

# A HEALTHY LYNNFIELD HIGHLIGHTS COMMUNITY REPORT

July 1, 2018 to June 30, 2019

## COORDINATOR HIRED

The Lynnfield Substance Abuse Prevention Coalition, known as A Healthy Lynnfield (AHL), is a partnership between the Town of Lynnfield, residents, and many partner organizations working on the issue of substance use prevention. Much happened this year to support the growth of the organization. In November, with funding from the MA Bureau of Addiction Services (BSAS), the Town hired Peg Sallade as Prevention Coordinator, to work with A Healthy Lynnfield and support prevention efforts across town departments. Some of our organizational activities this year include: refining and reaffirming our mission, training on effective prevention strategies, community outreach, fundraising, grant writing, and establishing goals for 2019.

## COMMUNITY EDUCATION

### Presentations by AHL at:

- Lynnfield Public Schools
- Lynnfield Recreation
- Lynnfield Public Library
- Lynnfield Council on Aging
- Lynnfield Rotary

### Community Presentations co-sponsored by Lynnfield Public Schools, **Lahey Health**, and A Healthy Lynnfield

- In Plain Sight interactive display of signs of teen drug use.
- Lynn Lyons on Managing Adolescent Anxiety
- Ex-Patriot Chris Sullivan and his wife Kathi on Taylor's Message-a story of underage drinking and recovery from addiction.

### Additional Student Assemblies

- The Improbable Players @ LMS
- The Yellow Dress @ LHS

## FUNDRAISING CONTINUES

In 2019, AHL hosted four community fundraisers with local Market Street Businesses: A Family Skate Night at Market Street Rink, A Night at Wahlburgers, A Book Signing at California Pizza Kitchen with Author Maureen Cavanagh, and a Spin-A-Thon with Fit Revolution. Thank you to all our corporate and in-kind sponsors and to those who attended our events.



Wahlburgers Event

**MISSION:** A Healthy Lynnfield's mission is to *empower residents to make positive choices every day. Together, we work to prevent substance misuse, to improve the quality of life for those impacted, and to support programs that help all young people thrive.*

## COMMUNITY ASSESSMENT SNAPSHOT

2017 Youth Health Survey  
Lynnfield High School  
Past 30 Day Substance Use

- 22.5% report electronic vaping product use
- 16.6% report alcohol use
- 11.6% report marijuana use
- 8.3% report heavy drinking
- 41% talked on a cell phone while driving
- 16% report being sad for every day for 2 or more week
- 79% did not have breakfast at least once in the past 7 days
- 78% get less than 8 hours of sleep on an average night
- 51% think marijuana use is not harmful

Parent Survey (N=353)

- Only 55% of parents said they actively monitor youth access to alcohol in their home.
- Only 33% said they would call another parent if they knew they were serving alcohol to minors.

Public Safety-police report

In 2018, there were 6 Narcotic/Drug violations, 11 OUI's, and 3 liquor law violations. There was an 81% compliance rate with legal sale of tobacco products.

State Opiate Data

Lynnfield had 5 confirmed opioid deaths in 2018. There were 278 opioid related deaths in Essex County in 2018. (MADPH May 2019)

## YOUTH LEAD THE WAY



Developing our AHL Youth Action Team was a primary goal accomplished this year. Youth leaders attended a MIAA Opiate Prevention Conference, designed and taught a Vaping Prevention lesson to over 175 middle school students, spoke to their legislators at the MA Tobacco Advocacy Day at the State House, joined the84.org as a Lynnfield chapter, and hosted a Vaping Prevention booth at Lynnfield High School Wellness Days.

## KEY PREVENTION STRATEGIES

**Reduce Access:** The Town Administrator in partnership with AHL, sent a letter to retailers asking them to *voluntarily restrict* CBD sales youth and to keep products behind the counter. The Village Pharmacy has a Rx Drop Box to dispose of unused medication. Police host National Drug Take Back Day in the fall and spring.

**Educate & Enhance Skills:** AHL provides training, education and resources on substance use prevention, current research

and best practices.

**Change Norms:** AHL works to change the way adults often view teen alcohol use as a rite of passage and how teens wrongly perceive vaping and marijuana use as harmless.

**Healthy Alternatives:** AHL provides opportunities for youth to build social emotional skills and engage in substance free activities.

