



# A Healthy Lynnfield Highlights Community Report

July 1, 2021 to June 30, 2022



## 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.

**Phil Crawford**, *Chairman*

**Peg Sallade**, *Program Director*

**Diana DeLeo**, *Community Outreach & Engagement Coordinator*

**Julie Greene**, *Drug Free Communities Program Coordinator*

**Olga Sanchez**, *Family Engagement Specialist serving multilingual families*

**Matt Angelo & Sheri Weeks**, *Advisors, A Healthy Lynnfield Middle School Youth Group*

## A LETTER FROM OUR CHAIRMAN



A Healthy Lynnfield had yet another successful year supporting healthy decisions for youth and families in Lynnfield. Our programming was flexible as the workplace and community adjusted to a post-pandemic way of business, and we continued to grow our outreach and community engagement. Highlights include hosting a new educational series for parents, three school assemblies, our *Inspiring Healthy Teens* magazine, a new community Healthy Living

Expo event and more, each promoting wellness and healthy choices. A Healthy Lynnfield is fortunate to have the help and support of the people who live, work and play in Lynnfield. Together, we will continue our mission to prevent substance misuse and have a healthy community for all.

**Phil Crawford**  
*Chairman, A Healthy Lynnfield*

## YOUTH LEADERSHIP

A Healthy Lynnfield's Youth Groups at Lynnfield High School (LHS) and Lynnfield Middle School (LMS) continue to thrive and provide leadership opportunities for youth in Lynnfield.

**A Healthy Lynnfield Youth Leadership Groups**



*A Healthy Lynnfield Youth Council*



*A Healthy Lynnfield Middle School Club*

*continue on page 4*



**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.

**Healthy Conversations, Healthy Kids Series**

**SESSION 2: Blunt Talk on Marijuana: What Every Parent Needs to Know**  
 Wednesday, November 10, 2021 • 6:30 to 8:00 p.m.

Come learn what Lynnfield parents and caregivers need to know about youth marijuana use. The landscape of marijuana use has changed drastically over the past few years. It's never too early to stay informed.

• Are you able to recognize the forms of marijuana products?  
 • Can you explain the following statement: "It's not what you eat when using marijuana, it's when they start to eat that is concerning."  
 • Are you confident, comfortable and feeling informed enough to have a conversation with your child about marijuana use?

This session will cover:  
 • An overview of marijuana and current trends in use among youth.  
 • Best practices of research on marijuana and the teenage brain, the potential benefits, and the effects of use.  
 • The facts about marijuana and cannabis use dissemination.  
 • How to engage youth in conversations around marijuana use.  
 • How to promote open, positive communication and healthier life choices.

Resources and supports for families.

This is an in-person meeting at the Middle Center of Administration, 600 Market Street, 2nd floor. Masks are required.

Jordana Willers, Ed.D., Youth & Young Adult Training Coordinator for the Institute for Health and Recovery (IHR), will facilitate this session. Ms. Willers is responsible for training youth and strong adult service providers across the state to evidence-based, trauma-informed care practices.

Registration Required  
 Register at [www.healthylynnfield.org](http://www.healthylynnfield.org)

"I learned new information regarding the long-term effects of THC."

**TIPS Training**  
 (Training for Intervention Procedures) **FREE**

A Healthy Lynnfield, The Healthy Peabody Collaborative, the Lynnfield Council's Coalition and the North Reading Community Impact Fund present a Professional Beverage Sales and Server Training for local businesses.

Conducted by Mike Marcantonio, Certified TIPS Trainer, Dean Shop Consultants

Tuesday, November 16 - 8:00 a.m. to 3:00 p.m.

At Merritt Medical Center, 600 Lynnfield Marketplace

TIPS is a dynamic, skills-based training program designed to prevent intoxication, alcohol driving and underage drinking by promoting the fundamental "people skills" of service, safety and consent of alcohol. TIPS gives individuals the knowledge and confidence they need to recognize alcohol-related problems and intervene to prevent alcohol-related injuries.

