



A Healthy Lynnfield Highlights

Community Report



December 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.

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.

HOW TO CONNECT

- Twitter** - @AHLynnfield
- Facebook** - @AHealthyLynnfield
- Instagram** - @AHealthyLynnfield
- Website** - www.ahealthylynnfield.org

STAFF

- Peg Sallade**, Substance Use Prevention Coordinator
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- Leanne Bordonaro**, Outreach Coordinator
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A MESSAGE FROM OUR CHAIRPERSON

To the Lynnfield Community,

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. Our community partnership was founded on the idea that we must each do our part to improve our community. This is especially true during these difficult times. With the added stress caused by the pandemic, substance use prevention and mental health awareness have become more important than ever and that's why our work continues and why we need your help.

While physical distance, disruption to normal social routines, and in some cases severe isolation, can challenge our day to day healthy coping choices, efforts to unite as a community and adhere to safety guidelines remains a collective responsibility. Recent reports of large gatherings among youth, and also among families, put our community at risk. A Healthy Lynnfield asks adults to actively monitor their teen's social activities, to disallow parties, and to discourage any underage alcohol use. There will be future times to celebrate with family and friends in a safe and appropriate way.

Recent reports from National Institutes of Health demonstrate national overdoses increased 42% per month during the pandemic compared to the same time frame in 2019. The CDC has shown increased risk for adolescents who vape because vaping impacts lung function, making one more susceptible to COVID and its more serious effects. Over half of Lynnfield's calls to Interface, our free mental health Help-Line, have been for assistance with anxiety and depression. Clearly we need to continue to support each other and work together to minimize health risks.

In this issue you will see how A Healthy Lynnfield engages youth in pro-social activities, works with our businesses, and supports the community in accessing resources. You will learn about our 2021 community message "Above the Influence," a message about being resilient, taking a stand, and choosing healthy alternatives over alcohol and other drugs. We invite Lynnfield to "Be Above" and model this in all that you do.

We wish you a Healthy and Happy Holiday season.

Phil Crawford
Chairman, A Healthy Lynnfield



 *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!



ABOVE THE INFLUENCE



Every youth's life is filled with pressure, some of it good, some of it not-so-good. Our goal is to help youth build the skills they need to stand up to, and better cope with, negative influences. We want youth to live "Above the Influence."

Are You an Influencer?

As a community member, you can support Lynnfield youth by sharing a story of resilience, being a trusted adult, and making a point of being a healthy role model. It's not about telling youth how to live their lives, but about sharing and appreciating perspectives so they are empowered to make their own smart decisions.



For more information on how community members can support Above the Influence, visit:

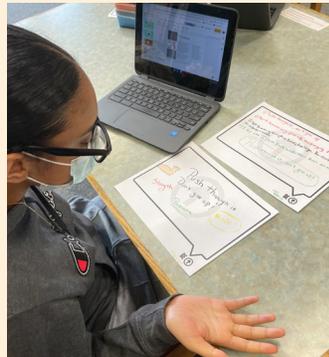
<https://atipartnerships.com/>

YOUTH COUNCIL HIGHLIGHTS:

Our new Healthy Lynnfield Youth Council has been working on mental wellness as part of "Being Above" to support both their peers and the community.

"Be It"

"Be It" is about a personal brand. "Be It" emphasizes character building and how one's actions affect how he or she – or their personal brand – is perceived and influences others. Youth are positive, powerful influencers. Our Youth Council is harnessing this power. They created and shared personal slogans to reinforce consistency between their beliefs about who they are and their actions, inspiring others to stay "Above the Influence."



Youth Council created "Be It" images that reflect their own personal brands.



BUSINESS PLEDGES



Prevention is a community partnership. Protecting our kids is a community responsibility. This winter AHL and the Lynnfield Police Department are launching a "Pledge to Prevent Underage Alcohol Sales."





