

A Healthy Lynnfield

MARCH 2021 COMMUNITY PARTNERSHIP MEETING



Agenda

- I: Introductions & Welcome to Guests/New Members**
- II: Coalition Business**
 - Approve Minutes
 - Youth Council Update (Julie & Youth Council Members) **(10)**
Presentation from youth attending CADCA-Evyenia Georges and Teanne Alfama
LMS Middle School Spring Project
 - Sub Committee Updates/Programs In-Progress **(5)**
 - DEI Workgroup-third speaker March 11, at 6:30
 - Pledge Updates-(Leanne & Alex Doto) **(5)**
 - Upcoming Programs/Action Items
 - Above the Influence Coalition Video (Leanne) **(5)**
 - Press/Public Relations
 - Above the Influence Initiative Overview & Discussion (Dave, Peg, All) **(10)**
 - Fiscal/Grant Updates (Kevin, Peg)
Partnering with LPS on Equity Audit-agreement on directed use of funds **(5)**
- III: Special Topics (15)**
 - Post Overdose Response: Best Practice Research
Scott Formica, Ph.D., Social Science Research and Evaluation

IV: Other /Community Input (5)

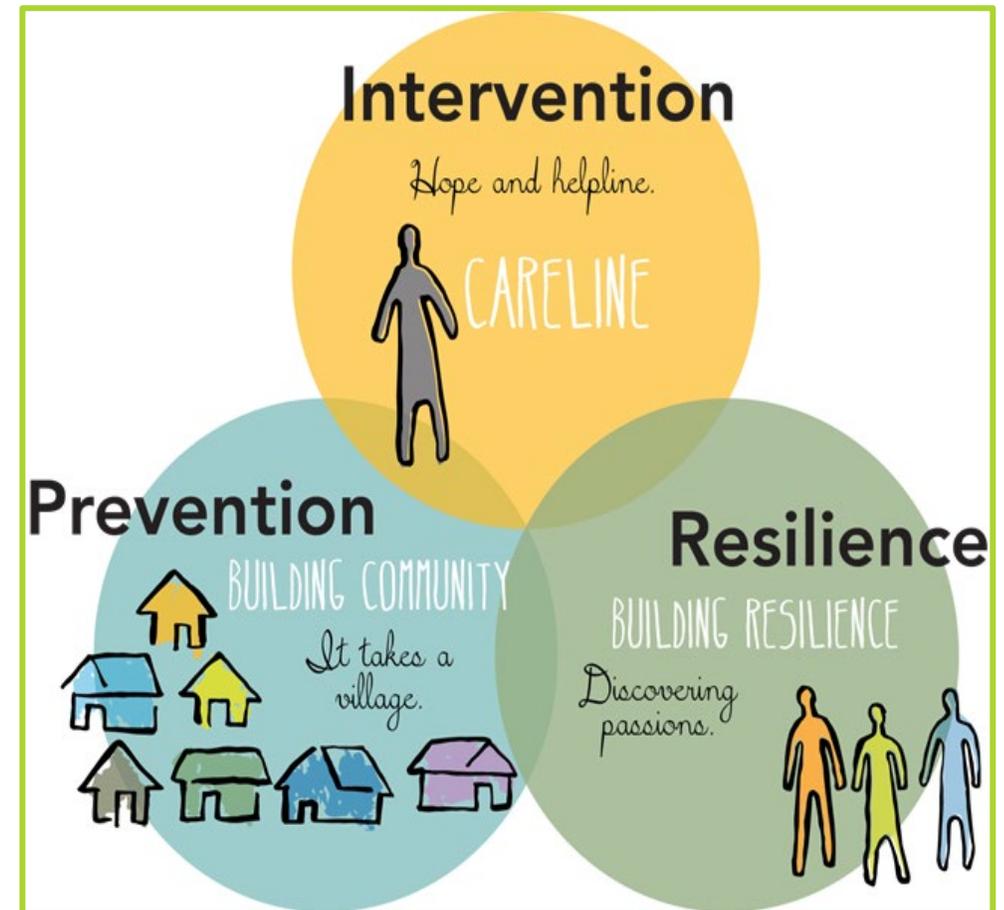


Our Time at CADCA National Leadership Forum Youth Training

Teanne Alfama Polanco & Evyenia Georges

FAQs About CADCA

- ▶ CADCA Stands for - Community Anti-Drug Coalitions of America
- ▶ 3,000 attended the National Leadership Forum
- ▶ CADCA's mission is to build the capacity of community coalitions to create safe, healthy and drug-free communities, and one of the ways CADCA accomplishes its mission is through the development of youth leaders.
- ▶ CADCA has built nearly 300 coalitions in over 30 countries worldwide and provides training in 7 languages.



Workshops Attended :



Teanne's Workshops:

- From a Leader to an Advocate
- Substance Misuse During COVID-19
- Strong! Building Community Strength by Taking Care of Yourself
- **Marketing Misery- The Opioid Epidemic**
- **Public Speaking on Campus and Beyond**
- **Mental Health & Substance Misuse Prevention: Passing Policies**

Evyenia's Workshops:

- Engaging Youth in Advocacy: Building a Statewide Task Force
- JUULING Epidemic: Prevention for Middle Schoolers and Freshman
- I'm Good Bruh!
- **Marketing Misery- The Opioid Epidemic**
- **Public Speaking on Campus and Beyond**
- **Mental Health & Substance Misuse Prevention: Passing Policies**

Workshops Drew von Jako and Jemina Robins

Attended:

- Marijuana: Facts vs Feelings
