



Lynnfield Substance Abuse Prevention Committee Minutes: November 13, 2023

Present: Lydia Sweetser, Peg Sallade, Glenn Davis, Toni Rebelo, Diana DeLeo, Kate DePrizio, Diane Courtney, Ron Block, Rob Dolan, Natasha Shah, Scott Formica, Carmela Dalton, Linda Naccara, Glenn Mortimor, Heather Day, Dave Thomson, Tiffany Leyne, Frances Hammond, Kate DePrizio, Cara Green, Kristin Fredette, Rose Luongo, Alexandra Lambright

I: Program Director Peg Sallade called the meeting to order. Introductions were made.

II: Approval of Minutes: A motion was made to approve November 2023 minutes. The motion was seconded and approved by all.

III: Coalition Business

● **Youth Program Updates**

- Gift Card drive to benefit NorthShore Recovery High School: booking for target, walmart, grocery stores, fast food, uber, etc.
 - [Venmo or Paypal donations will also be accepted– please email us \(paypal\) or write in the description of payment \(venmo\) that you are donating for this cause.](#)
- Reminder on structure of leadership and council– paid leaders from each grade in conjunction with council members to help guide programming
- 2 new Freshmen leaders have joined us!

● **Committee Updates**

- **Parent Advisory Committee- Dec 14th at 6pm next meeting**
 - YRBS results will help inform the family meals campaign– conversation kits; Exploring partnering with MassGeneral <https://thefamilydinnerproject.org/>
 - [Parent/Caregiver survey](#) will also inform this programming
 - Partnership with MarketStreet on family meal time
 - Screenagers programming was successful, small audience, coalition hoping to see more students view it– PAC will follow up with strategies
- **Press & Communications**
 - [Blog Calendar for 2024](#)– Please add your name where you would like to share your expertise!
 - Reach out with topics, 300-500 words due on the 1st of the month, posted on our socials, website, LPS Smores, Newspapers.
 - Wizards coverage was great!

● **Fundraising Updates**

- The Wizards fundraiser was a success for the 501(c)(3)! Over \$25k raised, net \$21K
 - Thank you to our sponsors and volunteers that helped the night be such a success, we are already planning next year's event.
- **Upcoming Programs**
 - **Dry January:** Campaign with Marketstreet as a partner to encourage abstinence and making healthy decisions this January
 - Health benefits will be highlighted, at least 5 restaurants will be participating with special mocktails, a web page will be created on MarketStreet's website, and possibly new coasters will be made
 - **Community CPR:** Sunday, January 7th, 10:30-12:30 location TBD, CPR, AED, Narcan, and Foreign Body Obstruction certification. [Register here.](#)
 - Anxiety Podcast with parent discussion this winter, reach out to Diana at deleod@lynnfield.k12.ma.us with any suggestions!
 - **Mental Health First Aid** training for Adults:partnered with Rotary, max 30 participants registration open in January for February Trainings. [Flier here.](#)
 - **Childhood Play** speaker coming in February, great for elementary parents
 - **Guiding Good Choices** will be offered again this winter, 4 sessions, best for late elementary and early middle school parents. We need 8-10 participants! [Register here.](#)
 - All programs are up on our website www.ahealthylynnfield.org.

IV: Community Updates

- **Public Health & Safety**
 - Glenn Davis: More of the fire dept. expected to be certified to teach CPR courses. Transition to Fire Headquarters to be at South Fire Station.
 - Narcan in school? Wait for an update. Narcan is currently in the Nurse's office and can be administered by the nurse. It is not available for public use throughout the buildings.
 - Toni Rebelo: Planning on the 8th and 12th grade to be trained in CPR this spring, LMS during wellness week. Increase in anxiety and depression in kids of all ages– Nursing PD by Children's Hospital to help counseling staff.
- **School**
 - Lynnfield School Committee meeting Tuesday, December 12th at LMS Auditorium. Executive meeting 5pm, Open Meeting 6pm with only item on agenda as Public Comment.
 - Kate: Visible presence at schools by Interim Superintendent of Schools, Tom Geary appreciated at this time of transition with Superintendent Vogel on medical leave.
- **Community**
 - Think of Michael: Date for May–Trivia night will be set at the next meeting.
 - Scott: [Parent/Caregiver Survey](#) has been out for a couple weeks, only 106 respondents. Three years ago when we previously did this survey, we had 350 responses, please send out the survey to any parents you know!
 - Ron: Rotary Build A Bed Saturday May 11th at Marketstreet, Registration at 9am, goal to make 30 beds

- Center Church has a new interim Reverend Tom Bentley. Please welcome him to the community. AHL staff met with him and we hope he can join us in the future.
- Cara: YMCA winter registration is open! Family Movie Night this Friday, December 15th, free to all!
- Linda: Pomtastics will be on Chronicle this Wednesday, December 13th.
- Girl Scout Cookie season– reach out to your favorite girl scout to order now!

VI: New Business

- Funding: January to March we will be reapplying to DFC year 6-10 and possibly reapplying to PFS federal grants. Our current grant funding ends Sept, 29, 2024.
 - If you see any grant opportunities, please email Peg.
- Staffing Transition: Lydia will be leaving us on December 22nd. We will be looking for a part time person to help with Youth work until June. After the position is approved it will be posted. Please reach out with any leads.

HAPPY HOLIDAYS TO ALL!

Adjourn Meeting

Next Meeting is Monday, January 8th, 2024, 9 am at Market Street