



**Present:** P. Sallade, AHL Chairman Phil Crawford, Chief Breen, Police; Chief Davis, Fire Dept.; K. Cyr, LPS; K. McRae, Health Department; Rev. Glen Mortimer, Clergy Collaborative; R. Dolan, Town Administrator; R. Block, Rotary, L. Barrett, Wakefield Cooperative Bank; M. Stewart, Resident; C. Dalton, Resident, D. Kilduff, YMCA; Joel Anderle, Clergy Collaborative, Ryan Rivard, Riverside, Julie McCarthy, Treasurer, Jamie Hayman, School Committee

## **A Healthy Lynnfield Minutes: May 13, 2019**

### **I: Introductions and Community Round Table**

- Ron Block, Rotary announced the sale of lock boxes at this weekend's Geranium Fest as a safety mechanism for elderly residents that would allow Fire Dep. access in-case of emergency.
- Chief Breen is collaborating with Newburyport and DA's office on new ways to track overdose data and mentioned that there may be options in the future work have a recovery coach under this program. Different communities have different models for offering recovery coaches: in ER, in treatment agencies, in police departments, etc. Wakefield is running a successful program with a recovery coach from Elliott.
- Derek reported on Healthy Kids Day at the YMCA and is promoting the recovery yoga for those impacted by substance use (every other Friday night) and for family members (Every other Sunday) at the YMCA. Peg mentioned that the YMCA has an opiate prevention task force that AHL was invited to participate in.
- Kristin reported on hosting a recent food code training to keep everyone up to date on recently changed regulations.
- Ryan reported that Riverside has a new VP of Addiction Services who spent a fair amount of time working in adolescent treatment and Riverside is looking to bring more services to their outpatient sites.

### **II: Coalition Business**

- a. Approve April Minutes-Minutes were approved with following changes: Spelling of Kristin's name, Approval of March/Not April minutes, and change BSAS to Cannabis Control Commission re: Health Department updates.
- b. Committee Updates
  - i. Treasurer's Fiscal Update
    1. Julie handed out summary sheets on AHL 501(c) 3 account with Wakefield Cooperative Bank, a summary statement of the donations the town received that are obligated toward substance use prevention, and a summary sheet of the initial Lahey Donation. (Handouts)
  - ii. Fundraising Committee
    1. Peg invited members to participate by spinning for an hour in the Spin a Thon hosted by Fit Revolution to benefit AHL on May 31 from 5 to 9, at Market Street, or by helping staff an information table (please email her!). She noted the conflict with LPS graduation night but explained the fundraiser was advertised before any information was received from Fit Revolution to select a better date. Corporate sponsorships are

available for this event. Please consider donating or participating as it will help fund our programs. (Handout)

iii. Grant Committee

1. We received notice from the North Shore Community Health Network that 50% of the cost of the 2-year contract was received for INTERFACE, so this will be a priority for fall communication. Peg requested AHL member time this summer to coordinate a video on the services.

iv. Youth Action Team

1. Kevin mentioned the success of LHS Wellness days. A Healthy Lynnfield had a vaping prevention table run by students. The Yellow Dress funded by AHL was very successful. Kevin also mentioned that the new Healthy Relationships curriculum was successfully implemented for 9<sup>th</sup> grade students. Thanks to Mary Homan for organizing.

c. Fiscal Requests

1. None at this time.

d. Other

1) CBD Discussion

- i) **What do people know about CBD products and what do they see in the community?** Responses varied from seeing products in some stores, to parents being concerned about kids using and testing positive because of THC content (would possibly affect sports eligibility). Others were concerned about large chain store selling, and also about the lack of quality control for the products- there is no way of really knowing exactly what is in them vs. what is claimed to be in them.
- ii) **Regulatory Overview:** The group discussed the background on CBD products and the difference in regulatory authority between products that have 0.3% TCH or higher (MA Cannabis Control Commission) and THC lower than 0.3% (Hemp products regulated by MA Department of Agricultural Resources (MDAR) and the Farm bill which made Commercial Hemp legal. The Farm bill maintained the FDA authority to regulate and FDA is hosting a public hearing in May to inform the formation of any regulatory response. (Handouts)
- iii) **Local/State Regulation and Health Policy:** For AHL, health policy that protects the health of youth is a primary effective strategy for long-term change, so discussion around CBD products and impact on youth is pertinent to our community mission. However, in this instance, the policy options are not particularly clear and seem to rest primarily at the state level.
- iv) **Local Concern:** CBD products are available are some local stores. There is some concern that the product is not well regulated (labeling, quality control on ingredients, dosing recommendations, etc.) and the public health literature on both positive and harmful effect is not well documented. However, there is a concern that these products will be more widely available in the near future, and that the widespread sale of these products is concerning because it “normalizes” substance use for young people. Peg discussed an assessment approach to document what is available in Lynnfield and how stores currently stock or treat these products as a baseline action. Wakefield coalition youth did a similar assessment.
- v) **What Others Are Doing**
  - (1) Some Boards of Health have issued advisories (Needham and Brookline). Others have restricted CBD products to Tobacco Retail Stores (adult only over 21).
  - (2) The Town Administrator explained local effort in Melrose and suggested a non-regulatory approach by simply asking retailers to treat CBD as tobacco and not sell to anyone over 21. Chairman Crawford supports this approach.

- (3) The group discussed this at length, including timing, sense of urgency in the community, current perception/norms among adults on CBD products, need for more education, including with parents and school, who would issue the statement, if AHL would support such an approach, etc.
- (4) Kristin McRae noted that adding language that clearly states voluntary action *does not exempt* retailers from adhering to state and federal laws or regulations. She also noted that the voluntary request might be moot if retailers can already NOT meet MDAR regulations. She requested time to inquire further with the MDAR and FDA.
- (5) Kevin would like to hear more from administrators/youth re: impact in schools, and Rev. Mortimer offered to assist with potential educational avenues. Jamie noted that because we were behind the curve of the youth vaping explosion that perhaps early action would be beneficial along with more education for parents and community.

**vi) Recommended Actions**

- (1) Glen Davis made a motion to request the Town Administrators Office to move forward with this initiative to voluntarily request retailers to treat CBC products like tobacco. The motion was seconded, and passed.
  - (2) Peg will create a one page educational handout about CBD products and continue to work with the Town Managers Office to finalize language.
- 2) **Mental Health First Aid Training** Reschedule-Peg Mentioned that due to family emergency the trainer was not able to provide the MHFA training and it will be rescheduled shortly. Rev. Mortimer and Joel Anderle support trying to get a date in June.
  - 3) **Geranium Fest Schedule:** *We still need volunteers for Saturday anytime between 10 and 2 pm! Email us if you can help out!*
  - 4) **Training Opportunities:** Library and Recreation Dept. (postponed for next meeting)
  - 5) **Policy & Advocacy:** Roles of A Coalition (postponed for next meeting)

**III: Fall Community Forum (postponed for next meeting)**

**IV: Data Overview (postponed for future meeting)**

**Next Meeting June 13, 2019 9:00 AM**