This training is open to establishments with liquor licenses in the community of Lynnfield, North Reading, Peabody, Middleton, Andover and Topsheld. The focus of course instruction is for posing establishments.

To register, go to: [www.healthylynnfield.org/events](http://www.healthylynnfield.org/events)

Space is limited. Interested individuals must register on-line.

For more information, contact [salladen@lynnfield.k12.ma.us](mailto:salladen@lynnfield.k12.ma.us)

"Always tell children they are good enough."

**Healthy Conversations, Healthy Kids Series**

**SESSION 3: Just Talk About It: Supporting the Mental Health of K-12 Youth**  
 Wednesday, January 12, 2022 • 6:30 to 8:00 p.m.

Each of us can be proactive in supporting the mental health of our kids. Popular speaker Jon Mattleman returns for a special WETNAC event and engages parents on how we can manage anxiety, address wellness, and keep our families in balance as COVID-19 restrictions change. Kids are back in school, and our anxiety approach, too. It's joined by Young Adult Leader Wes who will share his lived experience as a student who struggled with anxiety. They will both explore coping strategies, and how to build a strong support system for the recovery. Attendees will learn how to build strong digital and social media literacy skills, anxiety, depression, and suicide. **Just Talk About It** is a collaboration of local professionals and parents to promote mental well-being, early recognition and intervention, and professional support. There will be plenty of time for questions.

**Why we wanted to be perfect and accepted by others, even if it meant hiding the true emotions under the surface. Why now has a life where he accepts, understands, and manages his anxiety instead of repressing it. He is able to show his humor, warmth, and his authentic self. Most importantly, he hopes to inspire others to feel less ashamed of their own mental health challenges and find a way to validate themselves.**

**JOIN** the Clinical Director of *Minding Your Mind* and one of the most sought-after speakers in the region. **REGISTER HERE**

This workshop is brought to you by the Lynnfield Public Schools in partnership with the Lynnfield Chamber of Commerce.

"I was surprised at the suicide stats. It gave me pause to refocus on my parenting style."

**VIRTUAL PARENT/COMMUNITY SESSION**

**INTERNET SAFETY**

Device Trends  
 Safety Rules  
 Social Networking  
 Cyberbullying Laws  
 Positive Use  
 Gaming

Wednesday, January 19 • 6:30 p.m.

**KATIE GREER | INTERNET SAFETY EXPERT**

This program is open to the public, but is adults only. We will be looking at cyberbullying and how to protect your child. We will be looking at the latest trends in cyberbullying and how to protect your child. We will be looking at the latest trends in cyberbullying and how to protect your child.

Our kids are doing WHAT? What can we do to protect them? What apps should be worried about? In social networking safety, it's not just about being cyberbullied. What's the best way to protect your child? It's about being a parent today in our technology-driven society. Keeping up with the latest trends and dangers can often seem like an insurmountable task. Katie will help you navigate the digital waters and let you know what's new, what's hot, and what's best. Katie will include how to use social media in a positive way and provide parents with practical strategies to keep their kids safe.

"I learned how parents can reinforce online safety, have breaks from electronics, more conversations, set boundaries, and reinforce behavior expectations."

**TOWN OF LYNNFIELD**

**Save the Dates**

**Healthy Worksite Training Series**

All sessions are on Wednesdays, from 8:30 am. January to virtual. Others will be in person at the Mason Room unless otherwise indicated. Location will be confirmed with registration. Register at: <https://healthylynnfield.org/news-323-events>

**New Traditions for Good Nutrition-VIRTUAL**  
 Jan 26th 8:30am, Registered Dietitian, for an engaging workshop on nutrition for the New Year. Learn strategies for weight management, creating balanced meals, eating healthy on the go, and connecting work productivity through good nutrition.

**Creating Harmony Across Generations at Work**  
 Feb 2nd 8:30am, for an engaging workshop on how to bridge the generational gap in the workplace. Each generation brings its own values, skills, and styles. This workshop will explore strengths and values of each generation and provide tips for a harmonious work environment.

