



## A Healthy Lynnfield Minutes Monday, Dec 10, 2018

### 1. Introductions & Community Roundtable

The meeting was opened with welcoming remarks and introductions.

- Riverside Community Services: Ryan provided an overview of outpatient and in-home therapy programs, & court services available to the community. Brochure is available. Questions were asked about wait times and services specifically for young adults and family support. Also if they provide staff to schools-they do, but not for crisis management.
- Treasurer: Julie reported that paypal account is created, but needs website work to connect it live.
- Kate Kielty reported updates to webpage, including resource section. Kate will work with Peg on a monthly themed calendar for online communications.
- YMCA: Derek invited the community to a Family Open House in February (more info. to come) and announced the opening of 2 new pickleball courts.
- Lynnfield Moms Group: March 8 is a fundraiser/Casino night, raising funds for an ADA compliant playground equipment.
- Town Administrator explained the emergency situation at LHS this am as a potential gas leak under investigation and that decisions were being made to release students and staff.
- Schools: Reported that the Improbable Players assembly at the LMS was successful. Students learned about the family impact and cycle of addiction through interactive theater. Parents were notified and resources provided. This was funded by Lahey Health.

### 2. Committee Updates & Other Business

#### a. Fundraising Committee

Phil reported that the committee discussed funding needs and funding restrictions. Needs will include printing and distribution of the resource directory. Options are being discussed. The committee developed a list of criteria to use if a community group requests funds from AHL. A form and process for requesting funds will be made as a recommendation to the Board at the next meeting.

Improvement of mailing databases, use of town/school databases, and an annual appeal letter were discussed. The concept of making a specific ask, e.g. potentially the *Interface Referral Service*, was discussed. Handouts on this treatment navigation service were available at the meeting. Lindsay Weiss is a alumnae from Williams James College and knows and

recommends the service. The Executive Committee will further discussion with the Executive Committee will determine best fit for Town.

Ideas are still pending for a spring fundraising event.

#### B. Other Business

Carmella Dalton talked about the fundraiser, Trivia night, in January, in honor of her son Michael Dalton. Funds raised will support scholarships for individuals seeking Sober Housing after initial treatment. A motion was made to donate \$500 toward this event as a charitable contribution. The motion was carried and unanimously approved. AHL will forward information on the fundraiser to the coalition list and post on facebook.

### 3. Presentation: “Community Prevention”

Peg did a mini presentation reviewing some key concepts and frameworks related to substance abuse prevention as a contextual framework for planning and choosing priorities in the community, as a guide for community work, and as a background for what is most effective at creating long term change in the health of a community. Slides will be made available.

### 4. Group Breakout & Discussion

The group broke out into 4 sub groups to answer the question: ***What specific conditions put Lynnfield youth/residents at risk for substance misuse?*** A fishbone diagram using the Why, Why Here approach was detailed for each of 4 major drug use categories, underage alcohol use, underage tobacco /vape use, underage marijuana use, and youth and young adult opiate use/overdose to help understand root cause and contributing local conditions.

### 5. Actions:

**One on One Interviews:** Each member is asked to complete and document responses on the handout provided for the One on One interviews with a friend, colleague, neighbor, etc. This is a way to broaden community engagement in the assessment process.

**Readiness Survey:** A Link will be sent to the AHL participant list and Board to complete to assess steps toward organizational development and community readiness to convene and work on this issue. This also serves as a baseline against which we can gage organizational growth and progress.

### 5. Next Meeting : January 14, 8:30 to 10 am

Come prepared to discuss your ***top 5 Goals for AHL for FY 2020.***

Outcomes: ***What changes do we wish to see as a result of our work?***