



A Healthy Lynnfield Community Report



Fall 2023

ABOUT US

A Healthy Lynnfield is a partnership between the Town of Lynnfield and a community-based 501(c)(3) working to prevent substance misuse and to ensure those impacted have the help they need. We have an appointed town committee that meets monthly and serves to oversee a town-wide prevention plan and a Board of Directors for our Charitable 501(c)(3).



- Phil Crawford, Chairman**
- Peg Sallade, Program Director**
- Diana DeLeo, Community Outreach & Engagement Coordinator**
- Lydia Sweetser, Drug Free Communities Program Coordinator**
- Jessica Tortola, Family Engagement Specialist**
- Matt Angelo & Sheri Weeks, Advisors for AHL Middle School Youth Group**

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.





Strengthen community collaboration

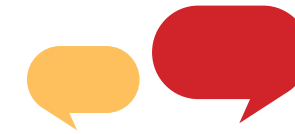
- Partnering with the **Town of Lynnfield, Lynnfield Police Department, and Lynnfield Public Schools**, we posted signs encouraging parents to refrain from using alcohol or tobacco on athletic fields and in gyms.



- We held our first town-wide **Red Ribbon Week**, a national drug-use prevention campaign with **Lynnfield Pioneer Youth Football & Cheer** and **Lynnfield Public Schools**.
- With the **English Language Education Department**, we co-hosted a **Family Night** for multilingual learners, promoting welcoming environments and community connection.
- In collaboration with **MarketStreet Lynnfield**, 20,000 holiday coasters were distributed in restaurants reminding patrons to enjoy a non-alcoholic beverage before they get behind the wheel.

- To celebrate **National Recovery Month**, A Healthy Lynnfield joined forces with the **Think of Michael Foundation** to co-host A Night of Hope.
- With the **Wakefield Lynnfield Chamber of Commerce**, we co-hosted a 2nd annual **Healthy Living Expo**, showcasing health and wellness vendors and the much loved zumba group from **Lynnfield's Senior Center**.
- With **Lynnfield Public Library** and Lynnfield for Love, we presented a **SpeakOut Boston** discussion on the LGBTQ+ experience and how to best support inclusivity.

Reduce and prevent substance misuse through community change strategies



- A Healthy Lynnfield provided **Teen Mental Health First Aid** training to the region's **YMCA** staff.
- A Healthy Lynnfield's youth groups educated peers through a **New Year's Wellness Challenge** and monthly **"Restroom Reading"** flyers.
- David Jernigan, Ph.D. presented policy research on **"The Effects of Alcohol on Public Health and Safety"** to regional partners including elected and public safety officials.

- We launched the Substance Abuse and Mental Health Services Administration's print and digital prevention campaign **"Talk. They Hear You."** aimed at helping parents prevent underage drinking.
- We offered **Lynnfield Public School** educators and coaches skill-building opportunities sponsoring training on suicide-prevention, managing anxiety, diversity, developmental relationships, and supporting LGBTQ+ youth.

- A Healthy Lynnfield and the **Lynnfield Police Department** engaged businesses in our 2nd annual **Community Pledge to Prevent Underage Alcohol Sales**.



Vision: A Healthy Lynnfield

Support residents and improve their quality of life



- 500** coffee sleeves created by AHL Youth Council were distributed by **Christine's Café** promoting mental health services through the **Interface Help & Referral Line**.
- Over **7,000 copies** distributed of our 2nd Annual "Inspiring Healthy Teens" guide.



- 8,500** residents received a monthly article by coalition partners on substance misuse, stress, mental health, diversity, and prevention.
- 2-part** parent and caregiver discussion series on **Managing Childhood Anxiety** with **Riverside Community Care**.



- 400** "Making the Transition" guides were sent to the parents of incoming 5th and 9th grade students.
- 4-part education series "Healthy Conversations, Healthy Kids"** focused on (1) eating disorders, (2) screens & social skills, (3) youth alcohol & drug use, and (4) tobacco & vaping.



Nurture youth through opportunities for positive childhood experiences

- AHL Youth Council** attended state-wide tobacco prevention **leadership training** and practiced **advocacy skills** with elected officials at the Massachusetts State House.