- Working for Progress: Youth and Adults Advancing Collaboration
- Tackling Tobacco: How do we Address Tobacco Product Pollution
- Covid-19 A Crash Course in Resilience
- STRONG! Building Community Strength by Taking Care of Yourself
- Empowering Youth with Brain Science: Four Neuroscientific Lessons to Increase Resiliency
- Vaping..in a Pandemic?
- BtheOne-Suicide Prevention Efforts



Workshop Highlights:

Evyenja Key Takeaways:

1. The key roles in a task force
2. Ways to engage the parents of the community
3. Sticker Shock Campaign
4. Doing a study on the local liquor stores
5. P.R.O. T.I.P.S. for Public Speaking

Evyenja Highlights:

1. Action Planning of Marketing Misery
2. The creation of a local task force
3. Learning how to respond to someone offering you substances

Teanne Key Takeaways:

1. How important mental health is
2. Creative ways to inform others about substances
3. The diagram of public speaking
4. How to have an open view on others

Teanne Highlights:

1. Main Session of Marketing Misery
2. Ways to take care of yourself mentally and physically
3. What we can do about substance use as a Community

AHL LMS Youth Project: Mindful March



Mindful March



LMS "A Healthy Lynnfield" Student Leaders have created a daily mindful challenge to help promote positive social emotional well-being!

March 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>Me Time Mondays Relax! Watch some TV!</p> 	<p>2</p> <p>Practice something you enjoy... like this!</p> 	<p>3</p> <p>Play a Board Game</p> 	<p>4</p> <p>Try yoga</p> 	<p>5</p> <p>Discover a new song or podcast</p>  	<p>6</p> <p>Repeat something from this week!</p>
<p>7</p> <p>Try a new activity!</p>	<p>8</p> <p>Me Time Mondays Relax! Do some light reading!</p> 	<p>9</p> <p>Practice breathing exercises</p> 	<p>10</p> <p>Take a nap! You deserve one!</p> 	<p>11</p> <p>Go outside! Walk around breathing in the air!</p> 	<p>12</p> <p>Have a movie night by yourself or with family!</p> 	<p>13</p> <p>Repeat something from this week!</p>
<p>14</p> <p>Try a new activity!</p>	<p>15</p> <p>Me Time Mondays Relax! Organize something (your room, schedule, homework, etc.)!</p> 	<p>16</p> <p>Take pictures of nature</p> 	<p>17</p> <p>Listen to some music</p> 	<p>18</p> <p>Bake or cook with family! Cookie recipe</p> 	<p>19</p> <p>Puzzle</p> 	<p>20</p> <p>Repeat something from this week!</p>



