

A Healthy Lynnfield Highlights

**Community Report** 

July 1, 2019 to June 30, 2020

#### **ABOUT US**

The Lynnfield Substance Abuse Prevention Coalition, known as A Healthy Lynnfield (AHL), is a 501(c)3 organization. It is a partnership between the Town of Lynnfield, residents, and many partner organizations working on the issue of substance use prevention.

#### **Our Chairman:**

Phil Crawford serves as the founder and Chairman of A Healthy Lynnfield. His leadership guides the mission of and work of substance use prevention in the community.

#### **Our Staff:**

**Peg Sallade,** Director, Office of Prevention, serves as the Substance Use Prevention Coordinator for the Town of Lynnfield and oversees the operations and programs of A Healthy Lynnfield.

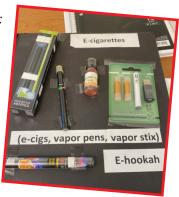
Julie Greene, Program Coordinator, oversees the coordination of the Drug Free Communities grant and focuses on Healthy Lynnfield's youth programming.

**Kelsey Coughlin,** Outreach Coordinator, provides administrative support and coordinates community outreach projects.

# **COMMUNITY EDUCATION**

Past-year presentations sponsored by A Healthy Lynnfield in collaboration with Lynnfield Public Schools:

- Film screening of Angst and Panel Discussion with Experts on Childhood Anxiety
- The New Look of Nicotine Addiction with Ashley Hall
- The Secret Life of Tweens and Teens presented by Jon Mattleman
- Teens, Tweens, and Quarantines webinar with Minding Your Mind-helping Teens during COVID-19





- Bright Night Fundraiser at Market Street
- A Night of Hope Recovery Month Event with the Think of Michael Foundation
- Stop the Stigma Event with the Torigian YMCA
- Lynnfield Learns
   with Lynnfield Public Schools



 $\label{eq:mission:algorithm} \textbf{Mission:} A \textit{Healthy Lynnfield's} \ \text{mission is to empower residents to make positive choices} \\ \text{every day.} \ \text{Together, we work to prevent substance misuse, to improve the quality of life} \\ \text{for those impacted, and to support programs that help all young people thrive.} \\$ 

# **COMMUNITY ASSESSMENT SNAPSHOT**

### 2019 Youth Health Survey Lynnfield High School



15.3% report electronic vaping product use



**19.2%** report alcohol use



**14.9%** report marijuana use



**43.9%** talked on a cell phone while driving



23.2% felt sad or hopeless for 2 or more weeks in a row



**78%** get less than 8 hours of sleep on an average night



**51%** think marijuana use is *not* harmful

Past 30 day substance use

# **2020 Parent Focus Group Overview**

BENEFITS OF LIVING IN LYNNFIELD

community

riendly support intergenerational kids, play outside

significant community

kids, play outside

FACTORS THAT PROMOTE YOUTH SUBSTANCE USE

exposure adults modeling behavioralcohol intergenerational social media

WHAT NEEDS TO CHANGE

social drinking intergenerational adults modeling behavior alcohol and sports alcohol party posts social media normal

# **State Opiate Data**

In 2019, there were **1,952** confirmed opioid-related overdose deaths among Massachusetts residents, **284** of which were in Essex County, and **4** in Lynnfield (*Source: MA DPH*).

The full report is on our website.

# **CONTACT US**

New Publications & Print Materials on our Website!

- ✓ New E Newsletter
- ✓ Medication Safety Card
- ✓ Overdose Response Brochure

# Social Media:



Twitter:





**Facebook:**@AHealthyLynnfield



Instagram:

@AHealthyLynnfield

Website:

ahealthylynnfield.org

Contact:

salladem@lynnfield.k12.ma.us



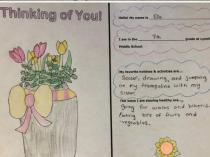
# YOUTH LEADERSHIP HIGHLIGHTS

This year our high school leaders made Vaping Quit Kits for the Great American Vape Out in November and raised money for the American Heart Association. They also attended a MIAA conference in central MA participating in workshops on vaping, the MA Substance Use Helpline, Nutrition for Athletes, and more. COVID-19 derailed their vaping prevention presentation to middle school students. The Healthy Lynnfield Middle School club developed a "Spreading Sunshine" service project by designing virtual cards and a video with words of encouragement reaching over 1,500 senior citizens through the Council on Aging, the Lynnfield Housing Authority, and Sunrise Assisted Living.