**Words at Work - Why They Matter**  
 Feb 9th 8:30am, for an engaging workshop on the importance of communication in the workplace. Learn how to communicate effectively and how to create a positive work environment. This program will introduce communication skills and other behaviors that promote respect, open ways of relating, setting differences, and working as a team.

**How to Create a Respectful Workplace**  
 Feb 16th 8:30am, for an engaging workshop on how to create a respectful workplace. Learn how to create a positive work environment. This program will introduce communication skills and other behaviors that promote respect, open ways of relating, setting differences, and working as a team.

"I learned how age differences influence what we do, and what we bring to the table. Different generations have different points of view."

**Healthy Conversations, Healthy Kids Series**

**SESSION 4: Don't Feed the Worry Bug: Helping Kids Manage their Anxieties**  
 HYBRID Workshop • Wednesday, February 2 • 6:30 p.m.

When children do not get the facts and stories that may be typical in young children, they may become more fearful and anxious that they are not safe or secure. In play activities, the child may have an anxiety disorder. Meet with Riverside Community Care clinician Heather Day, LICSW, for a "Hands-on" discussion and child-friendly activities. She will cover how anxiety affects children of different ages, how and why young children have a harder time recognizing and managing their own anxiety. As parents, our role is to help our children learn ways to better manage anxiety and address it. Parents will walk away with ideas on how to best respond to 3-5 year olds and get practical information. We hope you can join us!

This workshop will take place in person at the At Merritt Medical Center at 600 Market Street. Join us! A Zoom link will be provided to participants in advance for those who wish to attend the meeting.

About the Presenter:  
 Heather Day, MA, LICSW, Clinical Supervisor and Outpatient Clinician, Riverside Community Care

Heather graduated from Tufts University, Cambridge MA in 2008. Her work has focused on children and family services. Heather is currently a clinical supervisor for Riverside Community Care. She has worked in a group home for adults with developmental disabilities. She has had the opportunity to work collaboratively with the Department of Mental Health, Children, Youth and Family Services, and the Department of Health and Human Services. She has also worked in a residential care facility for children with emotional and behavioral challenges. She has a Master's degree in Social Work from Tufts University (formerly Simmons College).

Registration Required  
 REGISTER HERE

"Great presenter! The information (on childhood anxiety and school refusal) was very informative and helpful."

**Together in 2022**  
 A Virtual Series on Diversity, Equity and Inclusion

**Compassionate Conversations on Equity**  
 Wednesday, February 16, 6:30 p.m.

**VIRTUAL Community Presentation**

Ever get caught in an uncomfortable social conversation about diversity, equity or inclusion? Not sure how to respond? Afraid of inadvertently offending someone because you feel unprepared or uncomfortable having challenging conversations? In this workshop, participants will learn how to create BRAVE and SAFE spaces for authentic conversations on equity, diversity and inclusion.

About the Presenter:  
 Cyndi Weekes Bradley, Founder and CEO, The Equity Process

Cyndi Weekes Bradley has over 20 years of diverse experience in equity, inclusion and diversity. She served as a Teacher, School Social Manager, Boston Principal Fellow, SPED Assistant Principal and Policy Reviewer, Boston Public Schools. She has also worked in Education Strategy, and Associate Lecturer as well as Founder and CEO of The Equity Process. She holds a Master's Degree from Simmons University (formerly Simmons College).

Register by February 14, 2022 at [www.healthylynnfield.org](http://www.healthylynnfield.org)

"I learned to be 'balanced' before entering difficult conversations, and to try different approaches to bring up challenging topics, like microaggressions."

Join A Healthy Lynnfield and the Wakefield Lynnfield Chamber of Commerce at this family-friendly event!

**Healthy Living EXPO**

Featuring:  
 • Over 25 health, wellness and lifestyle vendors!  
 • Health screenings  
 • Personal Fitness, Nutrition and Lifestyle Coaching  
 • Mail Messages from Elements Massage  
 • Covid Booster Shots (pre-registration required)

Special Attractions:  
 • Face Painting  
 • Awesome Robb the Magician  
 • KidFun  
 • For Purchase: • Cool Cakes Ice Cream & Cones • Dairy Dots  
 • • • • •  
 • • • • •

Saturday, May 14, 2022 • 10 am to 1 pm  
 Lynnfield Town Common  
 Open House: May 13, 10 am to 1 pm

"I learned to recognize microaggressions and appreciate the differences. Compassion is always inclusive and never exclusive."