**Provide Support:** Individuals in need of resources may contact us.

## FY 2019 FUNDING

### Donors

Anita Bucci

Marjorie Youngren

### Corporate Sponsors

Innovative Cost Solutions

Curious Kids

### Grants

North Shore Community  
Health Network Fund/ECCF:

INTERFACE Navigation  
Service

Lahey Medical Center  
Community Impact Grant :  
Middle School Youth  
Programming

Campaign for Tobacco Free  
Kids

SAMHSA Communities Talk

### In Kind

Wakefield Cooperative Bank  
TownScape

### Financial Statement

**Beginning Balance**     **\$1,955.02**

#### Revenues

Donations                     9,167.16

Grants                         21,602.00

Interest                         1.34

**Total Revenue**             **30,770.50**

#### Expenses

Programing                    1,025.00

Supplies                        594.86

Miscellaneous                535.00

**Total Expense**             **2,154.86**

**Ending Balance**            **\$30,570.66**

## UPCOMING PLANS

### August 15: INTERFACE Resource and Referral Helpline Launches

A service to help Lynnfield residents access outpatient mental health counseling. Call the helpline at 1-888-244-6843.

### August 28 & September 12: Meet the Town's Prevention Coordinator and Learn About A Healthy Lynnfield @ LHS and LMS Open House

Meet the Town's Prevention Coordinator, learn about the new INTERFACE Service, see a hands-on display about vaping and access parent resources on teen substance use.

**September 7:** Holistic Health Series: Ministry and Mental Health-What Feeds Your Spirit? @ Our Lady of Assumption, 5:00 p.m.

**September 22: A Night of Hope Event** co-sponsored with Think of Michael, Inc. @ Lynnfield Middle School , 6:00 p.m.

A community gathering in support of those impacted by substance use.

**October 3: Indie Film Screening: "Angst" @ LMS, 6:30 pm**

A film on adolescent anxiety followed by a panel discussion with clinical experts.

**October 16 & 18: Mental Health First Aid Training**

for the Faith Community @ St. Paul's Episcopal Church,

8:00 am to 12:30 pm



## MEDIA

Special thanks to staff at the **Merritt Media Center** for hosting our monthly meetings and producing a session of **Town Talk** featuring AHL.

### Publications & Print Materials:

- AHL Monthly Blogs
- School Prevention Series Newsletter
- Community Resource Directory
- Rx Drop Cards

**Press:** Thanks to the local press

for covering our youth work and prevention news.

### Social Media:

We have over 230 posts, 300 followers and are growing!

**Twitter:** @AHLynnfield

**Facebook:** @AHealthyLynnfield

### Website:

ahhealthylynnfield.org

### Contact:

salladem@lynnfield.k12.ma.us

# 2019 AHL MEMBERS\*

## AHL Executive Committee

- Rob Dolan, Town of Lynnfield
- Kevin Cyr, Lynnfield Public Schools
- Glen Davis, Lynnfield Fire Dept.
- David Breen, Lynnfield Police Department
- Philip Crawford, Lynnfield BOS and AHL Chairman

## Additional Board Members

- Jamie Hayman, School Committee
- Kristin McRae, Health Dept.
- Tom Adamczyk, Lynnfield Psychological Associates
- Dawn Ripley, Resident
- Mary Homan, R.N., LPS
- Julie McCarthy, AHL Treasurer

## Partner Organizations

- Lahey Health
- Lynnfield Athletic Association
- Torigian YMCA
- Riverside Community Care
- Lynnfield Clergy Collaborative
- Lynnfield Catholic Collaborative
- Lynnfield Rotary Club
- Wakefield Cooperative Bank
- The Village Pharmacy
- Lynnfield Mom's Group

## Resident Volunteers

- Mary Stewart
- Carmela Dalton
- Kelly Christianson
- Chris Caprio

## 2019 Youth Team Leaders

- Grace MacDonald
- MacKenzie Schena
- Elena Moisis

\*There are many other youth, individuals, and Town Departments that participate in our work. All participation is welcome and appreciated!

# PHOTO GALLERY 2019



Left: AHL Chairman, Phil Crawford



Above: Tobacco Free Generation Pledge at LHS



Left: Student Reflections on A Healthy Community



Right: AHL leaders share vaping information with students at Wellness Day



Left: Rotary Presentation



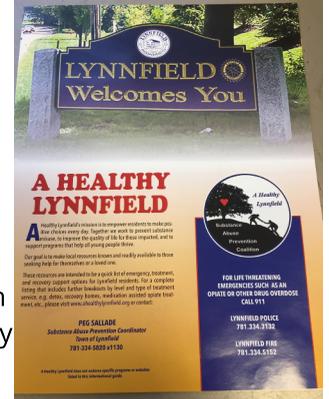
Above and Right: New Library Resources on Recovery and Community Resources on Underage Drinking



Above: Student Conference on Opiate Prevention



Various Fundraising and Outreach Events and our Resource Directory delivered to 2000+ households.



A HEALTHY LYNNFIELD MEETS THE 2ND MONDAY OF EVERY MONTH FROM 9 AM TO 10 AM AT 600 MARKET STREET IN THE AL MERRITT MEDIA CENTER.

