



Town of Natick Board of Health

NATICK 180  
STEERING COMMITTEE MEETING

Natick Town Hall  
3<sup>rd</sup> Floor Training Room  
13 E. Central Street  
Natick, MA 01760  
8:30 AM Wednesday, January 8, 2020

Minutes

MEMBERS and DESIGNEES PRESENT:

Steven Baroletti, MetroWest Medical Center  
Christine Guthery, SPARK Kindness  
Nina Levine, Natick 180 / Natick Health Department  
Nick Loscoco, SMOC  
Cheryle Lucenta, SOAR Natick  
Dr. Anna Nolin, Natick Public Schools  
Sue Salamoff, Board of Selectman  
Katie Sugarman, Natick 180 / Natick Health Department  
James M. White, Jr., Natick Health Department

MEMBERS and DESIGNEES ABSENT:

Fr. Joseph J. Gallick, Natick Interfaith Clergy Association  
Sarallyn Keller, First Congregational Church  
Chief James Hicks, Natick Police Department  
Chief Michael Lentini, Natick Fire Department  
Lt. Cara Rossi, Natick Police Department  
Ian Wong, Natick Board of Health

1. Citizens' Concerns.

None presented.

2. Vote on December 2019 Steering Committee meeting minutes.

The minutes from December 2019 were approved.

3. Announcements/Updates

- Ms. Lucenta mentioned that there is a public memorial garden in Wellfleet that is a place to remember those who have passed from a substance use and there is interest in doing a similar memorial garden in Natick.
- On January 3<sup>rd</sup>, 2020, the Natick 180 staff was invited to do a Hidden in Plain Sight pop-up

at Walnut Hill School for the Arts. There were about 100 people that came through the display as a part of their professional development day. Walnut Hill will be participating in our vaping cessation training on January 8<sup>th</sup> at Natick High School, which was rescheduled after the Natick Innovation and Learning Summit Day was cancelled due to snow.

- The Town Annual Report is due on January 15<sup>th</sup>, 2020. Ms. Sugarman mentioned that she was in the process of putting together a summary of what Natick 180 has been working on in the past year and will send out to Steering Committee for feedback before submitting.
- The Natick 180 Public Coalition Meeting is happening on Wednesday, January 15<sup>th</sup> from 8:30am-10:00am in Lebowitz Hall at the Morse Institute Library.
- There will be a Medication Assisted Treatment (MAT) Community Panel Discussion on January 29<sup>th</sup>, 2020 in Lebowitz Hall from 7:00pm-8:30pm at Morse Institute Library. Ms. Sugarman announced that the Access to Services Action Team, which has been planning the event, is in the process of finalizing the panel. The team is still looking for a person in recovery who had MAT as part of their recovery journey. Other panelists will include a treatment provider from the hospital and a community MAT provider. A flyer will be circulated once ready. (*Update: MAT Panel was later postponed after January Steering Meeting.*)
- The MetroWest Legislative Breakfast on the Regional Response to the Opioid Crisis: January 31, 2020, 7:30-9:30 AM at the MetroWest Medical Center, Leonard Morse Hospital, HELM Auditorium. The target audiences for this event are legislators and decision makers in our communities. This is not a lobbying event but rather an event to make sure our regional decision makers know what is happening in the communities they serve and the barriers and challenges to this work. Additionally, to raise of awareness of the issues they might take into consideration when they are making decisions at the statehouse. An email invitation will be circulated once it's been finalized by Framingham, who is the lead on this grant. Mr. White has made the Board of Health and the Board of Selectmen aware of the event.
- National CADCA Leadership Forum, February 4-6, 2020 (Location: Washington, DC). Ms. Levine, Ms. Sugarman, and Ms. Ziegler from Natick High School are taking some Natick Above the Influence (NATI) students to the CADCA conference in D.C. The students were chosen based on an application process. The Drug-Free Communities grant will cover their conference registration, flight and hotel room. The students are responsible for their meals. There is a workshop track just for the youth and their group advisors. Youth get the opportunity to meet with peers from around the country to hear about what they are working on in relation to substance use issues in their towns or cities. Ms. Sugarman mentioned that the parents of the students going on the trip have been notified that the group will be traveling to Washington, D.C. on the day of the State of the Union address, per the recommendation of Dr. Nolin. Dr. Nolin mentioned that it's the school's policy to allow the parents to decide on whether their student should go on the trip.
- The First Congregational Church of Natick is hosting an event about marijuana called "Can We Agree on Marijuana?" on Wednesday, January 22<sup>nd</sup> from 7:00pm-9:00pm with Sarallyn Keller.
- The Boston Bulldogs Run and Rally event that was supposed to happen on May 3<sup>rd</sup> may have to be rescheduled due to a Natick affiliated run happening in Medfield. Race directors that Ms. Sugarman and Bulldogs volunteers have met with suggested not doing the race on that day. An alternative event would be to do a rally during the Natick Farmer's Market. Ms. Lucenta mentioned that SOAR Natick would be happy to cover the minimal fee for people who are interested in joining the Bulldogs Natick chapter.

