy Lynnfield and in support of Lynnfield's Community Substance Use Prevention Plan and are not included in the 501c3 financial statement.



WHO WE ARE 2021-2022

Business: Wakefield Cooperative Bank

Civic/Volunteer Organizations: Think of Michael Foundation, Lynnfield Rotary Club

Education: Lynnfield Public Schools

Media: Lynnfield Media Studios

Healthcare Professionals: Beth Israel-Lahey Health, Physician Natasha Shah

Parents: Chris Caprio, Diane Courtney

Public Safety: Lynnfield Police Department, Lynnfield Fire Department

Religious Organizations:
Lynnfield Clergy Collaborative

State/Local Government:
Lynnfield Selectboard
Lynnfield School Committee

Substance Use Organizations: Riverside Community Care, Costa Family Recovery

Other Organizations: Lynnfield Health Department, Lynnfield Council on Aging, Lynnfield Public Library, Lynnfield Senior Center, Lynnfield Finance Committee, Lynnfield Cultural Council

Youth-Serving Organizations:
Torigian Family YMCA

LHS Youth Council Paid Fellows:
Teanne Alfama, Keely Briggs, Addison Connelly, Evyenia Georges, Olivia Goguen, Olivia Scire, Janhavi Joglekar, Lauren Lane, Drew von Jako

LMS A Healthy Lynnfield Youth Leaders:
Annabelle Eckhardt, Lorelei Eckhardt, Grace Elliot, Ereeny Georges, Magdalyne Hatzis, Emrys Klee, Lauren Mattia, Sarah Mitchell, Shealyn Moore, Anna Raslavicus, Jerusha Robins, Charlotte Rose, Siri Tudi, Lillian Williams

Additional Supporters: Thank you to the many volunteers that support our mission!

Technical Consultants:
Social Science Research & Evaluation, Thomson Communications, Northeast Tobacco Free Coalition



A Healthy Lynnfield meets once a month; email us if you are interested in attending!

PHOTO GALLERY 2021-2022



Therapy Dog at HealthyLiving Expo

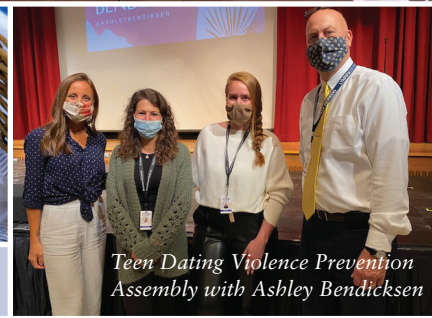
A Healthy Lynnfield Monthly Coalition Meeting



Lynnfield Art's Festival



Celebrate Safe & Sober Prom Air Fresheners



Teen Dating Violence Prevention Assembly with Ashley Bendicksen



Civic Action Panel Discussion with Changemakers



Riverside Community Cares at Night of Hope



Public Safety Open House



Pride Day with Lynnfield For Love



Youth Council Leaders School Committee Presentation



TIPS Responsible Beverage Service and Sales Training with Local Businesses



Youth Council Bowl Night