



## **Minutes: Healthy Lynnfield Meeting**

Tuesday, October, 12 2020

Virtual Meeting, 9 to 10 am

**Participants:** Leo Barrett, Julie Greene, Peg Sallade, Ron Block, Chief Glenn Davis, Linda Nacarra, Scott Formica, Carmela Dalton, Reverend Glenn Mortimer, Chris Caprio, Lisa Costa, Vasundhra Ganju, Dave Thomson, Reverend Nancy Rottoman, Stacy Dahlstedt, Jen Inglis, Chief Dave Breen, Ashley Hall, Ryan Rivard, Rob Lowell

### **I: Introductions & Brief Community Updates**

- Clergy-Busy Planning for a Virtual Thanksgiving Service
- Rev. Rottoman- Center Church Closure has hindered in-person groups for AA, NA, ALATEEN, but they are still happening virtually if you have a referral or someone interested
  - There is a Pregnancy & Infant Loss Remembrance Event happening, please refer those who may benefit
- Rotary- Lock Boxes are available and going out, Turkey Trot race/fundraiser will be virtual this year but still happening
- Library- Community Read of Guts going on, AHL and Library are collaborating to host a Parent Forum on Coping with Stress coming up Oct 22. See program notes below.
- Riverside- Clinic is growing with many referrals, hosting support groups during this time to cope stress, anxiety
- Vasundhara Ganju- Thanks to Vasundrah for teaching Mindfulness with AHL for Recovery Month in September. Reminder of Teens Mindfulness Classes starting with the Library
- Schools: In September, AHL provided a Mental Health First Aid 8 hour certificate training for teachers. The special Consultant and Child Psychologist, Rob Evans, supported by AHL, is assisting the school with managing transitions and positive coping during this challenging time. Rob provided two sessions for LMS faculty, and two for each of the elementary schools (6 total) and will continue to offer support as needed.

### **II Coalition Business:**

- A. Approval of September Minutes: A Motion to approve September Minutes was made and approved.

B. Night of Hope Event Recap:

- a. Carmela could not be in attendance today, but extends her thanks to everyone.

Re her email: *“A Night of Hope was a huge success. There were over 325 people in attendance. A special thank you to Pastor Mortimer for organizing the LYNNFIELD clergy to end the evening with a blessing. Also would like to thank Rob Dolan , LYNNFIELD Police, DPW, Bob Priestley as well as our state & town leaders. It was a wonderful event. Feedback has been amazing. Thanks to you, Phil Crawford and A Healthy Lynnfield’s Board for your continued support.”*

- b. AHL Chairman, Phil Crawford also thanked everyone. There were over 100 people in attendance.

- c. Event Finances: A motion to pay to the Think of Michael Foundation the balance of event expenses in the amount of \$1,836.52 from the AHL 501c3 account was made and approved. Expenses were split between the Think of Michael Foundation and A Healthy Lynnfield.

C. Staffing Updates: Kelsey Coughlin has left her position for a School Counseling position which she had just finished her masters for, we wish her luck in her next endeavor. We will be looking at filling this position and possibly making it full time.

D. Grant Administration:

- a. Scott Formica, SSRE and Lead Evaluator is assisting Peg with the Disparities Impact Statement and SPARS reporting required of Year 1 with PFS Federal Grant.
- b. The State of MA has an RFP out to rebid its regional substance use prevention funding. Many communities are already grouped in clusters working together. Lynnfield will join a cluster with Peabody, North Reading and Topsfield/Boxford/Middleton.

E. Youth Engagement:

- a. Julie Greene is preparing to launch a youth council the first week of November and is currently recruiting. Meetings will be held afterschool on Tuesday and Thursday. We will institute a paid fellowship program model. Discussion ensued around marketing and getting the word out. There was a recommendation to talk to Kathleen Dario to put on-school websites and with the school's existing Internship program as well as using social media blasts.

F. Diversity Equity and Inclusion Training-our PFS grant looks at special populations of students that are at high risk for substance use. Reaching these students requires our own reflection on diversity, equity and inclusion practices in our work in Lynnfield.

- a. Town Employee Training: Department heads and staff are finishing up their Diversity Equity and Inclusion 3-part training . Response has been positive.
- b. Training for Boards-there is some discussion about offering a training open to all volunteers on Town Boards. Stacy D. expressed interest as a member of the school committee.

- c. Community Training: The AHL Diversity Workgroup has met several times and is working on a community wide training series. Will be 3-4 speakers, January-March, that will focus on a different topic or lens of diversity
- d. School Diversity Training: Striving for Equity for Diverse Learners-AHL is providing a 15 credit hour training for teachers focused on equity in the classroom

### III: New Programming:

#### A. Mindfulness Series

- a. AHL is offering a new 6- week virtual series of Mindfulness with Reiki Master and Science Department Chair, Scott Gordon at the High School Scott Gordon with a focus on outreach to LPS parents experiencing stress and wanting to learn new coping skills. Starts October 22. See our events page [www.ahealthilynnfield.org](http://www.ahealthilynnfield.org) to register.

#### B. Parenting with Less Stress and More Success

- a. The Lynnfield Library in collaboration with AHL will be hosting Child Psychologist Rob Evans for a forum in support of Parents / Guardians This event will give the opportunity for parent support as well as the common language and techniques from school staff and parents learned by Rob Evans on October 14, at 6:30 p.m. Register through the Library,

### Postponed Until Next Meeting

- Discussion Business Pledge / Responsible Alcohol Sales
- Coalition Development Conversations

### Next Meeting: Virtually Monday November 9th

<https://lynnfield-k12-ma-us.zoom.us/j/85330744262>

December 14

January 11