



## **AHL MEETING MINUTES**

Monday, February 8, 2021

**Present:** Peg Sallade, Julie Greene, Leanne Bordonaro, Ron Block, Phil Crawford, Chief Glenn Davis, Robert Lowell, Linda Naccara, Rev. Glenn Mortimer, Kevin Cyr, Jen Inglis, Scott Formica, David Thomson, Ryan Rivard, Dr. Natasha Shah, Stacy Dahlstedt, Rob Dolan, Leo Barrett, Rev. Nancy Rottoman, Acting Chief Nick Secatore, Pastor Leighton O'Connor, Olga Sanchez, Lisa Costa, Joyce Speicher, Diane Courtney, Chief Breen, Riley Slaney (AHL Youth Council), Sarah Doherty (AHL Youth Council)

**Meeting Powerpoint:** A Healthy Lynnfield February 2021

### **I: Introductions & Welcome to Guests/New Members**

- Welcome Olga Sanchez - Parent Engagement Specialist, working with ELL Curriculum Director at LMS (Consultant until end of June) - This work is linked with one of the overall grant goals of assessing parent needs and establishing a parenting skills/education program.
  - Previously worked at MGH in Chelsea; worked with the healthy families program & DCF in Chelsea
  - Kevin Cyr welcomed Olga - Kevin said “she has compassion and ability to work with families and make headway with the ELL program.”

### **II. Coalition Business**

- **Approve Jan. Minutes**
  - A motion to approve the minutes was made. Motion approved.
- **Youth Council Updates & LMS Youth Project Updates**
  - Riley Slaney and Sarah Doherty from the A Healthy Lynnfield Youth Council joined the meeting.
    - Both students participated in the compass/advisory program last year with AHL, and now they are paid leaders with the after school Youth Council through A Healthy Lynnfield.
    - Riley and Sarah were both excited and thankful to be a part of the coalition meeting.
    - Please see the updated [Youth Council](#) page on AHL website where you will find youth bios and projects for the youth working with AHL this year.
    - Sarah and Riley reviewed their winter projects: ***The Winter***

**Wellness** flyer and how important mental wellness is especially this year; the **Citizens Inn Donation Drive**—“it really showed how the community helps others”; **the Above the Influence Campaign**; and **Wellness Wednesday Instagrams** about how important it is to self-care and take time for yourself. Interface HelpLine was promoted in materials.

- **New project:** AHL Youth Council is working on an Above the Influence Video to launch later this spring.
- 4 Youth went to a National Prevention Conference - Community Anti Drug Coalitions of America, National Leadership Forum (Virtual) the first week of February.
- LMS Middle School youth are working on a project to promote coping skills called “Mindful March.” Stay tuned for more information.
  
- **February Break/Collaboration with Community Schools**
  - During school vacation week, AHL will partner with community schools to pilot Girls Circle, an evidenced based curriculum, designed to foster strengths and promote resilience through developing connections with their peers, pending registration numbers.
  - Will also be incorporating Above the Influence campaign activities.
  - AHL is collaborating on an academic mentoring workshop to enhance writing skills for ELL students during February break: all writing prompts are about health (health in family, school, community, and individual). Addresses our goal of positive OST activity for youth and establishing a relationship with a trusted adult outside of school.
  
- **Mindwise Screening Platform**
  - AHL has subscribed to the MindWise Innovations Screening platform to pilot for a year - MindWise is an organization merged with Riverside Community Care. Midwise presented the service last March to the coalition and all agreed it would be useful.
  - Offers educational resources and a screening program - individuals can take the clinically validated screening for an array of different behavioral health concerns such as anxiety, depression, opiate use, alcohol use, etc.
  - This helps to encourage early detection of mental health and substance use disorders and connects individuals to behavioral health resources.
  - We have access to a blog and educational flyers to add to AHL website.
    - Screening is live, but we are working on customizing materials to further enhance AHL website.
    - Check out temporary [Mental Health page](#) on the Healthy Lynnfield website:
    - **Action Item:** We asked for volunteers to help with useability and page design--Chris Caprio, Pastor Leighton, Olga Sacnhez, Ryan Rivard, Rev. Nancy Rottman volunteered - Thank you! Leanne will schedule a meeting.

