



## **A Healthy Lynnfield Coalition Meeting Minutes: May 13, 2024**

**Present:** Phil Crawford, Glen Davis, Nick Secatore, Rob Dolan, Ron Block, Diane Courtney, Heather Day, Erin Denehy, Kate Deprizio, Diana DeLeo, Scott Formica, Coral Hope, Lind Naccara, Toni Rebelo, Dave Thomson, Rev. Tom Bentely, Linda Ladd, Cara Green, Marita Klements, Tiffany Leyne, Peg Sallade, Natasha Shaw, Jenny Sheehan, Richelle Melad, Sterling Key

**I: Chair Phil Crawford opened the meeting and welcomed everyone.**

**II: Program Evaluation Updates, Scott Formica, Ph.D., SSRE**

**A: Parent/Caregiver Survey Presentation and Discussion:** Scott Formica, Ph.D., Social Science Research and Evaluation, Inc (SSRE) reviewed the purpose of his [presentation](#): to share the findings from the 2024 [Lynnfield Parent/Caregiver Survey Report](#) that AHL conducted. The presentation was an assessment of the perceived norms, attitudes and behaviors of parents and caregivers of youth grades 5-12 attending Lynnfield Public Schools relative to substance use risk and protective factors. Some key highlights include:

- The survey was conducted over a 6-week period.
- The previous survey was conducted at the end of Covid in 2021.
- Out of 1280 students enrolled in grades 5-12 in LPS, parent respondents reported having 276 students which represents approximately 22% of households with a nice distribution across grade levels.
- Parents/Caregivers were surveyed about various areas of concern and how these areas affected the health and wellness of their youth. The top areas of concern were technology use and emotional and mental health (worrying and stress). At the middle school level, parents had higher levels of concern for youth social culture and physical safety and at the high school level, parents had a higher level of concern for substance use.
- With respect to community protective factors, many parents agreed that youth have a trusted adult in the community and at school.
- Home protective factor scoring was very high with middle school students spending more time with family than high school (not surprising). Most Parents/Caregivers agree that family meal time is an important time for conversations.

- When surveyed about having discussions with youth about substance use, 91% had communicated rules and expectations around alcohol use to their child. 81% had talked to their child about vaping. 79% had talked to their child about marijuana and other drugs and 78% had talked to their child about alcohol. 64% had talked to other parents about their philosophies on alcohol and drugs. Parents felt less equipped to have conversations with their child about mental health (area of improvement). Parents and caregivers are most likely to communicate with their child during a car ride followed by mealtimes and after dinner.

#### **Discussion:**

Rob Dolan remarked that technology and mental health have surpassed concerns for substance use in recent years and have become the most concerning areas of concern for youth. Scott Formica agreed and also shared that substance use and sexual activity are at a low nationally, however, they remain concerns and are co-occurring with mental health. Rev. Tom questioned why sexual activity was not included in the survey. Scott replied that respondents had a chance to write in areas of concern and this was not identified as such. Some difference were noted between what youth report on the YRBS and what parents perceive, e.g. in areas of sleep, trusted adults, etc. Toni Rebelo suggested an action step of identifying a student advisor for each student at the middle and high school level. This person would act as a trusted adult to the student and get to know the students. Rev. Tom also commented on the importance of the Make Mealtime Matter Campaign and the impact of family mealtime as a protective factor, suggesting that the campaign continue again next year with aggressive recruitment and buy-in from parents.

**B: Coalition Assessment Survey:** Scott Formica also announced that we are launching the coalition assessment survey and it will be open for 3 weeks. This survey is for coalition members and assesses coalition structure, growth and capacity and is important for everyone to fill out.

### **III: AHL Business**

- 1) **Youth Program Updates:** Both MS and HS AHL Youth groups are working on their displays for the Healthy Living Expo for May 18<sup>th</sup>.
- 2) **Parent Advisory Committee Updates:** Diane met with the committee on April 24<sup>th</sup>. The group discussed a panel presentation in the fall to review the “State of Health” of Lynnfield Youth with guest experts. Teen Gambling Presentation was held virtually on April 27 in collaboration with Wakefield coalition.
- 3) **Communications:** Graduation Safety Letter is going out before May 30<sup>th</sup>. MCAW did our May blog for Mental Health Awareness Month. Dave has placed Health Expo ads and articles in the papers.
- 4) **Health Expo Committee Updates:** We need volunteers for Saturday! [Sign Up Genius Link Here](#). Tell your friends and neighbors about the event. Plenty of new activities, vendors, screenings, and fun!

### **IV: Community Updates:**

**Rotary:** Ron Block thanked the community for their support of the Rotary Build A Bed Event. They donated and assembled over 30 beds this year. Rotary Interact is the youth component of Rotary and they helped with the event.

**Library:** Marita shared that the library is hosting a virtual event on June 11th with author Mark Daley on his book “A Memoir of Fatherhood, Foster Care, and the Risks We Take For Family”

**School Committee:** Kate DePrizio shared that the Lynnfield Pride Committee is hosting an event following the Healthy Living Expo at the Lynnfield Town Common from 5-8pm.

**V: New Business**

Interface Report: This item was post-poned to our June Meeting.

The meeting adjourned.

**Next Meeting: Monday June 10, 2024 , 600 Market Street**