



Minutes: January 13, 2025
Lynnfield Substance Misuse Prevention Committee/A Healthy Lynnfield

Participants:

Heather Day, Riverside
Rev. Glen Mortimer
Nick Secatore, LPD
Alex Doto, LPD/SRO
Chris DeCarlo, LPD
Glen Davis, LFD
Natasha Shah, MD

Diana DeLeo, AHL
Dave Thomson, Communications
Diane Courtney, Parent/Girl Scouts
Ron Block, Rotary
Jenny Sheehan, School Committee
Tom Geary, Superintendent LPS
Tiffany Leyne, MCAW

Linda Naccara, Senior Center
Toni Rebelo, LPS
Mia Muzio, LPS
Rob Dolan, Town Manager
Jess Tortola, AHL
Cara Green, YMCA

I: Staffing Updates - Dr. Jennifer Burns joined the AHL team officially in June. She is working as the Town Psychologist in a hybrid role supporting AHL, the Health Department and the Lynnfield Police Department.

III: Action Team Updates:

Health & Public Safety:

Health Department-

- The Town is working on more wellness programming for staff. More details to follow. They are offering a program for men starting on March 11th with the Danvers Wellness Center.
- Thursday is the BOH meeting for Pump and Pantry's tobacco license. Please attend if you are able. 5:30 at Market Street.
- There will be an advisory coming out on norovirus, flu and RSV.

Fire-

- AHL, LPS and LFD are offering a Safety Skills Training for Community on February 2nd. Register on the AHL website. We will be including CPR, AED, Chokesaver and Narcan. Narcan will be distributed to all participants. 20 currently registered.
- Dr. Burns is working to get her certificate for Mental Health First Aid for First Responders and then we will be able to use her as an in-house trainer for town staff. Chief Davis feels there is a staff need for Dr. Burns as a resource when they are having personal concerns and issues.

Police-

- We are still working on a date for Open Gym Nights. Space has been hard to secure.
- LCOT Updates - Mirza from Elliot is leaving. The team is working to meet regularly as a group with AHL, Dr. Burns, LPD and LPS to solidify a procedure and plan for situations where there is juvenile overlap.
- LPD is offering a session at the Lynnfield Senior Center on Senior Fraud on January 22 (Capt. Decarlo fwded the flyer)
- Discussed after the meeting - AHL and LPD will work on a Party Planning/Social Host resource for adults. We are also reviewing alcohol regulations with suggested updates from Jim Staples.

School:

- We are hosting "World Style Cafes" with the school PTOs to help gather suggested topics for a year-round Parent University that we plan to co-host with Lynnfield Community Schools.
- Mental Health First Aid - (1) At the end of January, we will have completed an LHS Health Ed Seminar for half of the senior class, which included training 76 of them in Teen Mental Health



First Aid, (2) In March, we are training a 2nd group of LHS Coaches in Youth Mental Health First Aid, (2) In April, we will be training the LPS Nurses in Youth Mental Health First Aid.