Mindful March



<p>21</p> <p>Try a new activity!</p>	<p>22</p> <p>Me Time Mondays Relax! Practice/play your favorite sport!</p> 	<p>23</p> <p>Spend some time away from technology</p>  <p>Challenge yourself to see how long you can go without electronic devices!</p>	<p>24</p> <p>Be creative Draw, paint, color, design.. Anything! Like this or like this!</p> 	<p>25</p> <p>Create or color in a mandala!</p> 	<p>26</p> <p>Try journaling... how was your week???</p> 	<p>27</p> <p>Repeat something from this week!</p>
<p>28</p> <p>Try a new activity!</p>	<p>29</p> <p>Me Time Mondays Relax! Watch a comedian (Youtube, Netflix, or any other streaming service)!</p> 	<p>30</p> <p>Spend time with your pet(s) Or watch this GIF</p> 	<p>31</p> <p>Do some writing... Make a short story or poem!</p> 	<p>Useful parent resources:</p> <p>The Biology of Toxic Stress</p> <p>Understanding Trauma</p> <p>Brain on Music</p> <p>Drumming for Wellness</p> <p>Happiness Starts with a Smile</p>		

Pledge to Prevention Underage Alcohol Sales



The Lynnfield Police Department, in conjunction with A Healthy Lynnfield is happy to sponsor a Community Pledge to Prevent Underage Alcohol Sales.

The pledge is part of our 2021 *Above the Influence* campaign in an effort to protect the youth of Lynnfield by discouraging underage drinking and reducing access to alcohol for minors.

The Pledge is designed to promote responsible businesses in Lynnfield and to establish a unified, community message that underage alcohol use is not acceptable.



Thank you to the following businesses that took our "Pledge." 

California Pizza Kitchen

Davio's Northern Italian Steakhouse

Donovan's Liquor

Kernwood Liquors

Kings Dining & Entertainment

Legal C Bar

Lynnfield Gulf

Old Towne Market

Temazcal Tequila Cantina

Wahlburgers

The Wine Cellar

Whole Foods Market

Yard House

ATI Video

Coalition Member ATI Video

The Above the Influence Plan

What positive influence in your life keeps you above the use of alcohol or other drugs?

Primary Audience: School-Aged Youth

Secondary Audience: General Community

Goal: To reinforce identification and labeling of protective factors, that are meaningful to youth and that, when widely promoted, move the community toward the norm of substance-free environments for all youth.

1. Most LHS students choose not to use electronic vaping products (85%)
2. Most LHS student choose not to use marijuana products. (85%)
3. Most LHS students (over $\frac{3}{4}$) choose not to use alcohol. (81%)
4. 1 out of 2 youth report having a trusted adult in school they feel they can talk to about issues that concern them.



April Above the Influence Initiatives & National Alcohol Awareness Month

- Lead Up: 13 Local Businesses Recognized for taking a **“Pledge to Prevent Underage Alcohol Sales”** to prevent access and discourage underage drinking.
- March 29: LPS Walking Program for Educators-Healthy Way to Stay Above the Influence
- April 1: Launch of Youth Council Video- **“21 Ways to Stay Above the Influence”**
- April 8: Speaker Lynn Pantuosco, Westfield State-**Recipe for Athletic Success**
- Weekly-**Champion for Youth Awards**-Youth Council members elect 4 adults that exemplify positive role models for youth.
- LMS 8th Grade Health Class-Students Create **Above the Influence Posters**
- YMCA and Girl Scout Activities (To Be Scheduled) Faith Based ?
- April 29: Film Viewing **“Don’t Wait”** by AddictionRecovery.org -a free opportunity to tune in and watch an education video from parent to parents about talking early to your kids about substance use.
- Selectman vote on Proclamation making **April 29 “Above the Influence Week”** + Banner
- April 29: Virtual Panel Discussion with producers of “Don’t Wait”, 7 pm
- Social Media Posts sharing youth to youth messages about being “Above the Influence.”

