



**Minutes  
A Healthy Lynnfield  
Monday, November 14, 2022**

**Present:** Ron Block, Diane Courtney, Lisa Costa, Heather Day, Diana Deleo, Scott Formica, Rob Lowell, Toni Robello, Natasha Shaw, Michelle Snyder, Lydia Sweetser, Dave Thomson, Marita Klements, and Phil Crawford.

### **1. Welcome & Introduction**

Phil called the meeting to order.

### **2. Beth Israel Lahey Community Health Needs Assessment Presentation**

- Michelle Snyder, Community Relations gave a presentation on the [FY22 Community Health Needs Assessment and Implementation Strategy](#) linked here. The full report is available on the Lahey website. Data is collected every 3 years to identify and prioritize health and social needs in the hospital's service areas. This is a requirement of the Attorney General's office for all healthcare systems. Hospital's select priorities and Implementation strategies for a 3-year plan based on this data. Some highlights include:
  - There was multi-phase data collection of both qualitative and quantitative data. There were 950 respondents to the surveys and interviews— 2% were from Lynnfield.
  - From 2019, Lynnfield had a 12% increase in population size, almost all non-white residents.
  - 66% of Lynnfield Residents are paying over 35% of their income on monthly rent/owner payments.
  - Youth mental health issues were exacerbated by COVID. Barriers to service, finding a provider, availability of providers were all identified.
  - In the region surveyed-social determinants of health identified as barriers to care include: affordable housing, economic insecurity, navigating the healthcare system, language barriers, education attainment, etc.
  - Youth inpatient discharge rates for mental health conditions (under 18 years of age) in 2019 in Lynnfield were 1036/100,000. This is above the state average of 772/100,000
  - Youth (under 18 years of age) emergency department discharge rates for substance use disorders in 2019 in Lynnfield were 290/100,000. The state average is 343/100,000.
  - Priorities in 2023-2025 for Lahey are youth, older adults, low resource populations, LGBTQIA+ , racially, ethnically, linguistically diverse populations with a focus on health equity

**Discussion:** The group discussed at length the challenges to families to access adolescent treatment.

### **3. Coalition Business**

- **Youth Program Updates:** Lydia reported that the HS youth group is undertaking Holiday Community Service Project for Citizens Inn in December Personal care item drive. Middle school youth will meet after school in December.
- **Parent Advisory Committee Updates:** A Parent Advisor Meeting was held last week with 12 parents, one parent from at least every school. Three tasks 1) to plan community speakers, 2) plan evidenced based parenting program via informal coffee hours and 3) messaging around positive parenting behaviors (shift norms)
- **DEI Committee** TBA –to plan a February speaker event. Look for speakers please!
- **[K-12 Health & Wellness Assessment Overview](#):** Toni–short term and long term goals came from this assessment. Health education teachers may need to be hired in the future. For now, AHL will work with Toni to help produce a wellness series for the 4th graders, 4 speakers/presentations on 4 health topics. Wellness policy is being updated this year.
- **Talk They Hear You:** Thomson Communications is supporting AHL in launching this national messaging campaign, running mid October for 8 weeks. It targets parents to talk to kids about substance use. Check out our social media as well as the Lynfield Villager and Lynnfield Weekly for advertisements. Please post and share this flier in your worksites. [Talk They Hear You Flier](#)
- **Red Ribbon:** This was a successful community-wide effort around Drug Free/Bully Free messaging in October. We had great participation from youth sports, high school sports, and both middle and high school youth groups.
- **Take Back Day:** The police hosted a Rx drop site as part of National Drug Take Back Day and AHL helped promote on social media, with a press release, and with flyers to the library and council on aging.
- **ELL Family Night:** AHL co-sponsored this evening with the ELL Department of LPS with the goal of creating a welcoming environment, and inviting parents to talk about their needs so that we may ensure the best resources available. Over 60 kids and families attended, facilitated dialogue with Lynnfield for Love, discussion on how to better serve and support multilingual families in the community
- **Signage on Sports Field**– We place signs on all sports fields this fall with a message for parents “You are the best influence on your child” positive modeling/messaging around making good decisions/substance-free sports fields. Very successful. Will do indoor sports as well. Questions were asked about enforcement.
- **2nd Act Theater Group in Middle School**– Theater presentation on the cycle of addiction/family impact for 6th, 7th, and 8th graders. This was well received by students and very informative.
- **Business Outreach– TIPS** program did not have many registrants so the in person training was canceled and we offered to pay for the online version for those that did register. Holiday Coasters: 40,000 going out to MarketStreet businesses around holiday time for drinking and driving prevention messages.
- **Grant Updates:** PFS annual report was submitted. Thanks to SSRE for evaluation technical assistance. Year 5 Continuation (last year of funding) was just issued. Application is due in February.

#### 4. New Business

- **Planning & Community Forum Outcomes:** An [Annual Plan for A Healthy Lynnfield](#) was handed out. Please review carefully for further discussion in December. This was created based on priority areas identified last month and as a result of our community forum and planning process this fall. Strategies align with funding work plans.
- **Blogs:** Members are asked to write a monthly blog according to the topics presented each month in the annual plan. See if there is a topic of interest you are willing to write about!

- **Community Impact RFP:** Discussions about potential fundable projects were had with police (LMHC, Recovery Coach, etc), center church on safe spaces for youth concept, library (various programming), health department and schools. The most “ready” and applicable new idea was a proposal based on training on Restorative Practices. See [Center for Restorative Justice](#) here. The RFP/Grant [Application is Here](#).

#### **5. Wrap up & Closing.**

- Turkey Trot this Sunday– Rotary. Signs up on the Rotary webpage!
- Football Lunch w/ North Reading this Thursday – Rotary-Let Ron know if you are interested in attending!
- Riverside– Kid’s elementary age group to read Cognitive Distortions: How to Catch the Top 10 Most Dangerous Thinking Villains; new groups starting. Please share!