Self Care Plans

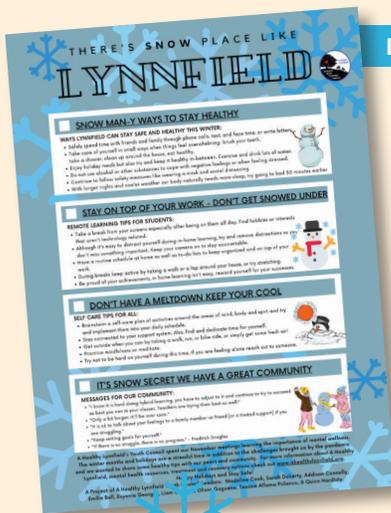
Youth leaders created Self Care Plans for the winter months.



Snow-Many Ways To Stay Healthy



The Youth Council created and disseminated tips for the community by creatively collaborating with the free-school "Lunch to Go" program!



DON'T HAVE A MELTDOWN: KEEP YOUR COOL

SELF CARE TIPS FOR ALL:

- Brainstorm a self-care plan of activities around the areas of mind, body and spirit and try and implement them into your daily schedule.
- Stay connected to your support system. Also, find and dedicate time for yourself.
- Get outside when you can by taking a walk, run, or bike ride, or simply get some fresh air!
- Practice mindfulness or meditate.
- Try not to be hard on yourself during this time. If you are feeling alone, reach out to someone.



Wellness Wednesdays

Healthy Lynnfield Youth Council Cohort C students created "Wellness Wednesdays." Topics include: Self Care, Movies and Songs to Choose for Holiday Blues, Working Out At Home During Covid-19, and the Interface Mental Health HelpLine. Keep a lookout on our Social Media Pages!



The pledge is part of our **2021 Above the Influence Campaign** in an effort to protect the youth of Lynnfield by reducing access to alcohol for minors. The Pledge asks local purveyors of alcohol to uphold all state laws restricting sales to minors in an effort to establish a unified, community message that underage alcohol use is not acceptable.

- The proportion of Lynnfield High School (LHS) students who reported using alcohol in the past 30 days increased from **16.6%** in 2017 to **19.2%** in 2019.
- **58.9%** of LHS students think it would be fairly/very easy to get alcohol if they wanted some.

- **35.3%** of LHS students who drank alcohol in the past 30 days reported they obtained it by someone giving it to them. (*Lynnfield Youth Risk Behavior Survey, 2019*)

If you see a local business with these participating signs, thank them for doing their part in keeping Lynnfield Youth Healthy!



UPCOMING PROGRAMS

Together in 2021
A Virtual Series on Diversity, Equity and Inclusion

Thursday, January 14, 2021
6:30 to 8 p.m.
Deb Irving, Local Author, Winchester, MA
Waking Up White: I'm a Good Person! Isn't That Enough?

Using historical and media images, Debby examines how she and her white-skinned best friend to interpret the world around her. Socialized on a narrow worldview, Debby explores how the genre deconstructs identity, examining her role in making the paradigm shift from "being and helping" those believed to be inferior, to becoming an individual, interpersonal, institutional, and cultural level. This presentation includes spaces for reflections, dialog, and Q&A. More on Deb Irving: www.debbyirving.com

Thursday February 11, 2021
6:30 to 8 p.m.
Implicit Bias, Hollaback

Everyone holds implicit biases. That doesn't make us "bad people," it just means that we have work to do. This one-hour, interactive training will teach you how to understand and begin to undo your own implicit bias. We'll start by learning the brain science behind implicit bias, and how the part of the brain that needs to protect us now holds us back. Through polls, brief thought experiments, and journaling, we'll reflect on how implicit bias can show up in our actions and the impacts those biases can have on ourselves and our teams. Then we'll roll our sleeves up and get to work, practicing three concrete ways that you can begin to undo bias in your own life. You'll leave more confident in your ability to see and undo bias. More on Hollaback: www.hollaback.org

Thursday, March 11, 2021
6:30 to 8 p.m.
Raul Fernandez, Boston University
Stakes Are High: Meeting the Urgency of This Moment

A nation struggles to battle a global pandemic and at the same time undo centuries of systemic racism, all while adjusting to one of the most consequential elections in its history. It sounds like something out of a sci-fi novel, but this is our reality. For some, the impact of this moment are mostly viewed through our phones and televisions. However, for others, the pain is much closer to home and the stakes are much higher. This workshop will focus on how we as individuals and collectively through our work can meet this moment with the urgency that it requires, especially for the people who are counting on us. More on Raul Fernandez: www.raulfernandez.com

Register by January 8, 2021 at www.ahealthylynnfield.org/events

You will be emailed a link to the webinar the week of the event. Space is limited.