A Healthy Lynnfield Presents:
Professor Dr. Lynn Pantuosco-Hensch of Westfield State
Department of Movement Science

ATHLETIC DEVELOPMENT IN LYNNFIELD: PATHWAYS TO LONG-TERM ATHLETIC SUCCESS

Sports stakeholders in the Lynnfield community are invited to learn more about athletic development pathways and best practices to keep athletes healthy for long-term athletic success. Attendees will learn how to establish more comprehensive, athlete-centered programs, which align with national standards. Parents will learn strategies to support their children's athletic development, while cultivating healthy relationships with coaches and administrators. Discussion will address key ingredients for athletic success with a focus on maximizing community sport opportunities. Evidence-based strategies will be provided which can be readily used by athletes, parents, coaches and administrators.

Wednesday
April 7th, 2021
7:00-8:30 PM

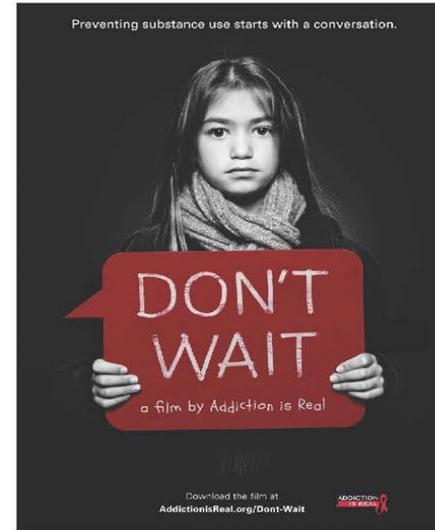
Open to all Lynnfield Coaches, Parents of
Student Athletes & Community Members

Register now at:

ahealthylynnfield.org/news-%26-events



Two free-6 month Teen
Memberships at the **Torigian**
YMCA will be raffled off for
any participating family and
or coach to give back to a
youth in their lives! Available
to youth age 13 and up.



A free film screening for parents by parents.

Available
April 1 to April 30

Parents can't afford to ignore the pressures their children face to try drugs and alcohol. From school hallways to social media to pop culture, your child lives in a world that encourages substance use. Through interviews with parents, drug prevention experts and one brave mother sharing her son's story, DON'T WAIT provides insights on why it's essential for parents to talk to their kids early and often; how to best approach these conversations; and what to do if you spot the signs of drug and alcohol use in your child.

To watch the film at any time, follow these steps:

1. Go to: <https://vimeo.com/ondemand/dontwaitpromo>
2. Click "RENT \$10" (It's free. We've already paid for you!)
3. You will be asked to log into VIMEO or to create an account by entering your name, email and password.
4. Enter the Promo Code: **LYNNFIELD21**

April 29, 2021
6-8 pm | Panel Discussion with Addiction is Real,
Inc. Founders
Register at: www.ahealthylynnfield.org

Part of A Healthy Lynnfield's 2021 Above the Influence Campaign
www.ahealthylynnfield.com



Look for our April Social Media Posts





Overview: Post Overdose Response Research, Scott Formica, Ph.D., SSRE

[Link to Slides](#)

Actions

Our Ask: Play your part in contributing to our Above the Influence Campaign-talk it up. Get colleagues to participate.

- 1. Start the Dialogue:** Ask a young person: What positive influence in your life keeps you above the use of alcohol or other drugs?
- 2. Share:** Repost our Social Media
- 3. Acknowledge:** If you are in a local store and see our Pledge materials-acknowledge it and thank the business for participating with AHL.

Next Meeting: April 13, 2021

Youth Focus Group Results