



A Healthy Lynnfield Community Report



Fall 2024

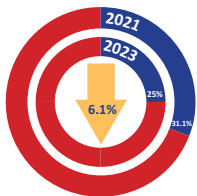
MISSION: *A Healthy Lynnfield's* mission is to empower residents to make positive choices every day. Together, we work to prevent substance misuse, to improve the quality of life for those impacted, and to support programs that help all young people thrive.



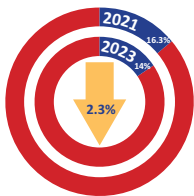
Youth leaders volunteer at the Harlem Wizards game, raising over \$20,000 for our 501(c)3.

MAKING AN IMPACT

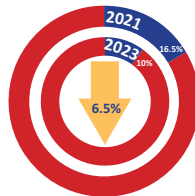
In 2023, among Lynnfield High School students:



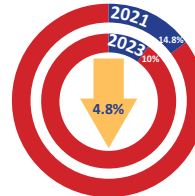
25%
reported
using alcohol,
(down from
31.1% in 2021)



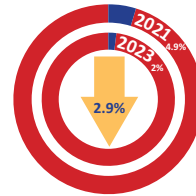
14%
reported
binge drinking
(down from
16.3% in 2021)



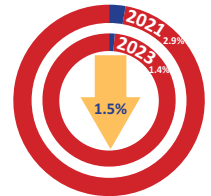
10%
reported
electronic vaping
(down from
16.5% in 2021)



10%
reported
using marijuana
(down from
14.8% in 2021)



2%
reported
smoking cigarettes
(down from
4.9% in 2021)



1.4%
reported misusing
prescription drugs
(down from
2.9% in 2021)

Clearly our community work is making a positive impact on health outcomes.

Source: Lynnfield High School Youth Health Survey, 2021 and 2023, Current Use Data

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 are an appointed town committee that meets monthly and serves to oversee a town wide prevention plan. A Board of Directors manages our separate Charitable 501(c)3 organization.

2023-2024 PROGRAM STAFF

Phil Crawford, Chairman

Peg Sallade, Program Director

Diana DeLeo, Community Outreach
& Engagement Coordinator

Lydia Sweetser, Drug Free Communities
Program Coordinator

Jessica Lometti Tortola,
Family Engagement Specialist

Matt Angelo & Sheri Weeks,
Advisors for AHL Middle School Youth Group

CONTACT

Twitter: @AHLynnfield

Facebook: @AHealthyLynnfield

Instagram: @AHealthyLynnfield

Website: ahealthylynnfield.org

Contact: deleod@lynnfield.k12.ma.us



SUPPORTING HEALTHY, SUBSTANCE-FREE

Strengthen community collaboration

- August marked our first-ever **National Night Out** with the **Lynnfield Police Department**, a substance-free community event.



- We held our second town-wide **Red Ribbon Week**, a national drug-use prevention campaign with **Lynnfield Public Schools**.



- In collaboration with **MarketStreet Lynnfield**, 20,000 holiday coasters were distributed encouraging non-alcoholic Mocktails during Dry January.



- Chair Phil Crawford presented **Riverside Community Cares** the 2023 Community Partner Award.



- To celebrate National Recovery Month, A Healthy Lynnfield joined forces with the **Think of Michael Foundation** to co-host our 5th annual **Night of Hope**.
- With the **Wakefield Area Chamber of Commerce and Lynnfield Council on Aging**, we co-hosted our 3rd annual **Healthy Living Expo** featuring over 50 health vendors, including a pharmacist who distributed medication lock boxes and drug disposal pouches.



Support residents and improve their quality of life

- Our Family Engagement Specialist had over **1,200 points of contact** with families whose first language is not English, assisting them with basic needs, academic support, connection to school and community, and health resources.
- **Over 150** residents sought treatment resources from our free Interface Navigation Help and Referral Line in the past 5 years.
- Over **4,900** Annual Community Reports were distributed.

- **8,500** residents received a monthly article written by community partners providing information and resources on substance use and related topics.
- **400** "Making the Transition" guides for incoming 5th and 9th grade students were distributed to parents and caregivers.
- **500** residents attended our annual community education series "Healthy Conversations, Healthy Kids" featuring topics on substance use, mental health, healthy screen time, and more.

- The Lynnfield Police Department launched its **Police Assisted Community Outreach Team (L-COT)** to assist residents in need with post-incident outreach checks and referral to resources. A Healthy Lynnfield helps facilitate a quarterly roundtable networking meeting with area agencies to ensure access to appropriate resources. Police made **66 outreach attempts** between October 2023 and June 2024.



YOUTH AND HEALTHY COMMUNITIES

Reduce and prevent substance misuse through community change strategies

- A Healthy Lynnfield and **Lynnfield Rotary** co-hosted **Teen Mental Health First Aid** and **Adult Mental Health First Aid** certificate courses.



