



## Minutes: Healthy Lynnfield Meeting

Monday, May 11, 2020

Virtual Meeting, 9 to 10 am

### Participants:

Peg Sallade, Kelsey Coughlin, Sheri Weeks, Linda Nacarra, Dawn Ripley, Amy Nardone, Dave Thompson, Eric Hamlin, Phil Crawford, Stacy Dahlstedt, Leo Barrett, Carmela Dalton, Ashely Hall, Lisa Costa, Chris Caprio, Jennifer Inglis, Ron Block, Scott Formica, Mary Homan, Ryan Rivard, Kristin MacRae, Robert Lowell, Glen Mortimer, Diane Courtney, Glenn Davis, Rob Dolan

**I: Introductions** -Round table introductions with a positive highlight from everyone's weekend.

### II: Presentation-Coalition Assessment Findings: Opportunities for Improvement Scott Formica, SSRE

Scott Formica presented coalition assessment survey results. **Presentation and full report sent with minutes.**

- Overall 45% response rate, 73% response rate from active members
- 90% of members who responded reported they're satisfied with membership experience
- High ratings for group cohesion, communications, convenient meetings, sustainability, funding, and leadership
- Room for improvement in youth engagement and diversity

Discussion related to assessment results:

- Dawn – asked about current youth involvement. There is a fledgling middle school group that has just started meeting, and a high school advisory group that meets once per month and is winding down for the year. We seek to change our high school model for youth leadership next fall.
- Stacy – asked what else would be helpful for school involvement? It was suggested that a workgroup meet to come up with recommendations. Peg gave the example of having different school administrators rotate into coalition meetings for broader exposure and connection.
- Scott – Clarified that the survey results are meant to be a reflection and a conversation starter. Its up to the community to make recommendations for improvements.
- Jennifer - Kudos to leadership score. Library could help w/ youth involvement.

**Action Item:** Form 2 workgroups to establish recommendations for improvement 1) youth engagement and 2) diversity. Send Peg and email if interested in either work group. Goal is to have a work group meeting before next month and to identify others to be engaged.

### III: Coalition Business (20 min)

- April Minutes Approved:** A motion was made and seconded to approve April minutes. April minutes were approved.
- DFC Coordinator Position:** In the last week of April, a joint interview committee of 4 school administrators, 2 AHL staff, a coalition member, and our coalition chairperson

interview 4 candidates for the DFC Coordinator's position. Phil commented on the number of qualified applicants and the weight of consideration given to the school in choosing a candidate they would be comfortable working with. Chris Caprio commented that it is great that we hired someone with good youth development experience as it helps meet the need identified in our Coalition Assessment survey.

- c. **May Media Campaign:** Dave Thomson of Thomson Communications discussed the **Mental Health Awareness Month** national platform and how AHL will use May to consolidate targeted messaging to the community on positive supports for mental health month. There will be 4 press articles, paid ad, and coordinated social media posts weekly. AHL will host a webinar, "Teens Tweens and Quarantines" in collaboration with the Lynnfield Public Schools and Minding Your Mind featuring clinical expert Jon Mattleman. Webinar is May 20 at 6:30.
- d. **June Media Campaign:** In June, we hope to air "**Talk they Hear You**" from SAMHSA and folks are welcome to chime in in designing how we get this message out.

**Action Item:** Please register on our events page for the webinar at [www.ahealthylynnfield.org](http://www.ahealthylynnfield.org). Please follow our Facebook, twitter and Instagram accounts and share or repost our information.

e. **Youth Program Updates**

Sherri Weeks, LMS AHL Youth Group

- LMS AHL youth leadership group started in January
- Wellness Week in March - organized an assembly with a Paralympic athlete and youth had say in designing "spirit days" for the week
- **New Project-Spreading Sunshine** initiative, which is creating virtual cards for seniors in the community. Hoping to have LMS AHL group begin initiative and have it spread to others, already received some cards back.

Kelsey, AHL LHS Youth Action Team

- LHS AHL Compass Group – the last official meeting by school calendar was in May. We invited the group to share photos for Instagram, asked seniors to send a photo and blurb about themselves to be celebrated on our social media. They were not interested in any service projects at this time as they are adjusting to the new world of school on-line.

f. **Coalition Social Media Project**

**Action:** Everyone, please **send photos to Kelsey by end of this week** of how you have been #stayinghealthy during the pandemic to share with community on social media. Please send a sentence describing your activity and we will put a piece together. [coughlink@lynnfield.k12.ma.us](mailto:coughlink@lynnfield.k12.ma.us)

**IV: Community Program Updates (15 min)**

- Stacy - School committee meeting tomorrow; meeting weekly to stay current with so many changes.
- Glenn Davis - EMS/Fire fully staffed, emergency management meetings changed to MWF, working proactively to phase in openings directed by governor. In response to a question, Whole Foods in Lynnfield chose to close for a few days after self-reporting that several employees tested positive for COVID-19 which is not atypical at this time.
- Phil - Community parade is being worked on by Selectman Barrett.
- Diane - Idea for "Better Days Ahead Parade" - decorate a car for AHL that includes mental health resources - will connect w/ Peg
- Dawn – Thank you the Think of Michael Foundation for helping 2 individuals in Lynn in a sober house setting.
- Glenn Davis – in response to a question-

- Ashley - In 3 weeks new law in MA that bans menthol tobacco products from being sold anywhere except smoking bars currently not essential business). As community members, please keep an eye out in your local stores that are open. AHL can support the health department with tobacco education, outreach and surveillance.

**Action:** Reach out to Peg, Kelsey or Phil with ideas for programming, ways to be relevant and meeting community needs, to share ideas and resources and work together. There is no such thing as a bad idea and AHL welcomes yours at any time!