# SUPPORTING PREVENTION IN LYNNFIELD

## Materials Distributed

- 7,000** copies of "Inspiring Healthy Teens"
- 4-part** Prevention Education Video Series for Red Ribbon Week
- 200** copies of "Making the Transition to Middle School" for incoming 5th grade families
- 60** local press articles & ads
- 6** community newsletters
- 200** "Celebrate Safe, Celebrate Sober" car air fresheners for Prom Prevention Activity
- 75** community resource bags for Rotary's Annual Turkey Trot participants
- 6** community newsletters
- 200** T-shirts for Post-Prom Celebration
- 200+** people received information at our first annual Healthy Living Expo

## KEY

Our prevention work follows 7 Key Strategies for Community Change.

- Providing Information =
- Access =
- Building Skills =
- Physical Design =
- Providing Incentives =
- Providing Support =
- Policy Change =

## Community:

- Healthy Conversations, Healthy Kids Series**
- Understanding Parents' Perceptions: Results of the 2021 Parent/Caregiver Survey** with Scott Formica, Ph.D., Social Science Research & Evaluation, Inc.
  - Blunt Talk on Marijuana: What Every Parent Needs to Know** with Jordana Willers, Ed.D., Health Resources in Action
  - Just Talk About It: Supporting the Mental Health of K-12 Students** with Jon Mattleman, Minding Your Mind and the Massachusetts Partnership for Youth
  - Internet Safety** with Katie Greer, KLG Consulting
  - Don't Feed the Worry Bug** with Clinician Heather Day, Riverside Community Care
  - Together in 2022: Compassionate Conversations on Equity** with Cyndi Weekes Bradley, The Equity Process

## Town Employees:

### Town of Lynnfield Healthy Worksite Training Series

- New Traditions for Good Nutrition** with Jillian Allen, RD, Whole Balanced Nutrition
- Words at Work - Why They Matter** with Cyndi Weekes Bradley, the Equity Process
- Creating Harmony Across Generations at Work** with Patricia Fabbri, Optum Health

**Interface Resource and Referral Helpline:** 100 residents helped!

**Mindwise Wellness Screening**

Meeting with our Congressman, and MA Senator and Representative to discuss innovations in Mental Health and Substance Use

## Lynnfield Public Schools:

- The Drive to Save Lives** with Cara Filler
- Teen Dating Violence Prevention: Stand up and Speak Out!** with Ashley Bendiksen
- Internet Safety** with Katie Greer
- The Importance of Self Care and Wellness** with Sammy Davis
- Striving for Equity with Diverse Learners: A 15 credit-hour course for classroom teachers** with Karen Hall
- Assisting the LPS Family Resource Center & Multilingual Families

## Lynnfield Businesses:

- TIPS Responsible Beverage Service and Sales training certification for servers/sellers of alcohol** with Mike Marcantonio, DramShoppe Consultants
- Business Recognition:** Community Pledge to Prevent Underage Alcohol Sales celebrates local businesses who pledge to not sell to minors
- Point of service displays for identifying Community Pledge participants

## CIVIC ACTION FOR PREVENTION

A Healthy Lynnfield teamed up with the Lynnfield High School Social Studies Department. With the help of a Merrimack College Fellow, Brian Holihan, Lynnfield High School sophomores participated in Civic Action Projects to address community issues with decision-makers. The Civic Action projects showcase the power of youth advocacy in initiating change. When youth are involved in decision-making processes that affect their health and environment, they are strongly motivated to engage in the creation of a better, more equitable society.