- The Lynnfield Library and Health Department staff received **Narcan Administration** training from **Healthy Streets** staff.



- Residents took our winter **Public Safety Skills** training which included instruction on AED, CPR and Narcan Administration with the **Lynnfield Fire Department** and **Lynnfield Public School Nurses**.

- Regional Law Enforcement and Liquor Licensing Board members took a two-day intensive training on **Regulation and Sale of Alcoholic Beverages** with **Law Enforcement Dimensions**.

- Staff implemented **Guiding Good Choices** for parents and supported **PATHS Program** implementation at Summer Street School – two evidence-based curricula.

- **Lynnfield Public School** athletic coaches received training on the QPR model of **Suicide Prevention** with the **NAN Project**.
- A Healthy Lynnfield and the **Lynnfield Police Department** engaged businesses in our 3rd annual **Community Pledge to Prevent Underage Alcohol Sales**.



Nurture youth through opportunities for positive childhood experiences

- We provided over **50** substance-free youth leadership meetings for middle and high school in 2023-24 and multiple volunteer opportunities for youth.



- AHL sponsored a program for 5th grade students with **Project Adventure** to practice team building, communication and problem solving skills, through experiential learning and outdoor challenge courses.

- We sponsored a Middle School Assembly with athlete Thomas E. Smith on **Overcoming Adversity** during Wellness Week.
- Our staff assisted Civics class students in advocating for health improvement such as adopting Alcohol EDU Curriculum at the high school, implementing a Back to School parent education program on substance use, conducting a tobacco education presentation for middle school youth, and educating peers on non-opioid pain medication use among student athletes.



- The Coalition and Charitable Board recognized youth through scholarships from our 501(c)3 and our annual youth leadership awards.



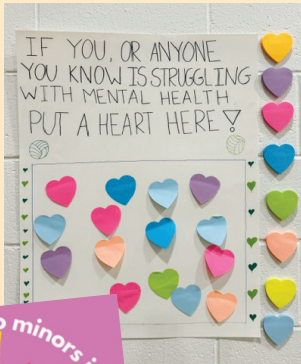
2024 INNOVATIONS

Youth Lead the Way

Middle and High School Youth Projects

In 2023-24 youth leaders:

- Organized and implemented a **Mental Health Awareness Match** with the High School Volleyball team.
- Implemented a **Sticker Shock Campaign** placing youth-designed stickers on packages of alcoholic beverages in local liquor stores. The sticker reminded adults that it is illegal to purchase alcohol for minors.
- Created holiday cards and donated gifts to youth enrolled in the NorthShore Recovery High School, an alternative school for youth experiencing substance use disorders.
- Produced 250 **"Holiday Survival Kits"** recognizing the dedication of teachers and trusted adults.
- Created the **"Friendship Project"** teaching over 180 third grade students about building positive peer relationships, standing up for friends, responding to bullying situations, and spreading kindness. The third grade students created bookmarks depicting Characteristics of Friendship which were distributed at our local libraries.
- Helped incoming middle school students during **"Locker Night"** – an evening in which older students help 5th graders successfully transition into middle school.



Creating holiday cards

Youth Feedback:

"Because of AHL, I've been pushed outside of my comfort zone to present on issues I am passionate about."



"I am thankful for all the experiences A Healthy Lynnfield has provided me."

"I have learned so much about substance use prevention and mental health. More importantly, I've learned how to share what I know and raise awareness about these topics."

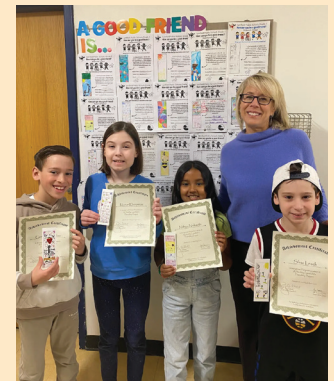
"A Healthy Lynnfield means being able to personally connect with every part of the community while working toward a healthier community for all."



Holiday Survival Kit



Mental Health Awareness Match



Friendship Project

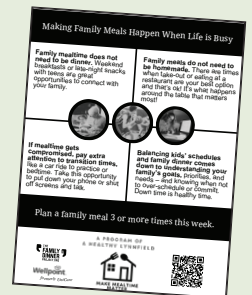
2024 INNOVATIONS

Make Mealtime Matter

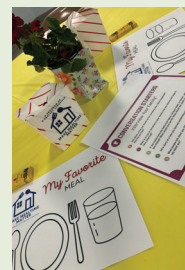


In the Spring, A Healthy Lynnfield partnered with **The Family Dinner Project** of the Psychiatry Academy at Massachusetts General Hospital and Wellpoint to launch a community-wide social marketing campaign focusing on the importance of having three or more meals a week with your family as a protective factor against teen substance use.

