



Lynnfield Substance Abuse Prevention Coalition d/b/a/A Healthy Lynnfield
MINUTES
Tuesday, October 15, 2019

Present: Ron Block, Chris Caprio, Diane Courtney, Phil Crawford, Kevin Cyr, Carmela Dalton, Stacy Dahlstedt, Glen Davis, Christine Healey, Mary Homan, Jennifer Inglis, Rob Dolan, Rob Lowe, Kristin McRae, Linda Naccara, Amy Nardone, Ryan Rivard

I: Introductions and Brief Community Round Table

- Guest Presenter: Donna Kausek and Jake Cavanaugh were our Guests from the Nan Project. Donna brought with her several peer mentors, young adults teaching others about their experience with depression and suicide prevention. Dona talked about the importance of adolescents hearing from other young adults about suicide prevention and positive recovery from depression. Peer mentors are available for assemblies, group presentations, and speaking engagements. <https://thenanproject.org/>
- Schools: Implementing Signs of Suicide screening this fall at LHS for 9th grade.
- Rotary: Ron mentioned lock box program is sold out and successful.

II: Coalition Business

- a. September Minutes were approved
- b. Business Since Last Month
 - i. Back to School Outreach: Peg thanked the school department for allowing AHL to table at the LMS and LHS back to school nights. Displays on Interface, Vaping, and Marijuana were available for parents to view.
 - ii. Recovery Month Night of Hope Event Follow Up: Carmela thanked everyone for a successful event with over 500+ people in attendance. She provided Chairman Crawford with an expense sheet. Peg is waiting on a final media invoice and will provide a sum of expenses for the accounts to be reconciled between both organizations sponsoring the event. Carmela noted that costs were high for the first year, but that some supplies can be reused. Peg shared a copy of the event thank you ad and noted Reverend Mortimer's editorial entitled Hope.
 - iii. COA Health Fair: Linda reported over 200 seniors in attendance and a great day for the health fair. Police, fire, and Healthy Lynnfield were happy to table with other community organizations.
 - iv. ANGST Film: Kevin and Stacy spoke about the important message and learning outcomes about child hood anxiety from this indie film viewing for parents/community. The panel from Riverside, Endicott College, and LPS was well informed and the event was covered by the media.
- c. Upcoming Programs

- i. MHFA-There is a group of about 17 registered for the 10/16 and 10/18 program hosted at St. Paul's Episcopal Church.
- ii. YRBS-Two sub committees have been working to refine the surveys for 2019 and they are due to be launched the last 2 weeks of October at LMS and LHS. New questions on vaping and marijuana as well as mental health and connections to trusted adults were added. Results are due in February for school committee review.
- d. Outreach Opportunities/Evening Meeting: Peg is looking for additional opportunities to reach out to sport teams, PTO's and other community events. Board members are expected to help identify and establish these opportunities to help market the program and create opportunities for community education.
- e. Parent Focus Groups and Parent Advisory Group-plan will be detailed in the next 2 months for a parent focus group.

III: Public Health Emergency/MA Vaping Ban Discussion

- a. Resources and Updates
 - i. Kristen McRae reviewed information relative the state's vaping ban, and indicated that the BOH sent an official notice out to all tobacco retailers.
- b. Education Program on Vaping
 - Please attend our education session on Tuesday, Oct. 29, 6:00 Market Street with Ashley Hall, from the NE MA Tobacco Free Coalition. (FLYER)

IV: LHS Fitness Center

- Phil invited everyone to attend upcoming town meeting and indicated that there is an article addressing funds for the build out of the high school fitness center.

Next Meeting: Tuesday, November 12, 2019
Guests: Ashley Hall, MS Tobacco Free Coalition