



MINUTES
Monday, March 9, 2020
600 Market Street

Present: Sign in sheet is on file in the of AHL and not available at the time of transcription of these minutes.

I: Introductions and Brief Community Round Table

Chief Davis gave a brief update on the status of the Emergency Management Team and where to access current information on the CDC website and Town Emergency Management Webpage and emphasized the need for handwashing and following CDC guidelines.

We welcomed guest Lisa DaSai and David Viera from Mindwise, a program of Riverside.

II: Coalition Business (5)

- a. February Minutes were approved.
- b. Phil reported that he and Peg went to WEEK 1 of the National Coalition Academy training that is required under the DFC funding where we networked with coalitions from across the country. Phil thanked members for their participation in and commitment to AHL. AHL is pretty far along and doing good work. Many coalitions are just starting and figuring out what to do.
- c. Kevin Cyr thanked Healthy Lynnfield for supporting Lynnfield Learns, a full day of professional development for faculty k-12. Healthy Lynnfield sponsored 3 workshops on Vaping, one on Teen Depression, two on Compassion for Caregivers, the Keynote speaker Deb Hult on the role teachers have in supporting resilience in youth with childhood trauma and how developing positive relationships with students is a protective factor that promotes resilience despite negative life experiences. Healthy Lynnfield worked with NE Tobacco Free Coalition, Eliot Human Services-NAN Project, and CORE Trainings. AHL staff also hosted 3 full interactive In Plain Sight sessions that were well attended and well received by a large number of educators.
- d. Stacey gave an update on the Superintendent Search indicating that candidates have been narrowed down and final selection of 4 candidates to present to the community would be the week of 3/16.
- e. 13 LHS Youth attended the MIAA Teen Wellness workshop. Workshops on vaping, sportsmanship, nutrition, the MA Substance Helpline and more were offered. LHS Athletic Director attended and it was a good opportunity for students.
- f. LHS Healthy Lynnfield Compass group is scheduled to go to the Middle School Friday 3/13 to do a presentation on Vaping prevention.
- g. Public Safety team is working on getting a Rx box installed for residents to dispose of Rx drugs since Village Pharmacy closed, and also entering initial discussions about LPS having Narcan in schools under oversight of School Physician.

II: Mindwise Screening Demonstration

David A. Viera, M.Ed., Screening Programs Manager and **Lisa K. Desai, Psy.D**, Director of Mental Health Screening and Research of Mindwise did a presentation on their suite of on-line screening tools. Screening include substance use, opiate use, depression, anxiety, suicide risk, etc.

The group discussed how this tool and the screenings could be used at the Council On Aging Health Fair, as an outreach and education tool for businesses. There were questions about customization, reporting. Questions used for screening are standardized based on research and not customizable, but demographics, for example and information on resources and referrals are customizable. It was pointed out that this works *with Interface* and can help direct people in need to the Interface Helpline for resources. The service is an annual subscription cost-around \$5,000-\$7,500 with customization. It could be launched as a pilot while we have funds this year to address opiate prevention from the state. It is not for school age youth, but for adults and would allow us broader reach in the community.

III. Youth Risk Behavior Survey Presentation

This has been postponed due to lack of time again on the agenda. Chris noted that not everyone is interested in the full data presentation stating they can read the report sent in the minutes. Peg noted how important is that the community group understand the data as it is the data that drives the work and it is the community interpretation of the data that makes the work meaningful. The group explored the need and willingness to meet for 1.5 hours, starting at 8:30. A suggestion after the meeting was to offer the YRBS presentation before or after the regular meeting for those interested in seeing it in more detail.

V: Project Work Groups

- Planning for Annual Meeting-Peg requested 2-3 people to help plan an annual meeting for the group in June.
- Community Coffee Hour-Sharing of YRBS and Parent Focus Results-Peg requested help from 2-3 people in planning a coffee/hour presentation of focus group results and passed a sign-up sheet around.

Monday, April 13, 2020

Stay Tuned for Updates-we may conduct a virtual meeting!

Stay well everyone!