



A Healthy Lynnfield Highlights Community Report

July 1, 2020 to June 30, 2021



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 is the founder and Chairman of A Healthy Lynnfield. His leadership guides the mission 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 A Healthy Lynnfield's youth programming.

Leanne Bordonaro, Outreach Coordinator, provides administrative support and coordinates community outreach projects.

YOUTH LEADERSHIP

This year A Healthy Lynnfield Youth Council worked on mental wellness initiatives, participated in the **Above the Influence (ATI) Campaign**, and presented Youth Focus Group results to the School Committee. Youth Council Leaders and their peers created a video "21 Reasons to Stay Above the Influence" identifying reasons they stay above the influence of drugs and alcohol. Four leaders attended the Community Anti-Drug Coalitions of America (CADCA) National Leadership Forum and trained with youth from across the nation. During our Winter Holiday Drive youth collected and donated over 500 personal care items to Citizens Inn who supports families affected by substance use.



A Healthy Lynnfield Middle School club developed a **Mindful March Calendar** and challenged their peers to participate in a different self-care activity each day. They showed appreciation to their teachers by creating posters and personalized messages during Teacher Appreciation Week.



Both leadership groups participated in the **"Paint a Rainbow"** project in partnership with Lynnfield Marketstreet in recognition of Pride Month. Together our groups painted 100 rainbows in support of our LGBTQIA+ community!



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.

SUPPORTING PREVENTION IN LYNNFIELD

DRUG-FREE COMMUNITIES COALITION STRATEGIES



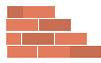
The following represent training, programs, and community strategies supported by A Healthy Lynnfield in collaboration with our many partners.

Providing Information:



- 175 resource bags at the Good Hope Food Pantry in collaboration with the Calvary Christian Church
- 6 Prevention Education Sessions “Community Conversations” produced by our partners at the Al Merrit Media Center
- 40 local press articles & ads
- 5 newsletters to the Lynnfield Public School Community
- 125 community resource bags for Citizens Inn and Town Meeting

Enhancing Access/ Reducing Barriers to Care:



- Interface Resource and Referral Helpline
- Online Access to Mindwise Wellness Screenings
- Translating Resource Lists into Spanish
- Senior Safety Program with Lynnfield Fire and Lynnfield Rotary: Distribution of free Medication Lock Boxes and Disposal Bags to encourage home medication safety

Enhancing Skills:



Community

- Recovery Month Mindfulness Series with Vasundhra Ganju
- Mindfulness Series with Scott Gordon
- Parenting with Less Stress and More Success with Psychologist Rob Evans at the Lynnfield Public Library
- 3-Part Community Training Series on Diversity, Equity and Inclusion
- Athletic Development in Lynnfield: Pathways to Long-Term Athletic Success
- 3-Part Training Series: Parenting in a Pandemic
 - ~ Stress, Resilience & Self Care
 - ~ Self Regulation Strategies Grade K-5
 - ~ Mindfulness in the Age of Digital Distraction
- *Don't Wait* – A film and discussion on talking to children about substance use



Lynnfield Public Schools

- Managing Pandemic Stress and School Re-entry with Trauma-informed approaches: a consultative series for educators with Psychologist Rob Evans
- Striving for Equity with Diverse Learners: Four 15 credit-hour sessions with Karen Hall
- Stress, Resilience and Self Care for Educators
- Kids and Toxic Stress, the Impact and How to Respond
- Mental Health First Aid for Educators
- Medical Safety Response and Narcan Administration

Town Employees

- Improving Cultural Responsiveness and Reducing Bias Series with Naimark Consulting

Lynnfield Police

- De-escalation and Implicit Bias Training with Commonwealth Police Legacy

Virtual Mindfulness Series
September 2020

Rob Evans Library Event
October 2020

6-week Mindfulness Class
October 2020

Community Conversations
Fall 2020



COMMUNITY ASSESSMENT SNAPSHOT

2021 Youth Focus Group Overview

WHAT NEEDS TO CHANGE

social media normalization
 older teammates
 irrelevant messages
 lack of HS health classes
 negative role models
 set better examples