- **Press Updates**
  - Parenting in a Pandemic and DEI Series Together in 2021 are all scheduled to print the week before each session. See photo of Youth Council Work. Thomson Communications is working to support the ATI video with the ATI Youth Council.
  
- **Upcoming Programs for Parents and Community**
  - Together in 2021: A virtual Series on Diversity, Equity and Inclusion **8 Tools to Mitigate Bias by Hollaback, Inc. on Feb. 11 from 6:30pm-8:00pm**
  - **Parenting in A Pandemic-Self Regulation Strategies K-5 February 25, 6:30 to 8 pm**
  - The Diversity, Equity and Inclusion workgroup reviewed the evaluation from the first seminar with author Deb Irving which was very well received.
  
- **Evaluation/Reporting Projects**
  - Drug Free Communities Grant Reporting - Feb. submission all set.
  - Survey of Businesses Licensed to Sell or Serve Alcohol-- Working with Scott's team (SSRE) to create a survey to give to businesses that sell alcohol to assess best practices for preventing underage sales and to determine any needs for training or share strategies.
    - **Action Item:** Peg will send the draft survey to Rob Dolan and Phil Crawford for feedback; would like feedback on timing of implementation.
  - LHS Youth Focus Groups have rescheduled from December to this week.
  - YRBS Data Sheet -Leanne created a draft infographic in response to a request to share YRBS data in an accessible format.
    - **Action Item:** Jen Inglis, Rob Lowell and Olga Sanchez volunteered to provide feedback on the datasheet.
  
- Thank you to the Fire Department for coordinating all the components of the new Senior Safety Program that includes an external lock box for easy entry in an emergency, options for a home safety check, and a free prescription drug lock box and charcoal disposal bag with education about Rx Safety, on request. This represents a coordinated effort with AHL, Council on Aging, and Rotary. Great Job Everyone!
  
- Narcan Training for Schools Nurses was completed this February. Training for Administrators will also be scheduled soon.

**Meeting Adjourned**

## Optional Community Connections/Conversation Time

- **Rotary Update:** Friendraiser Event - Thursday Feb 25th at 7pm on Zoom - pop in and see what Rotary is doing for the community!
- **Riverside Update:** Virtual groups being offered - parenting during the pandemic & 6-week program on coping skills
  - <https://www.riversideecc.org/adult-services/mental-health/virtual-group-therapy/>
    - Riverside has received a 1 year grant for peer support services for elderly (launching in mid-march).
- **Calvary Christian Church** - Pastor Leighton discussed his work
  - Oversees a program called Celebrate Recovery (12 step based recovery)
  - Board of directors of Good Hope Food Pantry
  - Involved in homeless care and providing meals
  - Mission for Hope - provides hygiene kits, bean town blankets, gloves, hats, food to homeless (outreach in Boston, Springfield and Worcester).
  - **Action Item:** Connect with Leanne for AHL resource bag distribution at Food Pantry.
- **Town Update:**
  - Chief Breen has retired but is staying on with the coalition! Yeah!
    - Welcome Nick Secatore - acting chief
  - Town meeting delayed until 1st week of June
  - Town budgets are being worked on.
- **Lynnfield Library Update** - given by Jennifer Inglis (Library Director)
  - Continuing to do curbside pickup - added puzzles
  - New - Computer Chromebook kits available to loan
  - The library is helping seniors make vaccine appointments
- **Emergency Management and Health Department Update** - given by Glenn Davis (Fire Chief)
  - "Working daily on obtaining vaccine doses from the state. Once/if we are able to get vaccine doses from the MA DPH we are fully prepared to offer clinics."
- **A Healthy Lynnfield Update** - given by Leanne Bordonaro
  - Above the Influence Coalition pictures - we have received 10 photos from coalition members. Please send your photos!

**Next Meeting:** March 8th

*A Healthy Lynnfield's mission is to empower residents to make positive choices every day. Together, we work to prevent substance misuse, to improve the quality of life for*

*those impacted, and to support programs that help all young people thrive.*