



A HEALTHY LYNNFIELD Meeting Minutes

Board/Committee Name: Lynnfield Substance Use Prevention Committee/A Healthy Lynnfield
Day/Date: Monday, March 9, 2026
Time of Meeting: 9 am
Location: In Person: 600 Market Street, Lynnfield

Attendees: Diana Deleo- AHL, Rev. Robert Bacon- Clergy, Colleen Bertolino- Recovery Practices, Philip Crawford- Chair, Glenn Davis- LFD, Heather Day- Riverside, Christopher DeCarlo- LPD and LCOT, Kate Deprizio- School Committee, Kristen Elworthy- School Committee, Thomas Geary- LPS, Cara Green- YMCA, Coral Hope- Health Dept., Kelley Lesko- Lynnfield Senior Center, Tori-Ann Rebelo- LPS, David Thomson- AHL PR & Communications, Nick Secatore- LPD, Darlene Kumar- Lynnfield Cultural Council/Lynnfield For Love, Natasha Shah- Physician and Parent Rep., Jessica Tortola- AHL and LPS, Ruth Buxton- Centre Church, Juliana DiCorato- AHL, Mike Lawrence- Lynnfield JDP, Matthew Parlante- Recovery Advocate

I: **Introductions**, if needed

- Juliana DiCorato- new Outreach Coordinator for A Healthy Lynnfield
- Kelley Lesko- new Lynnfield Senior Center Director

II: **2026 Healthy Living Expo** -

- Saturday, May 2nd, 12pm-3pm on Town Common. The rain location is LMS.
- Working on vendor and sponsor registration
 - [Vendor Registration](#)
 - [Sponsor Registration](#)
 - [Volunteer Sign-Up](#)
- Entertainment from Cervizzi's, [Miss Julieann](#), possible Pomtastics performance.

III: **Action Teams**

Community:

- **Parent/Caregiver Survey**- Almost double parent reply from last year. Scott will update at the next meeting in May.
- **Rotary**- Build a Bed- Saturday, May 9th 2026, 9am at Marketstreet (LHS Cafeteria back-up). 30 beds built on site, 28/30 beds allocated.
- **Middlesex-Essex Public Health Collaborative**- Pregnancy Workshop event Saturday, May 16th 2026 with vendors, pediatricians, yoga, etc.



Health & Public Safety:

- **Lynnfield's Community Safety and Preparedness Series-** AHL, LPS, Rec, LPD, LFD, Rotary and Health Department. Registration links [here](#).
 - How To Save a Life: Home Alone Safety Workshop March 30th
 - Upcoming Parent University: A Parent's Guide to Social Media 3/11, Family Musical Bingo 3/20
- **Community Pledge to Prevent Underage Alcohol Sales-** to go out in early April, obtained ID Checking Guides for local businesses.

School:

- **Lynnfield Youth Wellness Survey Results-** more information below.
- **CADCA**
 - Attended Annual National Leadership Forum in DC with two students from the AHL LHS Youth Council. Students are writing a blog on their experience at the public safety and public health seminars.
- LHS Civics Project fair 3/26
- **Mega Brain**
 - will be featured at LMS Wellness Week
 - rented by St. John's prep for Wellness Fair 4/17
 - Discussed getting measurements for a new tarp
- Mock Car Crash 3/20
- ThinkFast Interactive at LMS 3/18- interactive game show-style presentation using YRBS data

IV: Lynnfield Youth Wellness Survey Results Preview -

- Switched from JSI Platform to using Qualtrics this year- used a college research student to enter the questions and had immediate access to data once the survey was completed.
- Both LMS and LHS surveys were completed on the same day (2/25/26), grades 6-12. AHL Youth Council Posted social media videos before the survey which were well-received.
- Utilized a longer opt-out window this year (original email sent 1/23/26). Parents had a full month to opt out via a link and/or come into the school to view the survey. Low amount of opt-outs for both LMS and LHS.
- **LMS**
 - Trusted adult numbers improved.
 - Possible education on alcohol consumption for students discussed based on data.
 - Noted data on students considering suicide- discussed Suicide Prevention training for parents.
 - Notable data on weight question- discussion of body image.
 - Increase in bullying/cyberbullying.
- **LHS**



- Numbers for *most* substances saw improvement, despite an increase in tobacco/cigarette use.
- Notable data on the use of alcohol linked to sexual activity.
- Notable data on the consumption of energy drinks and caffeine.
- Official Results Summary and Analysis will be available soon and presented to the school committee, as well as a community presentation by the youth council.