



Minutes: August 12, 2024

Lynnfield Substance Misuse Prevention Committee/A Healthy Lynnfield

Participants: Carmela Dalton, TOM, Chris DeCarlo, LPD, Glen Davis, LFD, Dr. Jennifer Burns, LPD, Natasha Shah, MD, Phil Crawford, Chair, Diana DeLeo, AHL, Peg Sallade, AHL, Dave Thomson, Diane Courtney, Jamie Toomey, Therapeutic and Behavioral Consulting, Keri Friedlander, Therapeutic and Behavioral Consulting, Ron Block, Rotary, Colleen Bertolino, Recovery Practices, Jenny Sheehan, School Committee,

I: Community Updates

- **Public Health & Safety**
 - Chief Davis, LFD - 2 new firefighters working full-time as of 7/1. Focus of the dept is on health and wellness and PTSD of our firefighters. Glen has been building a resource list to share with firefighters that ask for help and utilizing Onsite Academy. There are 3 Mental Health First Aid for Firefighters and EMS courses scheduled. The goal is to have 100% of staff trained. LFD is also partnering with NYPD for a Health and Wellness program. Dave suggested Glen look into the “Code Green Campaign.”
 - Captain Decarlo and Dr. Jennifer Burns provided updates on the Lynnfield Community Outreach Team (LCOT) - We have two trained outreach officers that follow-up on flagged police calls, mostly substance use, mental health and trauma-related. Entire LPD team is Mental Health First Aid certified. Capt. Decarlo and two other officers are trained in Crisis Intervention, one more will be in September, two other officers are getting trained as trainers for crisis and de-escalation situations. LCOT has had 74 follow-ups since January, and over 40 have been in the months of May, June and July. The majority of people are accepting services. There will be an article in the next 01940. Residents are now proactively reaching out to LCOT for resources.
- **Schools**
 - New events coming up to kickoff the school year:
 - Playground meet-ups for kindergarteners
 - Locker Night hosted by AHL and LMS PTO for incoming middle schoolers - nice buzz about the event!
 - A lot of staffing changes at Central Office- Supt. Geary appointed for two years, Adam Federico, new Asst. Supt., Lydia Runell-Gjerd as Interim Director of Student Services
 - 2 new policies voted in over summer: Dress Code and Cell Phones. Goal is to get cell phones out of the classroom. LHS has a grant to purchase shoe pouches for teachers to collect phones.
 - Peg - AHL has a lot planned for the next two months with LPS - we are hosting Youth MHFA training for LHS Coaches with the Athletic Dept. on 8/22. We are contracting with Wendy Bowditch from NorthShore Recovery High School as a co-trainer. Currently we have 4 registered. We are hoping this is the first step in



becoming an approved Teen MHFA site so we can train students in the classroom. We are also funding Deb Holt for leadership training for Compass Leaders for LHS next week. AHL is working with Principal Ralston on an onsite training with Project Adventure at LMS for 5th graders in October. We are also bringing LHS Athletic Captains offsite to Project Adventure for training on 9/11. These relate to our goals in building positive, social emotional skills with youth. Ron suggested looking into a Rotary program called RYLA.

- Community

- Welcome to Colleen Bertolino - Peabody - owner of [Recovery Practices LLC](#) - certified family recovery life coach, certified interventionist, certified relationship coach, focuses on the BALM method. Offers free monthly zoom support groups, private coaching, 12-week workshops (next one starts 9/24) and a one-year family recovery program. Families dealing with substance use and mental health are her primary audience.
- Welcome to Jamie Toomey and Keri Friedlander - owners of [Therapeutic and Behavioral Counseling, LLC](#) in Lynnfield on Kimball Ln. Jamie is an SEL counselor and LMHC, Keri is a BCBA. Offers evidence-based DBT workshops every 6 weeks, couples therapy, DBT girls skills groups, informed decision making for teens. Peg shared TBC info with Lydia who is the interim Director of Student Services. TBC works with parents and caregivers of neurodivergent youth, helping parents bridge the gap between school and home.
- Peg also spoke about her introduction to Ruth's Way with Rev. Mortimer. Ruth's Way is a women's recovery home on the Wakefield/Lynnfield line. We will invite them to NOH and look into 501c3 funding opportunities.
- Dr. Shah spoke about the MA Medical Society's Healthcare Improvement Forum-Addiction Services which is a free event in Topsfield with Dr. Michael Medlock who specializes in Addiction Medicine on **Sat. September 7th from 10-3pm**. Event will consist of roundtable discussions on healthcare and improving addictions. [Information and Registration is link](#). Peg will share with other neighboring Coalitions.
- Think of Michael will be celebrating it's 6th annual **Night of Hope on 9/22 at 6pm** starting at LMS and walking to the Common. The event will be similar to years past - vendor tables at LMS, speakers, votives, t-shirts, etc. We will hang purple bows around downtown once again for the entire month of September. Flyers are forthcoming.
- Ron, **Rotary - 9/20 Golf Tournament @ Reedy Meadow**, goes toward senior scholarships. Concerts on the Common was a success. Would like to partner with AHL again on Mental Health First Aid community training.

- Town

- Lynnfield Health Dept is hosting a **Back to School Bash which is a 7 week program on Monday nights for youth ages 12-15**, at the Meeting House. **(Flyer Attached)** No sign-up required, based on TIPS - Together Inspiring Potential Success. The Health Dept. also has a community needs assessment



circulating and are hoping to get 100 respondents minimum. Here is the [Health Department Community Survey link](#) and QR code to take the survey.



II: **AHL Business**

- Diana - We are working with our Parent Advisory Committee on an event in the Fall - probably mid October - to effectively present the YRBS data. The hope is that youth-serving orgs will commit to one night free of practices and meetings so parents and coaches can attend an event at LMS where we will present “The State of the Health of Lynnfield Youth” with data and a panel discussion.
- Annual Meeting - we are planning on hosting our Annual Meeting the same night as the YRBS presentation. Annual Meeting will consist of awards and programming updates for the year. It will precede the YRBS presentation. QR code for Community Awards was distributed. We are looking for a few people to help plan!
- Blogs- Jamie Toomey wrote our next blog. [Blog sign-up is here](#). Feel free to suggest local experts outside of coalition members. Dave is here to help with crafting the blog.

III: **Funding updates and Staffing Changes**

- Peg is retiring as of 9/28. Diana will take on the Director role.
- Grant and Budget Updates
 - We are still waiting on several grants
 - PFS FY 24 grant for a regional program focusing on student athletes.
 - STOP Act Grant-extension of DFC Grant focus on underage drinking
 - DFC Years 6-10 looks promising, call on Wednesday with Finance
 - Health Dept. and LPD applied for a Bureau of Substance Use grant for LCOT-should hear very soon on this



- Town of Lynnfield received a state earmark for \$85K toward substance use prevention and mental health promotion.

Next meeting is on September 9th. Scott Formica, SSRE, will be presenting the results of the Coalition Assessment Survey.