Our Middle School Youth Leaders created “conversation kits” that were translated into four languages. We sent informative postcards to all public school families, shared recipes and conversation tips in a community calendar, advertised in local newspapers, and worked with MarketStreet Lynnfield who provided billboards pro-bono encouraging family mealtime. We also co-hosted three community dinners focused on the importance of family mealtime!



Community Mealtime Events:



• Summer Street PTO Pasta Palooza

• Lynnfield Cub Scouts and Centre Congregational Church Ice Cream Social

• Lynnfield Public School ESL Program Multilingual Family Night

Community Feedback:

“I found the conversation-starter postcard effective.”

“Sitting down for meals with your family helps create bonds that help minimize risk for substance use.”

“Mealtimes boost family connection.”

“I think it was a wonderful initiative to remind me of the importance of family meals.”

“Some wonderful concepts! Appreciate this program! Keep up the GOOD work!”

“Engaging in discussion with your children early and often will keep the lines of communication open as they grow, encouraging them to talk to you as they navigate through their days.”

Key Successes:

68%
of post-campaign survey respondents said the campaign made them more aware of the importance of family meal time.

57%
Over half said they would change family behaviors around their mealtime routine.

The majority of respondents stated they shared what they learned through the campaign with others.

COMMITTEE MEMBERS

Business: Wakefield Area Chamber of Commerce

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

Education: Lynnfield Public Schools and Lynnfield School Committee

Media: Lynnfield Media Studios

Healthcare Professionals: Beth Israel-Lahey Health, Natasha Shah, M.D.

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, Massachusetts Center for Adolescent Wellness

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

Youth-Serving Organizations: Torigian Family YMCA

FY 24 LHS Youth Council Paid Fellows: Keely Briggs, Addison Connelly, Ereeny Georges, Janhavi Joglekar, Lauren Lane, Katie McGuinness, Shealyn Moore, Ella Price, 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 FY24 FINANCIAL SUPPORTERS



ORGANIZATIONS

AA Dority
Beth Israel Lahey Health
Beyond Dance
Boston Audio Visual Rental
Brush on Broadway
bTone Fitness-Middleton
Burton's Grill
Cataldo Ambulance Service
Cervizzi Martial Arts
Cora Operations
Danielle Ventre, Realtor
Dermatology and Skin Health
Ellen Rubico Crawford
First Financial Trust
Fitness Together - Lynnfield
FL Putnam
Friends of Lynnfield Council on Aging
Hixon + Bevilacqua Home Group
HP Hood
James Hook & Company
JM Electric
Kelly Automotive
Law Office of Alessandra Petruccelli

Law Office of Gregory R. Richard
Louise Touchette Team
Lynnfield Athletic Association
Lynnfield Dental Care
Lynnfield Rotary
MarketStreet Lynnfield
Massachusetts Center for Adolescent Wellness
Northfield Orthodontics
Pure Barre Lynnfield
R & S Landscaping
Riverside Community Care
Sobella Skin and Beauty
Stoneham Bank
Sylvan Learning
The Savings Bank
The Torigian Family YMCA
The Vault
Think of Michael Foundation
Tres Belle Beauty
Wakefield Cooperative Bank
Wakefield Area Chamber of Commerce
Wellpoint
Yella on the Water

INDIVIDUAL

Richard & Donna Anderson
Babs Beaulieu
Geri Bittner
Cindy Borgonzi Areglado
Christopher DeCarlo
Alfred Gandolfo
Peter and Patricia Gravallese

Leslie Kerzner
Pamela Laquidara
Gerald Lopez
Arlene M. Lynch Trust
Jean Martinho
Joel McCarthy
Traci Mitchell
Priscilla Munroe

Sandra Nuenaber
Francis O'Keefe
Karen Panos
Kathryn Price
Peter Volpe
Margaret Waugh
Joseph and Elizabeth Wilkins

GRANTS

Federal SAMHSA/CSAP Partnerships for Success Grant SP-19-004

Federal CDC Drug Free Communities Grant SP-19-005

SubRecipient MA DPH BSAS MassCall3B Grant, City of Peabody

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 501c3 financial statement.

Charitable contributions supported:

Lynnfield Athletic Association, Lynnfield High School Junior Prom Substance Free Evening, Lynnfield High School Wellness Room, Lynnfield Rotary Build-a-Bed, Lynnfield High School Youth Scholarships, NorthShore Recovery High School, Think of Michael Foundation.

ANNUAL CHARITABLE FISCAL REPORT

Beginning Balance July 1, 2023
\$21,142.00

Total Revenue
\$55,019.00

Total Expenses
(\$20,835.00)

Ending Balance June 30, 2024
\$55,326.00

CHARITABLE BOARD OF DIRECTORS

Chris Caprio
Phil Crawford
Erin Denehy
Robert Dolan
Jamie Hayman

Lauren Hurton
Sarah Kelley
David Morales
Alessandra Petruccelli



SUPPORT US!