# COMMUNITY ASSESSMENT SNAPSHOT

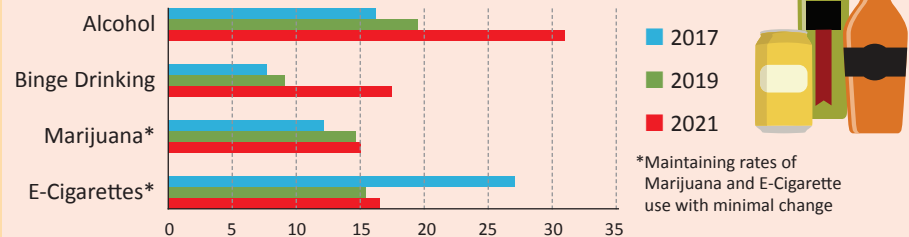
## LMS 2021 Current Use:

**10%** of 8th graders report ever trying alcohol

**5%** of 8th graders report ever trying electronic vaping devices

Almost **1 in 5** 8th graders report ever experiencing depression

## LHS Current Use Trends (%):



## LHS 2021 Current Use:

**15%** In 2021, 15% of LHS students currently use marijuana

**16%** In 2021, 16% of LHS students currently use an electronic vapor product (e-cigarettes)

## Other LHS Health Related Topics:

**Sleep:** 75.6% of LHS students do **not** get 8 or more hours of sleep

**Mental Health:** 31.2% of LHS students felt sad or hopeless (almost every day for 2 weeks or more in a row) \*Since 2019, 8% increase

**Trusted Adult:** 51.5% of LHS students report at least 1 adult in school they feel they can talk to about a concern or problem

## SPECIAL EVENTS



**Healthy Living Expo:** We held our first-ever Healthy Living Expo on the town common, in partnership with the Wakefield Lynnfield Chamber of Commerce. The event drew hundreds of community members to visit 40+ vendors, receive health screenings and vaccinations, see Awesome Robb the Magician, and mingle with family, neighbors, and friends!

**3rd Annual NIGHT OF HOPE:** To celebrate National Recovery Month, A Healthy Lynnfield and the Think of Michael Foundation team up to co-sponsor an awesome community event each fall.



## YOUTH LEADERSHIP *continued from front cover*

### A Healthy Lynnfield Youth Council

- **Pioneers for Pioneers** is an initiative to support youth-adult connections and to recognize student-nominated Trusted Adults at LHS.
- **North Shore Alliance for Gay and Lesbian Youth (NAGLY)** provides resources for LGBTQIA+ students and allies to promote inclusive schools.
- **Respond Inc.**, provides students with resources on Teen Dating Violence and Healthy Relationships.
- **“Card-a-thon” day** to create Valentine’s Day Cards for the Lynnfield Council on Aging.
- LHS Youth speak with Senator Brendan Crighton as part of the **Statewide Kick Butts Youth Action Day**.



### A Healthy Lynnfield Middle School Club

- **LMS Spirit Week** with prevention themes such as “Decades Day: Leave Drugs in the Past” celebrate Red Ribbon Week.
- Former Boston University Hockey Player Sammy Davis speaks on self care for **Wellness Week** at LMS.
- The **Mural Design Contest** depicts students’ concepts of positive mental health practices. The winning design is now a hallway mural.



Both leadership groups participated in the **Healthy Living Expo**, providing information on mental health, wellness, and substance use prevention to all of Lynnfield.

## CONTACT US

### News + Information on our Website

- ✓ Quarterly Newsletter
- ✓ Updated Resource List
- ✓ Mindwise Screening

### Social Media:

- Twitter:** @AHLynnfield
- Facebook:** @AHealthyLynnfield
- Instagram:** @AHealthyLynnfield

**Website:** [ahealthylynnfield.org](http://ahealthylynnfield.org)

**Contact:** [salladem@lynnfield.k12.ma.us](mailto:salladem@lynnfield.k12.ma.us)

## FY22 FUNDING

### THANK YOU TO OUR FY22 FINANCIAL SUPPORTERS:

- Baubles on Broadway
- Beth Israel Lahey Health
- Davio’s
- Ellen Rubico Crawford
- Friends of Lynnfield Council on Aging
- HD Physical Therapy
- Home Instead
- Kelly Automotive Group
- Kendra Scott
- Lynnfield Athletic Association
- Lynnfield Clergy Collaborative
- Lynnfield Rotary
- MarketStreet Lynnfield
- Parkinson’s Fitness
- Riverside Community Care, Inc.
- The Savings Bank
- The Torigian Family YMCA
- Thomson Communications
- The Vault
- Wakefield Cooperative Bank
- Wakefield-Lynnfield Chamber of Commerce

