



NATICK 180
STEERING COMMITTEE MEETING

Remote Participation by Zoom

8:30 am February 2, 2022



MINUTES

Steering Committee Member or Designee	Organization	Sector Represented	Present	Absent
Steve Baroletti	Metrowest Medical Center	Healthcare		✓
Donald Breda	Natick Board of Health	Local Government	✓	
Fr. Joseph Gallick	Natick Interfaith Clergy Association / Church of the Annunciation	Religious / Fraternal		✓
Christine Guthery	SPARK Kindness	Civic / Volunteer	✓	
Chief James Hicks	Natick Police Department	Law Enforcement		✓
Paul Joseph	Natick Selectboard	Local Government	✓	
Sarallyn Keller, Chair	Natick Interfaith Clergy Association / First Congregational Church	Religious / Fraternal	✓	
Chief Michael Lentini	Natick Fire Department	Local Municipal Dept.	✓	
Nick Loscocco	Recovery Community / SMOC	Other organization involved in reducing substance misuse	✓	
Cheryle Lucenta	SOAR Natick	Other organization involved in reducing substance misuse	✓	
Dr. Anna Nolin Vice Chair	Natick Public Schools	Schools	✓	
Lt. Cara Rossi	Natick Police Department	Law Enforcement		✓
Katie Sugarman	Natick Health Department / Natick 180	Local Government	✓	

Michael Boudreau	Natick Health Department	Local Government	✓	
Staff				
Lizzy Chalfin	Natick Health Department / Natick 180	Local Government	✓	
Astrid Dretler	Natick Health Department / Natick 180	Local Government	✓	
Member(s) of the Public				
Chad Howard	Natick Police Department	Law Enforcement	✓	
Sonja Wagner	Natick Police Department (Advocates Jail Diversion Program)	Law Enforcement	✓	

Link to Meeting PowerPoint:

https://docs.google.com/presentation/d/1twv87v8A6o_aYGjaRDAa7OUDwBXM2wwP/edit#slide=id.p1

Agenda

- **Citizens' Concerns:** None.
- **Vote on January 5, 2022 Steering Committee meeting minutes**
Meeting minutes were accepted with one small edit about the Selectboard exploring partnering with the EDC on workforce development. A motion was made to approve the minutes, seconded, and then approved by majority vote.
- **Natick 180 Updates and Announcements since January 2021 Steering Committee (SC) meeting:**
 - **Quarterly Coalition Meeting**
 - Due to a scheduling conflict, Natick 180 requested a date change for the Quarterly Coalition-Wide meeting. After a conversation with the Steering Committee, it was proposed and agreed upon to move the meeting to March 10th from 5:30 - 7:00 PM ET.
 - The focus of the Coalition meeting will be youth involvement in the Coalition, specifically building connections between youth and adults. This meeting will include spotlighting NATI's work so far this year and hearing from youth about their goals for the future. This youth input into the Coalition's work will pair nicely with upcoming data being collected by the NPS adolescent health survey, youth and parent focus groups on substance use, key stakeholder interviews on substance use, and the Natick 180 parents survey. These activities will provide helpful information for strategic planning that will take place later this year as the Coalition prepares for the next and final year of the DFC grant. These activities will also help the Coalition plan for the role of youth in the Coalition going forward.
 - NATI youth have shared that they prefer to have this meeting in person, so we will plan to hold the meeting in a hybrid format to accommodate all attendees. The meeting will likely take place in a Town Hall meeting space and Natick 180 will survey how attendees plan to attend the meeting so the appropriate technology and meeting space can be made available.