BENEFITS OF LIVING IN LYNNFIELD

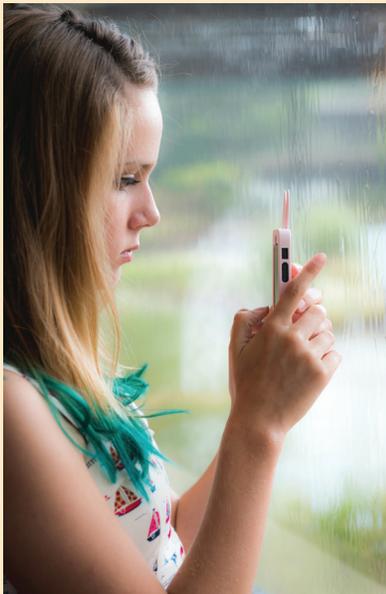
students
 community
 sports
 people
 nice
 schools
 programs
 helpful
 different
 supportive
 knows
 theater
 friendly
 variety
 tight knit
 welcoming
 lots to do
 very
 activities
 things

FACTORS THAT PROMOTE YOUTH SUBSTANCE USE

seeing other people post
 influencers
 parents shielding kids
 glamorization
 no repercussions
 no punishment
 snapchat
 Tik Tok
 Movies
 social media

State/Country Opiate Data

- In 2020, there were **2,035** confirmed opioid-related overdose deaths among Massachusetts residents, **249** of which were in Essex County, and 1 in Lynnfield.
 (Source: MA DPH)



COVID/Substance DATA CDC

- As Covid raged on, so did the country's other epidemic, drug overdoses. Overdose deaths rose nearly **30%** in 2020 to a record of **93,000**. The spike was mainly driven by increased use of opioids and specifically fentanyl, the synthetic opioid 100 times stronger than morphine accounting for **74%** of the overdoses.
 (Source: CDC)

COVID/Pandemic Impact on Youth Mental Health

- Almost half of all youth in MA (**48%**) report feeling sad or hopeless almost everyday for 2 weeks or more in a row that they stopped doing some usual activities.
- 78%** of youth of transgender experience are experiencing feeling sad or hopeless everyday 2+ weeks, as well as **83%** of non-binary youth and **84%** of queer youth.
 (Source: MA DPH BSAS)

Parent Survey Highlights

- 96%** of parents report often asking their child(ren) about their day at school.
- Almost all respondents (**94%**) indicated that they had ever communicated their family's guidelines and expectations around youth alcohol and drug use to their child.
- Parents/caregivers feel that the top three issues facing the health and wellness of Lynnfield youth are: **(1) Technology** (cell phones, social media, screen time), **(2) Emotional and Mental Health** (worrying, stress, anxiety, depression), and **(3) Youth Social Culture** (friendships, cliques, exclusion, teasing).

MINDWISE SCREENING TOOL

Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional. *Think of these as a checkup from your neck up.*

Take a brief anonymous screening here or to find out more at:
<https://screening.mentalhealthscreening.org/ahealthylynnfield3>



SPECIAL EVENTS

- A Night of Hope Recovery Month Event with the Think of Michael Foundation
- Fundraising Event with Sagamore Spring Golf Club



LYNNFIELD'S 2ND ANNUAL
A NIGHT OF HOPE
RALLY FOR RECOVERY
TO SUPPORT
NATIONAL RECOVERY MONTH
SEPTEMBER 20TH
6:30 PM
LYNNFIELD MIDDLE SCHOOL

WHO WILL LIVE UP AND RECOVER?
Purple Shirts, Vesties & Lapel Ribbons

THE GOLFING WILL BE FUN!
A brief car procession beginning and ending at the Middle School. Lynnfield Commem will be decorated again with lights, ribbons and 500 purple flags. Upon returning, you may choose to stand next to your car or remain inside your car as we light purple vesties and the Lynnfield energy provides a great blessing.