# **SUPPORTING PREVENTION IN LYNNFIELD**

#### **Lynnfield Public Schools**

- Educator Professional Development-Enhancing Skills
  - QPR (Question, Persuade, Refer) Suicide Interventions Skills
  - How to Access the Interface HelpLine
  - Responsive Classroom Curriculum Training for Elementary Level Paraprofessionals

#### Lynnfield Learns District Wide Educator Day

- In Plain Sight Interactive Display: Recognizing drug paraphernalia and signs of risky behavior in teens
- Educator Workshops: Vaping Trends for Educators, Depression in Adolescence-Typical or Troubled?; Compassion for Caregivers
- Special Keynotes Speakers: Deb Hult from Core Training, and author Charlie Applestein, No Such Thing as A Bad Kid
- Narcan Access Initiative
- Signs of Suicide Curriculum

### **Town Employees**

Health Equity and Diversity Training

#### **Police & Fire**

- Implicit Bias Training
- Crisis Intervention & De-escalation Training
- Safe Medication Disposal Kiosk
- Charcoal Medication Disposal Bags
- Opiate Overdose Response Brochure

#### Residents

- Lock Box/Home Safety Check Program Expansion with Fire Department and Lynnfield Rotary, including new Medication Lock Boxes and Medication Safety Information
- Interface Resource & Referral HelpLine
   Free help accessing outpatient counseling and other resources for mental well-being • 1-888-244-6843

# **Youth & Youth Serving Organizations**

- MIAA Teen Wellness Conference with LHS Athletes
- Wellness Days Assembly at Lynnfield Middle School
- High School Mentor Program-Sponsored a Leadership Training for 40 Student Mentors at Lynnfield High School

#### A Healthy Lynnfield Middle and High School Student Clubs

#### **Faith-based & Youth Serving Community**

 Mental Health First Aid and Youth Mental Health First Aid Certificate Training for the Faith Community



Ministry and Mental Health Seminar with Our Lady of Assumption

# **FY 2019-2020 FUNDING**

#### **DONORS**

**Geoffrey and Patricia Bemiss** 

Jeffrey A. Worth

Kimberly Buonopane

Lila T. Bury

**Donald Skinner** 

Diane & Richard Pizzi in memory of Jeanne Swanson

Wakefield Cooperative Bank



#### **501C3 FINANCIAL STATEMENT**

Beginning Balance ......\$30,570.66

#### Revenues

Donations	3,871.50
Interest	4.21
Total Revenue	3,875.71

# **Expenses**

Ending Balance	\$17,062.06
Total Expense	17,384.31
Miscellaneous	4,633.66
Supplies	1,904.65
Programming	10,846.00
Lybelises	



#### **GRANTS**

Federal SAMHSA /CSAP Partnerships for Success Grant

Federal Drug Free Communities Grant

MA Bureau of Substance Addiction Services

North Shore Community Health Network Community Impact Grant

Grant funds are administered by the Town of Lynnfield in collaboration with the Board of A Healthy Lynnfield and in support of Lynnfield's Community Substance Use Prevention Plan and are not included in the 501c3 financial statement.



# 2019 AHL MEMBERS\*

#### **AHL Executive Committee**

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

#### **Additional Board Members**

Jamie Hayman, School Committee Kristin McRae, Health Department Mary Homan, R.N., LPS Julie McCarthy, AHL Treasurer

# **Partner Organizations**

Lahey Health Lynnfield Athletic Association Think of Michael Foundation, Inc. Torigian YMCA Riverside Community Care Lynnfield Clergy Collaborative Lynnfield Catholic Collaborative Lynnfield Public Library Lynnfield Rotary Club Lynnfield Senior Center Wakefield Cooperative Bank

#### **Additional Members**

Natasha & Sanjay Aurora Chris Caprio Stacy Dahlstedt Russell Kelley Mary Stewart

#### **Senior Youth Leaders**

Grace MacDonald MacKenzie Schena Elena Moisides

#### **Technical Consultants**

Social Science Research & Evaluation **Thomson Communications** Northeast Tobacco Free Coalition

\*There are many other youth, individuals, and Town Departments that participate in our work.



A Healthy Lynnfield meets the second Monday of every month from 9 am to 10 am via Zoom until further notice. Email us if you are interested in attending!

# PHOTO GALLERY 2019-2020



**National Coalition** 

Training in Texas





The Mental Health First Aid Training with Lynnfield Clergy





Elementary Responsive Classroom Training

# AHL AROUND TOWN





Peaceful Black Lives Matter demonstration

Superintendents Farewell event