- The AHL Club** at Lynnfield Middle School met monthly, **positively engaging** over 25 seventh and eighth grade students in a school-wide campaign during **National Mental Health Month**.
- We offered **student volunteer opportunities** at community events and assisted the Lynnfield High School sophomore class' Civics Action Projects. Civic engagement helps foster a sense of **belonging and connection** to community.

- We offered two 5-session afterschool programs for both middle and elementary students to build **social-emotional skills** through interactive programs like **Project Adventure** and **Be Well with SEL**.
- We **recognized** youth through scholarships from our 501(c)(3) and our annual youth leadership awards.
- Through **peer education**, AHL Youth Council **shared information, enhanced skills, and facilitated meaningful discussions** on substance misuse and related factors.

COMMITTEE MEMBERS

Business: Wakefield Lynnfield Chamber of Commerce

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

Education: Lynnfield Public Schools and Lynnfield School Committee

Media: Lynnfield Media Studios

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

Parents: AHL Parent Advisory Committee

Public Safety: Lynnfield Police Department, Lynnfield Fire Department

Religious Organizations: Lynnfield Clergy Collaborative

State/Local Government: Lynnfield Selectboard

Substance Use Organizations: Riverside Community Care, Costa Family Recovery, Massachusetts Center for Adolescent Wellness

Other Organizations: Lynnfield Health Department, Lynnfield Council on Aging, Lynnfield Public Library, Lynnfield Cultural Council

Youth-Serving Organizations: Torigian Family YMCA

LHS Youth Council Paid Fellows: Teanne Alfama, Keely Briggs, Addison Connelly, Eveyenia Georges, Ereeny Georges, Olivia Goguen, Drew von Jako, Janhavi Joglekar, Lauren Lane, Shealyn Moore, Mike Savio, Olivia Scire

LMS Youth Council Volunteer Leaders

Thank you to the many volunteers that support our mission!

Technical Consultants: Social Science Research & Evaluation, Thomson Communications

THANK YOU TO OUR FY23 FINANCIAL SUPPORTERS

Beth Israel Lahey Health

Boston Audio Visual Rental (In-Kind)

Danielle Ventre

Dermatology and Skin Health

Ellen Rubico Crawford

First Financial Trust

Friends of Lynnfield Council on Aging

Jeffrey Worth

Justice Resource Institute: Children's Friends and Family Services

Kathryn Price

Kelly Automotive

Lynnfield Athletic Association

Lynnfield Rotary

Market Street Lynnfield

Massachusetts Center for Adolescent Wellness

Mike Boyle Strength and Conditioning

Riverside Community Care

Sobella Skin and Beauty

Soccer Shots

The Savings Bank

Stop & Shop: Community Bag Program

Thomas Bogart

The Torigian Family YMCA

The Vault

Think of Michael Foundation

Wakefield Cooperative Bank

Wakefield Lynnfield Chamber of Commerce

Walmart – North Reading, MA

Whole Foods – Lynnfield, MA



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 A Healthy Lynnfield and in support of Lynnfield's Community Substance Use Prevention Plan and are not included in the 501(c)(3) financial statement.

ANNUAL CHARITABLE FISCAL REPORT

Beginning Balance July 1, 2022

\$16,473.48

Total Revenue

\$22,386.82

Total Expenses

\$17,717.87

Ending Balance June 30, 2023

\$21,142.43

Charitable contributions supported:

Lynnfield Athletic Association, Lynnfield Girl Scouts Mental Health Project, Lynnfield High School Junior Prom, Lynnfield High School Wellness Room, Lynnfield Rotary Build-a-Bed, Lynnfield High School Youth Scholarships, Think of Michael Foundation, and the Torigian YMCA.

CHARITABLE BOARD OF DIRECTORS

Chris Caprio

Phil Crawford

Glenn Davis

Robert Dolan

Jamie Hayman

Sarah Kelley

Julie McCarthy

Alessandra Petrucci

Nick Secatore

CONTACT

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SUPPORT US!



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