



**Minutes April 10, 2023**  
**In Person**  
**600 Lynnfield Market Street, 9-10 am**

**Present: See Sign In Sheet**

**I: Introductions & Welcome to Guests**

**II: March Minutes were approved.**

**III: Treatment/Recovery (15)**  
Eliot Community Human Services

**IV: Community (10)**

Rotary-Build A Bed, May 13 (Flyer) AHL charitable organization board voted to fund \$350 for one bed for this service activity and we will need volunteers to help build the bed at 10 at on May 13 at Market Street.

Think of Michael-Fundraiser, May 19, Tickets Here: <https://thinkofmichael.org/>. Carmela reported that they are well organized this year with many sponsors and great auction items.

Library: **Marita** Proposed Pride Month Collaboration to fund Speak Out Boston to provide a panel presentation in June. The group voted to collaborate with AHL.

**V: Public Safety/Public Health (5)**

There was discussion about Narcan & FDA approval and how this will promote greater access for individuals to prevent overdose.

**VI: School:**

- SBIRT and SOS Updates-Update Postponed as Toni and Mia are not available at today's meeting.
- LHS Student Wellness Fair-April 12-Toni reported that there are many vendors and youth projects that will participate. AHL youth council, some civics posters that are on health, and AHL donated a raffle prize.
- Arrive Alive-12th Grade safe driving simulator is scheduled for 4/23 at LHS during study blocks. The emphasis on alcohol impaired driving, texting while driving, and driving under the influence of THC. This is an interactive, pre-prom event to encourage safety.
- Coaches Training, Nan Project, June 5 will be training coaches on QPR (question, persuade, respond) to mental health issues.

**VI: VII: Coalition Business (15)**

**Youth Leadership**-Lydia reported that the Wellness Fair went well. Six high school students attended Tobacco Advocacy Day at the State House as part of a statewide initiative to prevent tobacco use among youth.

### **Sub Committee Updates**

- a. AHL Parent Advisory Committee-the committee worked hard this year. There is one more project left for Mental Health Month-podcasts.
- b. Guiding Good Choices-there were no registrants, so we did not run the program.
- c. Inspiring Healthy Teens Magazine: Distribution Discussion -please take a hard copy and share them widely. We distributed electronically through our usual media. Please share with others. They were out in the papers the week before prom in April. (7,000 copies) Thanks to everyone who contributes ads and articles.
- d. Health Expo Details- Member Participation & Marketing-we need everyone to help in May! Stay tuned for an electronic sign up sheet.

### **VIII: New Business**

-Mental Health Month: Diana is running two Podcasts from psychologist and author Lynn Lyons during Mental Health Awareness month, with parent volunteer facilitators and a clinician from Riverside at each session. This is a way to engage parents in discussion around anxiety and core parenting skills during mental health month. Thanks to Riverside for their volunteer clinical time.

-Tree Lighting -we requested lighting the trees on the common in green for the month of May for Mental Health Awareness.

**-Regional Alcohol Education Forum**, Professor David Jernigan, BU School of Public Health (Invitation Only Event) will share his current research on Alcohol policy and the impact on the health of the public. Spinellis, May 3-come in lieu of May coalition meeting. Collaborating with regional coalitions in North Reading, Topsfield, and Peabody.

-501c3 Board Updates & Fiscal Approvals

The board approved \$350 for Build A Bed, \$700 for Think of Michael, and up to \$1,400 for the Alcohol Education forum

-Potential SAMHSA Mental Health Awareness Training Grant

Exploring funding options beyond our current grants which end October 1, 2024.

-Potential Rockland Trust Grant

Writing a DEI grant with Lynfield For Love and the Library.

### **Adjourn Meeting**

#### **NEXT DATES**

**May 3 at Spinellis at 8 to 9:30 am.**

**June 12, 9 am at Market Street**

**No July Meeting**

**Aug 14, 2023**