



Minutes: A Healthy Lynnfield Meeting

Monday, January 10, 2021

Virtual Meeting, 9 to 10:30 am

Participants: Julie Greene, Peg Sallade, Phil Crawford, Chief Nick Secatore, Chief Glenn Davis, Lisa Costa, Scott Formica, Stacy Dahlstedt, Dr. Natasha Shah, Dave Thompson, Reverend Glenn Mortimer, Linda Nacarra, Ashley Hall, Rob Dolan, Ron Block, Michelle Synder, Rob Lowell, Anne-Marie Tobin, Heather Day, Olivia Briggs, Olga Sanchez, Mike Beirwirth

I: Introductions & Welcome Guests/New Members

- Acknowledgment about a recent underage drinking party on Moulton Road that required law enforcement presence and a selectman meeting to board up the house. Incidents like this are connected to our cause and important to be aware of. Phil thanked the police and Selectboard for their response to this incident.

II: Youth Council Updates

- The youth council has several projects underway. We will hear from one group in February's meeting about their trusted adult project "Pioneers for Pioneers." The project is to showcase trusted adults. Youth will be doing interviews with adults and coalition members. We hope you will participate.

III: Coalition Business

- A. Approval of December Minutes
- B. A Healthy Lynnfield Goals and Objective Review
 - a. SSRE helped shape [A Healthy Lynnfield Overarching Goals document](#) that encompasses the areas of focus and the why
 - b. The goals are categorized under and address the following: Prevention Infrastructure, Prevention Capacity, Prevention Approach, Prevention Priorities a) Substance Misuse and Related Issues, b) Reducing Health Disparities, and Prevention Sustainability
 - i. The goals follow the nationally recognized framework for best practices for substance use prevention coalitions
- C. Subcommittee Updates / Programs In-Progress
 - a. Break out room brainstorm:
 - i. Health Expo Notes- [Notes Here](#)

- ii. Ad Book Notes- [Notes Here](#)
- b. DEI Subcommittee- We will be hosting Cyndi Bradely-Weeks from the Equity Process to do a community training: *“Compassionate Conversations on Equity”* on February 16th at 6:30 pm in partnership with our DEI subcommittee partner agencies.
- c. New Member Packet- A subcommittee worked on updating a one-pager for the Coalition that highlighted AHL’s work, goals, and how the spectrum of prevention works. The new member packet will be a resource for onboarding new interested members.
 - i. [One pager included here](#)
 - ii. A new member packet will also include contact information, press highlights, a generic new member agreement form, a membership list and member email contact information. **If you would like to opt out of having your email shared please email Julie at greenej@lynnfield.k12.ma.us**
- d. Medication disposal initiative:
 - i. The medicational disposal drop box is now in the police lobby. The Police are working to get the appropriate permission from the state before they launch and begin advertising the medication drop box
 - ii. Group agreed this is pivotal for the town as there has not been a drop box since the pharmacy closed.
 - iii. Riverside Community Care has seen an increase in overdoses in patients and they are working on harm reduction strategies and education around medication disposal.
 - iv. Clergy also sees a need for education for their senior members how, what, where medication can be disposed of-many questions about what to do with bubble packaging. Any form of medication can be disposed of, EXCEPT liquids.
- e. Upcoming Programs/Action Items
 - i. Civics Action Program Update and Showcase
 - 1. Brian Holihan gave an update on the sophomore civics project- 16 projects will be showcased January 18th from 12:20-2:30 at LHS.
 - ii. Town Worksite Training Series- January kicks off a 4 part Town worksite training series starting with *New Traditions for Good Nutrition* and in February - *Words at Work and Why They Matter*, exploring “oopisms”and how words can cause unintentional insult or harm. This is part of our “Healthy Community” work and linked with our mission.
 - iii. *Healthy Conversations, Healthy Kids Series*: This community workshop series continues this month with *Just Talk About It* with clinical psychologist Jon Mattleman & a young adult

speaker on January 12th at 6:30 p.m. speaking on supporting the Mental Health of Youth k-12, *Internet Safety* with Katie Greer on January 19th at 6:30 pm via zoom, and *Don't Feed the Worry Bug: Helping Kids Manage Their Anxieties* with Heather Day from Riverside Community Care on Feb 2, at 6:30 p.m. (Hybrid format)

1. Please send to your networks and encourage they register
 2. Group discussed what format is best for February's presentation as January's are virtual- Group agreed Hybrid would be the best option for the community
- iv. Student Assemblies: AHL is supporting speaker Katie Greer for 4 assemblies, one per grade at Lynnfield Middle School on Jan. 19.

For next meeting:

- Press/Public Relations
- Fiscal/Grant Updates
- Staffing
- Collaborative Program Discussions
 - Be Well with SEL/Community Schools Enrichment
- Proposed Annual Meeting Date/Establish Planning Committee

V: Other /Community Input (15)

- Tests for COVID-19
 - At this time Lynnfield does not have tests available for residents, but several area pharmacies routinely get shipments.
 - Ashley Hall with Northeast Tobacco Free Community Partnership has launched a new campaign details below:
 - [Take the First Step](#): Looking to stop using tobacco or nicotine products? Look no further! The MA Smokers Helpline is here to help you take the first step toward a nicotine free life today for FREE. We have so much to offer including support, medicine, and more! Watch the video below to learn more!

Next Meeting: Virtually Monday, February 7, 2022, 9-10:00 am Community Updates 10:00-10:30 am

March 7, 2022

April 11, 2022