- We are now taking the steps to have the TOWN OF LYNNFIELD certified as a Mental Health First Aid Teen Implementation site. This will allow us to train Dr. Burns as a trainer and then utilize her to train students rather than paying outside trainers to come in. We can also then offer Teen MHFA to other groups such as the YMCA, Scouts, Churches. etc. under our implementation agreement. This is super exciting! - Nick and Heather also noted the pros and cons of peer reporting, educating teens on boundaries and making sure teens are aware that once something is reported, we are required to follow the proper channels. Coral suggested a business card-size resource for teens with numbers/websites to call -maybe one for them and one for a friend. The purpose being that a teen can give the card to a friend as a first step so the friend may seek help on their own or with the friend's support. Diana and Toni to connect on this.
- Lynnfield Community Schools and AHL are hosting a Musical Bingo family event on March 7.
- AHL is working with Cervizzi Martial Arts on mini-workshops that include self-defense, as well as anti-bullying, refusal skills and risk management. Cervizzi will be participating in Wellness Week at LMS, the LHS Health Fair, and hopefully something at the elementary schools as well as a self-defense and risks workshop for residents.
- The LMS AHL group did a project over the holidays creating wellness kits for first responders. Starting this month, they will be hosting "Tag It Tuesdays" in the cafe during lunch blocks where the students will be asked a question on a large poster and are invited to answer the question by writing on a post-it and sticking it on the poster. Jess Tortola, who worked under PFS last year, is back with us under the STOP ACT grant and is playing an important role in working with Sheri and Sean on the LMS youth work.
- Toni and the LPS nurses are training half the senior class on CPR. They are also hoping to offer a certification for Staff in March.
- Nurses covered the topic of Calming and Coping Strategies on one of their PD days. More and more, students are going to the nurses for mental health related questions and concerns.
- LPS has an official Behavioral Health Emergency Response Plan submitted to DESE in September. The plan has already been used at least once in the District this year. Linking with LCOT for a community wraparound approach is going to be a great addition.
- The LPS Wellness Committee met once and is meeting again tomorrow. The group has changed this year to include k-12, nursing, AHL and students. Health Ed was discussed as the main priority and writing a Health Ed Action Plan as an outcome of the group.
- LET is hosting a Spelling Bee January 23 - come cheer on the Town team and the AHL team!
- LPS is implementing safety strategies and protocol from the I Love You Guys Foundation. There was a full-day staff training and community safety night for parents. Each school will also have an assembly.
- The LHS Youth Council made blankets over the holidays for Ruth's Way and Citizen's Inn and is currently holding a canned food drive. They are also working on group project work on the following topics: (1) peer-driven Instagram account (already set up and being utilized!) (2) Friday Facts campaign using YRBS data for peer-to-peer messaging (started last week on their Insta and will run through June) (3) Mental Health Awareness month in May which will include presenting to elementary Students, (4) Vaping education for LMS students during Wellness Week, as well as vaping educational posters inside our school buses, (5) Alcohol education including our retailers pledge, sticker shock and tamper evident sticker distribution, and (6) a trusted adult campaign. They are busy! The two advisors at LHS are working out well and all 10 paid leaders are in place and meeting twice a month. The Youth Council also meets twice a month. We are hoping to have them join us in March via Zoom.



- We have two banners hanging in the LHS gym - one on the parent messaging around access to alcohol and one on mental health resources. We will be able to switch those banners out with new messaging regularly.

Community:

- Mental Health First Aid - (1) Youth MHFA with Rotary - hopefully 3/13 and 3/20, (2) Adult MHFA for LPL staff TBD
- AHL is supporting a Community Book Read with LPL, Lynnfield for Love, LCS and Rec in March.
- Rotary just donated 400 books to both elementary schools. Build a Bed scheduled for May 3 - all ages event. Beds stay in MA and the average age of a recipient is 8.5 years old.
- YMCA has hired a Senior Director of Youth Services and a Social Worker through a Lahey Grant. They are working on volunteer opps for teens and Cara will share with the group.
- Lynnfield Media Studios is running 30 second SAMHSA PSAs from the Talk They Hear You campaign focused on underage drinking.
- Think of Michael has set dates for Trivia Night (June 14) and Night of Hope (September 28)

IV: New Business

- Trusted Adult Campaign - Dave Thomson is working on this with the Regional Youth Prevention Network and will share their campaign with Diana this month. We hope to replicate and run a local version of the campaign.
- Health Expo Planning Committee - Coral and Linda are returning to the committee. If anyone else is interested, please let Diana know.

V: Upcoming Dates (updated)

- Jan - LHS Youth Council Friday Facts campaign begins
- Jan 16 - Board of Health Meeting re: Pump and Pantry Tobacco License (5:30pm)
- Jan 23 - AHL team in the LET Spelling Bee
- Jan/Feb - World Style Cafes at PTO meetings
- Feb - Tag it Tuesday begins at LMS
- Feb 2 - Community Safety Skills Training
- Feb 3 - launch scholarship application
- Feb 3-5 - Diana and Jennifer at CADCA
- Feb - Guiding Good Choices - push to Fall?
- March - Community Read with LPL
- March 3-7 - Wellness Week at LMS
- March 5 - LHS Coaches Youth MHFA
- March 7 - Musical Bingo Night with LCS at LHS
- March 10 - Coalition Meeting
- March 11 - Town Program on Wellness for Men - presented by Danvers Wellness Center through the Lynnfield Health Department
- March 13 and 20th (tentative) - Youth MHFA for residents, hosted with Rotary
- April - Underage Alcohol Sales Pledge and Sticker Shock
- April 2 - Multilingual Family Night at LMS
- April 5 - LPS Nurses Youth MHFA
- April 9 - LHS Wellness Fair



- May - Mental Health Awareness Month activities
- May 3 - Rotary's Build a Bed
- May 12 - Coalition Meeting
- May 17 - Healthy Living Expo
- June 14 - Think of Michael Trivia Night
- September 28 - Night of Hope

Next meeting is on March 10th.