TO EXPRESS YOUR SUPPORT
Share your story of recovery with others. (Discretely decorate your car. Place purple ribbons or lights outside home.)

NATIONAL RECOVERY MONTH 2020
Join The Voice of Recovery. Celebrating Connections.

Appropriate social distancing and face masks are required to comply with state social distancing orders. Additional masks will be available.

National Golf Day Event
THURSDAY, MAY 13TH
FROM 11:00AM TO 2:00PM
Sagamore Spring Golf Course
1287 Main Street Lynnfield, MA

The club will donate \$50 to A Healthy Lynnfield for every foursome that tees off during these hours and will double the donation to \$100 if the Guest Public Official can out drive the foursome.

CONTACT US

News + Information on our Website

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

Social Media:

 **Twitter:**
@AHLynnfield

 **Facebook:**
@AHealthyLynnfield

 **Instagram:**
@AHealthyLynnfield

Website:
ahealthylynnfield.org

Contact:
salladem@lynnfield.k12.ma.us

FY 2020-2021 FUNDING

DONORS

Wakefield Cooperative Bank • Sagamore Spring Golf Club • Stop & Shop

501c3 FINANCIAL STATEMENT

Beginning Balance \$17,062.06

Revenues

Donations 1,869.00
Interest 2.13
Total Revenue 1,871.13

Expenses

Programming 6,000.00
Supplies 1,836.52
Miscellaneous 150.25
Total Expense 7,986.77

Ending Balance \$10,946.42

GRANTS

Federal SAMHSA/CSAP
Partnerships for Success Grant

Federal CDC Drug Free
Communities Grant

Grants 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.



WHO WE ARE

2020-2021 Members and 12 Sectors Representation

Youth:

Riley Slaney	Drew von Jako
Madeline Cook	Evyenia Georges
Sarah Doherty	Addie Connelly
Daniel Lu	Olivia Goguen
Teanne Alfama	Olivia Scire

Business: Wakefield Cooperative Bank

Media: Lynnfield Media Studios

Schools: Lynnfield Public Schools

Youth Serving Organizations: Torigian YMCA

Public Safety: Lynnfield Police Department, Lynnfield Fire Department

Civic/Volunteer Organizations: Think of Michael Foundation, Lynnfield Rotary Club

Religious Organizations: Lynnfield Clergy Collaborative, Lynnfield Catholic Collaborative

Healthcare Professionals: Beth Israel-Lahey Health, Physicians Natasha & Sanjay Aurora

State/Local Government: Lynnfield Selectboard, Lynnfield School Committee

Substance Abuse Organizations: Riverside Community Care, Costa Family Recovery

Other Organizations Represented: Lynnfield Health Department, Lynnfield Council on Aging, Lynnfield Public Library, Lynnfield Senior Center, Lynnfield for Love, Lynnfield Finance Committee

Parents: Chris Caprio, Diane Courtney

Additional Members: There are many other Youth, Individuals, and Town Departments that participate in our work. We thank everyone for their time and effort.

Technical Consultants:

Social Science Research & Evaluation
Thomson Communications
Northeast Tobacco Free Coalition

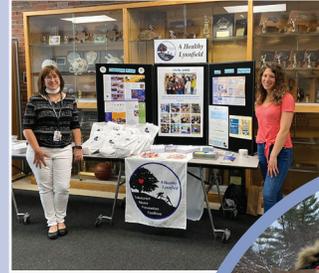


A Healthy Lynnfield meets the second Monday of every month from 9 am to 10:30 am at the AI Merritt Center, unless otherwise posted. Email us if you are interested in attending!

PHOTO GALLERY 2020-2021



Select Board Members Dick Dalton and Phil Crawford with Town Administrator Rob Dolan



Town Meeting Resource Table



Project Adventure



Citizens Inn Drive



National Wear Red Day for Heart Awareness Lynnfield High School



Champion for Youth - Mr. DiBisce



Rainbow Pride Month Project with Lynnfield Marketstreet



Youth Advocate Award
Evyenia Georges



Walking Program