



## Minutes: Healthy Lynnfield Meeting

Monday, August 9, 2021

Virtual Meeting, 9 to 10:00 am

**Participants:** Peg Sallade, Leanne Bordonaro, Phil Crawford, Lisa Costa, Glenn Davis, Scott Formica, Carmela Dalton, Diane Courtney, Pastor Leighton O'Connor, Ron Block, Olga Sanchez, Michelle Snyder, Linda Nacarra, Olivia Briggs, Nick Secatore, Vasundhra Ganju, Abigail Porter, AnnMarie Tobin, Chris Caprio

### Welcome

Phil welcomed Anne Marie Tobin, Guest Reporter, to the meeting. Several members are away on vacation or expressed regrets in not being able to attend.

### I: Coalition Business

**Approve Minutes:** A motion was made and seconded to approve the June minutes.

- June minutes were approved

### II: Sub Committee Updates/Programs In Progress

- Coalition Video: AHL is filming a short video about the coalition to help visibility across the community. The format will be interview style with a few guiding questions. Dates of filming 8/10 and 8/17 with videographer Jay Foss. Peg sent the schedule out. Thanks to those who volunteered. We are in need of a few more parents/residents to participate. Email Peg if you are interested. Lisa Costa expressed interest.
- Night of Hope, Recovery Month Event is Sept 26th @ 6pm Carmela Dalton updated the group with the following information.
  - Banner will be up shortly after Sept. 11
  - 5 pm set up, 6:00 Community Walk to Common, followed by Opening Address and Speaker, Blessing and Lighting of Votives
  - Youth council will hand out purple ribbons for their peers at the schools
  - The common will be lit up the Friday before the event.
  - Pastor Leighton's church runs a recovery group on Monday evenings. He will help spread the word, and offered volunteers to help, as well as to participate in the end blessing. Peg will have Reverend Mortimer reach out as planning for that section of the agenda moves forward. Flyers will be available in September.
  - Question about the need/interest in having vendor tables at the event? Phil recommended that we do have treatment agencies there for visibility

- and access to resources.
- Kendra Scott Fundraiser
    - The store approached AHL to do an in-store jewelry sales event (Special invite with food, special selection or discount, etc) 20% of sales go to AHL. Sales will also be on-line for a period of time with a portion of proceeds going to AHL. Planning for late October, early November. Leanne is the lead on this. If you have questions, direct them to her.
    - Will need to market the event (advertise to get people to the store). Will provide light refreshments. Leanne is coordinating and will confirm dates and plans for the event.
  - Back to School Outreach
    - Back to School Nights-staff have reached out to principals of each school to ask about their specific needs for the year. In the past, we've set up information tables at back to school nights and can do this again if there is interest.
  - Beth Israel Lahey Health Community Needs Assessment
    - Michele Snyder indicated that the hospital system is getting ready to launch its regional Community Health Needs Assessment done every 3 years per the Attorney General's Office mandates. The outcome of the report will guide community health priorities and strategies in subsequent years. More information to come in October.

### **III: Parent/Caregiver Survey Findings - Scott Formica, Ph.D., Social Science Research and Evaluation, Inc.**

Please see the [linked presentation](#) for data highlights.

The survey was conducted in spring 2021 with assistance in distribution from the school system. The objective was to learn more about parent/caregiver beliefs and perception about health and wellness among youth in the community in order to develop and implement targeted prevention initiatives to enhance the health and safety of Lynnfield youth. The data obtained will be used to help target prevention strategies.

There were 349 respondents representing about 41% of Lynnfield households. Content included an assessment of perceived norms and behaviors of youth in grades 5-12 across several domains: Home and Community Life, Communication, Attitudes and Beliefs, Parenting Behaviors and Promoting Youth Health and Wellness.

Areas of concern among parents/caregivers included:

1. Technology (cell phones, social media, screen time)
2. Emotional and Mental Health (worrying, stress, anxiety, depression)
3. Youth Social Culture (friendships, cliques, exclusion, teasing)

See presentation for strengths and opportunities for prevention messaging.

Discussion of Findings:

- What struck you about the finding of the survey?

- There are many good things parents are doing right to protect the health of youth in the community. We want to share and celebrate this and encourage others to adopt these positive practices.
- The areas of concern for parents are things that can contribute to substance use.
- Parent actions contribute to/influence youth behavior.
- Interesting that there is recognition of poor modeling/adult drinking at events and yet there has been no change.
- Every parent should hear this information.
- How can we disseminate this information and engage parents?
  - Some version of this presentation should be presented to parents (suggested during back to school night)
  - Special coffee hour for parents to hear about this information and engage in a Parent Advisory Committee.

#### **IV: Other:**

- **Membership Agreements**-have not been updated since grant applications and we have new members on board. Expect an email before the September meeting with a membership form that outlines what it means to be a member with A Healthy Lynnfield.
- **Fall Community Form (Not Discussed Due to Time)**

AHL is considering a fall community forum on November 4. If you are interested in helping to plan this, please email AHL staff Leanne Bordonaro. We will need help to make this successful and community-involved.

**Join Us! September Breakfast Meeting In Person 9/13 @ Meeting House, Town Common**

**Adjourn Meeting**

Upcoming Meetings: TUESDAY October 12, Monday, November 8, Monday December 13.

*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.*