



## **Minutes: Healthy Lynnfield Meeting**

Monday, June 08, 2020

Virtual Meeting, 9 to 10 am

**Participants:** Peg Sallade, Kelsey Coughlin, Sheri Weeks, Linda Nacarra, Amy Nardone, Dave Thompson, Eric Hamlin, Phil Crawford, Stacy Dahlstedt, Leo Barrett, Carmela Dalton, Ashely Hall, Lisa Costa, Chris Caprio, Jennifer Inglis, Ron Block, Scott Formica, Mary Homan, Ryan Rivard, Kristin MacRae, Robert Lowell, Glen Mortimer, Diane Courtney, Glenn Davis, Rob Dolan, Superintendent Tremblay, Kevin Cyr, and Karen Dwyer

### **I: Introductions & Recognitions:**

Julie Greene, the new Drug Free Communities Program Coordinator was introduced to the coalition. Julie comes from the NS YMCA, has experience with Be Healthy Beverly, and was responsible for all teen programming, including a regional alternative to suspension program for area youth.

Chairman Crawford, recognized Superintendent Jane Tremblay for her tenure at LPS. Jane is retiring from Lynnfield Public Schools. She is credited and acknowledged in making LPS a top school and supporting AHL in its formation and collaboration.

### **II: Community Outreach and Youth Program Updates**

**Better Days Ahead Parade-**Healthy Lynnfield participated in and shared photos from this spirit-lifting community event.

**Coalition Video:** “[How A Healthy Lynnfield Stays Healthy](#)” Thank you to everyone who participated in this coalition/community video.

**Spreading Sunshine:** AHL/LMS Youth Group Project Video: [Spreading Sunshine](#)

Sheri Weeks shared the virtual greeting card/art project and video, which will

be distributed to 1,500 senior citizens through the Lynnfield Council on Aging

**Action Item:** Please follow and share our AHL Social Media sites: Facebook, Twitter, Instagram

## II: Adult Focus Group Findings ([Presentation Here](#))

There was a presentation with the results of the Parent Focus Groups held in January 2020. Scott Formica, SSRE, facilitated the group and reviewed the methodology. Amy and Stacy shared their experience and felt the groups had a very down-to-earth, honest, and realistic conversation about what parents were seeing as youth substance use and other health concerns and what they thought might be helpful for parents.

A full report of both middle and high school focus group results is included with these minutes.

Group discussion included suggestions for:

bringing this to PTO Meetings, School Board Meetings, Sports Boards, School Committee Meetings

align with sports groups and having a Parent Night tied into Athletics

- Hearing Athletic Director / Coaches concerns, ideas, how they can collaborate
- Link with Lynnfield town sports/youth athletic leagues

## III: Coalition Business (20min)

a. **May Minutes Approved:** A motion was made and seconded to approve minutes. May minutes were approved.

b. **Mental Health Media Campaign:** Thomson Communications discussed how AHL used May to consolidate targeted messaging to the community on positive supports for Mental Health Awareness Month. Here is the link to the [May Media](#) overview. Four feature articles and corresponding newsprint ads included: Prioritizing Your Mental Health, “Teens Tweens and Quarantines” webinar feature with Jon Mattleman, How to Access the Interface Helpline, and an article on Seniors and Mental health with the council on aging. Corresponding social media posts boot information dissemination. April’s media include 3 feature articles focused on COVID resources, Interface, and alcohol use during COVID-19.

c. **Diversity and Youth Workgroup Updates:** Initial workgroups met to discuss and respond to coalition assessment improvement needs. Goal is for each committee to make 3-5 recommendations for improvement and to engage others in coalition work.

Diversity: Natasha Aurora, Lynnfield Loves-suggested an evening meeting

so more people can attend the diversity workgroup and she will recruit others. Discussed simple ideas like a town-wide book read.

Youth Engagement: The youth engagement workgroup would like to include the athletic director and school vice principals in the next meeting and identified reaching out to youth sports leagues and student athletes as a priority. Reverend Glen Mortimore shared he has reached out to other Clergy on what they are doing for youth engagement and how they can collaborate with AHL

**V: Community Program Updates**

**Phil Crawford/Rob Dolan-** Town of Lynnfield, town official encouraged everyone to vote in the Town Election and to attend Town Meeting for Lynnfield June 20th. Town meeting attendance is important to pass the town budget. There is a Black Lives Matter March from 4 to 6 pm organized by several students-March starts at Middle School to Common.

**Carmela Dalton-**The Think of Michael Foundation is discussing options for A Night of Hope event in September, part of National Recovery Month, and will have more updates in July as we move toward phase II of reopening the economy.

**Jen Inglis-** Sidewalk Services are beginning at the Library, Tuesday - Thursday & Saturday, Appointment Pickups and Accepting Returns

**Linda Nacarra-** Grab and Go Lunches are happening, beginning Exercising and Art Classes for Seniors

**Natasha Aurora** mentioned the June 14 event with Lynnfield Loves.

**Opiate Prevention Update:** Emergency Management and Schools have been working on a *potential* policy for Narcan to be in schools, draft was submitted for review and further discussion before moving forward. Medication Drop box has been ordered for installation this summer in the police department. Consumer Medication lock boxes have been ordered for Fire Department Home Safety Checks in collaboration with the Rotary Lock Box program for seniors.

**Action:** Please reach out with ideas for programming, ways to be relevant and meeting community needs, to share ideas and resources and work together! We welcome your input!

**Next Meeting:  
Virtually Monday July 13, 2020  
9-10 am**