### INDIVIDUAL DONORS:

Mr. Jeffrey A. Worth

### 501c3 FINANCIAL STATEMENT:

Beginning Balance	
July 1, 2021.....	\$10,946.42
Revenues	
Donations .....	\$6,084.22
Interest Income .....	\$2.49
<b>Total Revenue .....</b>	<b>\$6,086.71</b>
Expenses	
Programming .....	\$499.65
<i>Supplies:</i>	
Miscellaneous.....	\$60.00
<b>Total Expenses.....</b>	<b>\$559.65</b>
Ending Balance	
June 30, 2022 .....	\$16,473.48

### GRANTS:

- Federal SAMHSA/CSAP Partnerships for Success Grant SP-19-004
  - Federal CDC Drug Free Communities Grant SP-19-005
- 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 2021-2022

**Business:** Wakefield Cooperative Bank

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

**Education:** Lynnfield Public Schools

**Media:** Lynnfield Media Studios

**Healthcare Professionals:** Beth Israel-Lahey Health, Physician Natasha Shah

**Parents:** Chris Caprio, Diane Courtney

**Public Safety:** Lynnfield Police Department, Lynnfield Fire Department

**Religious Organizations:** Lynnfield Clergy Collaborative

**State/Local Government:** Lynnfield Selectboard

Lynnfield School Committee

**Substance Use Organizations:** Riverside Community Care, Costa Family Recovery

**Other Organizations:** Lynnfield Health Department, Lynnfield Council on Aging, Lynnfield Public Library, Lynnfield Senior Center, Lynnfield Finance Committee, Lynnfield Cultural Council

**Youth-Serving Organizations:** Torigian Family YMCA

**LHS Youth Council Paid Fellows:**

Teanne Alfama, Keely Briggs, Addison Connelly, Evyenia Georges, Olivia Goguen, Olivia Scire, Janhavi Joglekar, Lauren Lane, Drew von Jako

**LMS Youth Council Volunteer Leaders**

**LMS A Healthy Lynnfield Youth Leaders:**

Annabelle Eckhardt, Lorelei Eckhardt, Grace Elliot, Ereeny Georges, Magdaly Hatzis, Emrys Klee, Lauren Mattia, Sarah Mitchell, Shealyn Moore, Anna Raslavicus, Jerusha Robins, Charlotte Rose, Siri Tudi, Lillian Williams

**Additional Supporters:** Thank you to the many volunteers that support our mission!

**Technical Consultants:**

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



**A Healthy Lynnfield** meets once a month; email us if you are interested in attending!

# PHOTO GALLERY 2021-2022



Therapy Dog at HealthyLiving Expo

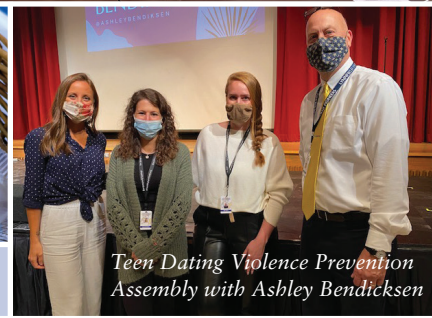
A Healthy Lynnfield Monthly Coalition Meeting



Lynnfield Art's Festival



Celebrate Safe & Sober Prom Air Fresheners



Teen Dating Violence Prevention Assembly with Ashley Bendicksen



Civic Action Panel Discussion with Changemakers



Riverside Community Cares at Night of Hope



Public Safety Open House



Pride Day with Lynnfield For Love



Youth Council Leaders School Committee Presentation



TIPS Responsible Beverage Service and Sales Training with Local Businesses



Youth Council Bowl Night