This series is sponsored by a Healthy Lynnfield Diversity Work Group, including:
• Town of Lynnfield
• Lynnfield Fire Line
• Lynnfield Clergy Association
• Lynnfield Anti-Racist League
• Lynnfield Public Library

A Healthy Lynnfield's mission is to create a more connected community through every day. Together, we work to prevent substance misuse, to improve the quality of life for those impacted, and to support programs that help us young people thrive.

Lynnfield for Love's mission is to foster an appreciation and understanding of diversity and promoting inclusion, equity, and justice for all people.

Diversity Series: Together in 2021

Health Equity is a foundation of prevention work. In order to ensure that all youth and families have equitable access to substance use and mental health prevention, treatment and recovery resources, we must examine our communities structural systems, beliefs and practices. As a start, AHL sponsored an Implicit Bias training for Lynnfield Police this past summer. This fall, AHL sponsored a 3-part training series on Diversity, Equity and Inclusion for town employees, as well as additional training for members of Town Boards and Commission. This winter, AHL will offer a community series: **Together in 2021** in partnership with Lynnfield for Love, Lynnfield Clergy Association, Lynnfield Anti-Racist League and Lynnfield Public Library.

6:30-8:00 pm

January 14, 2021 • Deb Irving, Local Author, Winchester, MA
Waking Up White I'm a Good Person! Isn't That Enough?

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RESOURCES

Emergency	911
Police	781-334-3132
Fire	781-334-5152
Eliot Mobile Crisis Intervention	800-988-1111

Treatment Locators

MA Substance Use Health Line & Treatment Locator	800-327-5050
Adolescent Treatment Locator	617-661-3991
Interface Mental Health Helpline	1-888-244-6843

Local Counseling and Treatment

Riverside Outpatient	781-246-2010 x 2028
Lahey Behavioral Health	978-968-1700
Eliot Outpatient Counseling, Lynn, MA	781-581-4403

Support Groups

Alcoholics Anonymous	617-426-9444
Narcotics Anonymous NE	1-866-624-3578

For Families

Learn to Cope	508-738-5148
Alanon/Alateen	508-366-0556
Allies in Recovery	www.alliesinrecovery.net
GRASP (Grief Support)	302-492-7717

Sharps Disposal Program – The Lynnfield Fire Department

Parenting in a Pandemic Series

A Healthy Lynnfield, the Lynnfield Public Schools, Lynnfield SEPAC, and Lynnfield Community Schools recognize the need to support families. Working together, we will be offering a 3-part, free, virtual **Parent Workshop Series** in the new year.

6:30-8:00 pm

January 27, 2021 • Stress, Resilience and Self Care While Parenting in a Pandemic
Presented by Windi Bowditch LMHC, North Shore Education Consortium

February 25, 2021 • Self Regulation Strategies Grades K-5
Presented by Noelle Colbert, M.Ed, Massachusetts Partnership for Youth

March 18, 2021 • Mindfulness in the Age of Digital Distraction
Presented by Susan Reynolds, M.Ed, Massachusetts Partnership for Youth

More information and registration for all programs can be found at www.ahealthylynnfield.org

INTERFACE

Feeling depressed, isolated or overwhelmed this holiday season?

Finding help doesn't have to be hard.

INTERFACE Resource and Referral Helpline
1-888-244-6843
M-F, 9 am to 5 pm

INTERFACE will assist you in finding the right outpatient counseling and mental health service.

*For an emergency call 911.

A free service for Lynnfield residents in partnership with William James College.