#### 4. Organizational structure: Coalition bylaws

Ms. Sugarman mentioned that the Coalition bylaws will be sent out to the Steering Committee and will be reviewed at the February meeting. Then, legal counsel will be consulted. Some of the topics for discussion at the February meeting include whether we want to maintain the possibility of two community members at large joining the steering committee and what that process would look like. Another topic of discussion would be the term lengths for officers.

## 5. Planning for January 15<sup>th</sup> Natick 180 Public Coalition Meeting

The meeting will be in Lebowitz Hall at the Morse Institute Library. One of the goals of this meeting is to get the coalition's input on some community risk and protective factors for documentation purposes on the Drug-Free Communities grant. Ms. Sugarman reported that the strategic work plan that will be submitted should reflect the community's input on these, so it would be an important agenda item.

Another important topic brought up to be discussed at the coalition meeting are the priorities of the Natick 180 coalition for the next fiscal year, which runs from September 2020 through September 2021. Some of these might include more focus on working with younger school aged children and their families. The group agreed that a presentation of some data would be helpful.

The group discussed alcohol use among youth and adults in the community. Mr. Baroletti mentioned that he would be able to share de-identified emergency department data and generate a monthly report. However, he mentioned that he would likely not be able to distinguish whether or not people were Natick residents. Ms. Sugarman and Dr. Nolin noted the decline in youth alcohol use. There was a discussion around the culture of drinking among adults.

The group agreed that the topics of conversation for the Natick 180 public coalition meeting will be risk and protective factors relating to substance use in Natick, a quick data snapshot, and the priorities of coalition members for the September 2020 through September 2021 fiscal year.

## 6. Town department reports

### a. Natick Police and Fire Departments

Ms. Sugarman received data from Chief Hicks and reported on his behalf.

There were 2 non-fatal overdoses in December and Narcan was administered in both cases. That brings the total number of overdoses in 2019 to 45, 6 of which were fatal. This is an increase in the total number of overdoses compared to 2018.

There has been talk regionally and in the state about the increase in methamphetamine and cocaine rates as well.

### b. Natick Public Schools

Dr. Nolin reported that the surveys asking about youth perception of both parental and peer disapproval are ongoing.

Dr. Nolin reported that there's a goal in the strategic plan of the schools regarding parent and community engagement. Previous programming showed that there was some parental anxiety surrounding readiness to help their kids with social emotional skills. The schools have seen an uptick in mental health concerns and are looking for ways to support them.

Dr. Nolin reported that the schools took over a family resources grant and would like to create a parent engagement center in the future that has translation services and can be used by families to get the school resources they need.

On January 14<sup>th</sup>, Senate President Karen Spilka is hosting a forum on social-emotional learning and Natick will be there running some events.

There was some discussion about the diversion program at the schools. Ms. Guthery reported that she heard about a Natick family that had a positive experience after going

through the diversion program. The diversion program is an education program for kids with a first-time infraction related to substance use. Both the schools and the police department can refer to this program, which is housed at the Natick Service Council. It's 4-5 sessions and it requires involvement from the parents at intake and closing sessions. Ms. Sugarman reported that she has not received an update from the Service Council on how the program is going and if people have recently been referred. Ms. Sugarman noted that an update to the program curriculum to include marijuana is necessary.

c. Natick Health Department

Mr. White reported that there have been about 38 Narcan kits given out over the past year to people who have come into the Health Department. There seems to be an increase in the number of people who come to the Health Department for Narcan after a presentation in the community.

Ms. Sugarman noted that the Brandon School has contacted the Health Department about replacing their Narcan and that the Hampton Inn has been in touch about having a Narcan training.

7. Action team reports

The Access to Services team is hosting the Medication Assisted Treatment panel in the evening of January 29<sup>th</sup>. They are currently in the process of organizing focus groups for people in recovery.

The regional response to a fatal overdose team has a meeting scheduled for Friday, January 10<sup>th</sup>. This includes representation from Ashland, Framingham, and Natick to discuss some of the goals in identifying a list of resources to give to people who had a fatality in their lives to show them that their community cares. There will also be outreach attempts a few weeks after the fatality to assist in the transition to living without that person present and how the team can create a long-term response.

The Awareness and Education Action Team is working on some ways to bring the Chris Herren "The First Day" film to the community and some educational messaging around it. They are also working on some social media and community campaigns around some key times of the year where substance use may be increased.

Ms. Sugarman reported that she has requested use of Drug-Free Communities funding could be carried over from the previous fiscal year and used on community marketing initiatives.

8. Finance report

The Natick Elks have made a donation for 2020. The group discussed thanking the Elks for their sponsorship in some form soon.