



**Lynnfield Substance Abuse Prevention Coalition d/b/a/A Healthy Lynnfield  
Minutes  
Monday, March 13, 2023: Al-Merritt Media Center, 600 Market Street**

**Present:**

**I: Introductions & Welcome to Guests**

- Welcome to Derek Fullerton, CHO, REHS, Director of Professional & Governmental Relations, Mayflower Recovery/Topsail Addiction Services
- Welcome Lynnfield Planning Board, Jennifer Welter, and Amy McNulty
- A motion was made to approve February 2023 minutes. All were in favor. The motion passed and minutes were approved.

**II: Public Safety/Public Health Updates**

- Police: Saturday, April 22nd 10am-2pm is Drug Take Back Day at Police Station
  - Look for flyers, social media posts, council on aging promotion
- Fire: SWAT events have been happening around the area, false emergency calls to schools, we are prepared to respond.
- Public Health: Community Health Index Inclusion meeting this week regarding mobility in public areas and buildings
  - Sophomore Civics Projects: students will be working with health department on food and tobacco compliance in the near future
- Town/BOS: Opioid Funds with the state, there are two settlements Lynnfield may benefit from, expected to get about \$40,000/year for 20-40 years;
  - BOS needs to vote to join the settlement

**III: Treatment/Recovery**

- Derek Fullerton: Mayflower and Topsail located in Wilmington and Andover
  - Mayflower is a 28-Day facility for clinical detox, 80% of the people that they see have a dual diagnosis with Mental Health Disorder along with Substance Use Disorder, 70% are alcohol substance use disorder but opioid crisis still exists. Topsail is an outpatient treatment facility in Andover.
  - SAM Box, The Good Samaritan Box, Naloxone Box with naloxone, breathing mask for rescue breaths, to be posted up like an AED in public areas in case of overdose or suspected overdose. Derek is working with the state to have these for purchase for all MA communities.

- Think of Michael, Inc. is hosting a Trivia Night Fundraising event on Friday **May 19th at the Four Points, tickets go on sale March 19th.** <https://thinkofmichael.org/>
- MCAW reported start-up staffing challenges. Clinical postings available. Please share.
- Lynnfield For Love's Multicultural Day is April 1, 12-4 at LMS. AHL will have a table there.

## **V: School**

- Toni reported good feedback from AHL's Healthy Kids, Healthy Conversations Series. Wellness Week at Middle School March 6-10th was successful. The HS AHL Youth Council presented to middle school kids on positive role modeling, vaping prevention, and transitions to high school. Toni suggested replicating with 7th and 8th grade AHL members speaking to 5th graders.
- April 12th Wellness Fair in the High School: collaborating with AHL. Outside organizations as well as student-led projects will be spotlighted on this day.
- AHL is funding keynote, and multiple presentations for district wide professional development per our goal of training gatekeepers that work with youth. Presentations include diversity, anxiety, eating disorders, wellness in every classroom, and "every mind matters" by youth council.

## **VI: Community**

- "Lynnfield 2040, Shaping our Future Today" Lynnfield Planning Committee presentation with Metropolitan Area Planning Council. The Town Master Planning will begin soon. A Mini Strategic plan will be created by the fall. Look for a survey for all residents to gather information.
  - **Action Item: Think about how we want to improve Lynnfield for the future. AHL will include survey link in our external communications, newsletter and social media.**
- Rotary: May 13th Build A Bed at MarketStreet on the green. 20 Bed Frames will be built, we need volunteers to buy and build beds!

## **VII: Coalition Business**

### **1. Youth Leadership**

- March Youth Designed Newsletter in High School has been well-received– St. Patrick's Day theme with vaping information and resources.
- Upcoming-Lynnfield Learns Presentation 3/17 by Youth Council Members "Every Mind Matters".
- March 6-Successful presentation by HS youth at Middle School for Wellness Week– High school presented to 8th and 7th graders on vaping and peer pressure, transitioning to high school, advice

### **2. Subcommittee Updates**

- AHL Parent Advisory Committee
  - Upcoming-Healthy Kids, Healthy Conversation series last presentation Virtual, Michelle Lipinsky, Recovery High School 3/22 6:30 pm
- Inspiring Healthy Teens Magazine
  - Thank you for your support on this project. It was sent to the printer, and will be published mid April for Alcohol Awareness month prior to prom time.

Action: If you haven't paid for your AD space, please do so.

- Health Expo Planning Committee: Sponsorships are going well. Currently the focus is on securing vendors and food.

**VIII: New Business:** Discussion on community based health centers and new state help lines. Request to schedule Elliot CBHC to present and explain new services.

**IX: Other:** Civics showcase is March 15th at 1 pm at LHS. There are many substance use and mental health projects featured by students.

- New "Alcohol Health and Safety" Report published by Boston University School of Public Health. Diane and Peg went to a briefing at the statehouse. Will consider a local meeting.

### **Adjourn Meeting**

#### **2023 Meeting Dates**

**April 10, May 3-Special Meeting at Spinellis, 8 am, June 12, No July Meeting, Aug 14.**

*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.*