- **Program RISE Van**
 - The Natick Board of Health approved providing syringe services on the Rise On Van in Natick. The van will soon be in Natick, providing both general medical care as well as harm reduction services such as syringe service exchange. Natick 180 is currently working with the Natick Housing Authority to have the van available at their housing locations.
- **Families for Depression Awareness Event: “Addressing Family Stress and Depression”**
 - This event was held on January 19th from 7:00 - 8:15 PM ET. About 25-30 people attended and the feedback was very positive. Natick has several upcoming events scheduled with Families for Depression Awareness.
 - 3/15 - Teen Depression Workshop; 3/29 Teen Stress Survival Guide; 4/28 Communication workshop
- **LABW**
 - The most recent “Learn A Better Way” workshop was completed at the end of January 2022. The next 10 week workshop is scheduled to begin on Wednesday, March 9th. Natick 180 is beginning to advertise this next workshop series now.
- **Playful Parenting Workshop**
 - Larry Cohen, Pd.D. will be leading a Playful Parenting Workshop with families of youth ages 0-12. This workshop will take place on 6 evenings between March and April 2022.
 - The Coalition wants to reach additional caregivers and youth age demographics so that protective factors against substance use and mental health issues can be built up among the youngest youth in the community. The plan is for this initial workshop to be a pilot, and then caregivers in the community can continue to lead and take ownership of the playful parent curriculum going forward. This will provide sustainability for the programming and allow it to reach more families.
- **Youth Mental Health First Aid Trainings**
 - Natick 180 held two training sessions at the end of January. Members of the general public participated on the evenings of January 25-26th virtually and staff at the Natick Community Organic Farm participated in the training virtually on January 28th. A total of 20 people were trained and provided positive feedback. Natick 180 continues to collect names of people interested in an upcoming training. The Natick Community Organic Farm has requested to also have Narcan training in the near future.
- **INTERFACE Referral Service**
 - This service is temporarily pausing accepting new clients between now and February 22nd in order to meet the increase in demand.
 - Natick community partners want to develop collaborative messaging about what services are currently still being offered while INTERFACE is on pause. The Behavioral Health Partners of Metrowest is a new hub model for several different agencies in the Metrowest area and they also provide treatment navigation services. While INTERFACE is on pause, community partners will be sharing consistent information about Behavioral Health Partners of Metrowest and Metrowest Care Connects.
- **Additional Updates**
 - **Team Sharing** (<https://www.teamsharinginc.org/>), a local non-profit that supports parents who have lost a child to substance use disorder, is working to have an overdose awareness specialty license plate available in MA. This requires people to pre-register for the license plate and once 750 signatures/sign-ups are collected the plate can be printed and publicly available. Proceeds from paying for the license plates will go to Team Sharing and the specialty license plate itself will help raise awareness.
 - **Natick High School’s Equity Co-Op Day and Wellness Fair** is taking place on March

17th. A trainer from our consultant partner, Human In Common, will be a presenter at the Equity Co-Op portion of the day. Natick 180 and NATI will participate in the Wellness Fair in the afternoon.

- Town department reports:
 - **Natick Police and Fire Departments -**
 - Year to date in 2022 there has been 1 nonfatal overdose in town. This time last year there were 6 overdoses. The individual who overdosed was a student at Natick High School who consumed a large amount of cough suppressant. Narcan was not used on site, but was administered at the hospital.
 - End of year overdose totals for the past several years are as follows: 2019 (45 overdoses); 2020 (37 overdoses); 2021 (34 overdoses, 7 of which were fatal). 2021 had more fatal overdoses than any other year on record.
 - Narcan traditionally is a 4 mg dose. A new 8 mg dose has recently become available. Since this higher dose can cause people to experience worse withdrawal symptoms, more disorientation, and dangerous physical reactions the 8 mg dose will only be piloted by the fire department for now. At this time, all other Narcan in the community will be 4 mg doses. Currently there are no other neighboring communities known to be using the 8 mg dose.
 - **Natick Public Schools**
 - The schools have completed social-emotional, wellness, race, and culture benchmark surveys for students in grades 2-5 and 6-12. Comprehensive summary reports are now available and will be reported on during the February 7th School Committee Meeting.
 - General results show that progress was made in race and culture. Students report a lot more conversations about race and culture in their classes than ever before, but students do want these conversations to be more integrated into classes and not just mentioned. Faculty report that they are talking about race and culture more; however, they are still uncomfortable leading these discussions and adapting to these topics being raised in class without preparation. General results show that for social-emotional wellness which surveyed students in grades 3-5 and 6-12, students report that they are sometimes sad and/or frustrated, but mostly able to overcome these feelings which indicates good emotional regulation. The grit and resilience scale showed that students are struggling and not able to overcome these issues. This is in line with the rise in school phobias that have been observed.
 - The schools are trying to strike a balance in amplifying students' confidence and resilience, while also preparing students well for the future (ie: in order to address midterms and the stress that comes with them, the schools have reduced the number of midterm exams given).
 - The next benchmark will be in March 2022 and be a deeper dive screen of students with elevated indicators. All students whose screening indicates that more support is needed will get individualized support plans.
 - The Superintendent is concerned about Pre-K - 1st graders because they cannot be surveyed. We know from classroom interactions that basic social skills development and regulation skills are currently lacking as well as knowing how to be together and comfortable in community. Next academic year additional staff will be brought into these grades to help these younger students. It is also a goal to weave more art, music, social justice, social studies, etc. into the guidance curriculum. Connections are being made with the Peacemakers about how their curriculum could be applied to other schools. The Open Circle curriculum is no longer being implemented.
 - **Natick Health Department -**
 - The Health Department is working to order more Narcan.
 - A Metrowest Health Foundation grant was awarded allowing the Health Department to collaborate with 3 other neighboring towns to purchase self-test kits. These kits will be made available to at risk groups such as those served by the senior center and housing authority. Additional kits will be made available to the general public too.
 - There is a temporary mask mandate in Natick from Jan 17th to Feb 28th.

- The new Administrative Assistant was Narcan trained this week. Jessica Cliff started in the Health Department this week. There is still an opening for the Public Health Nurse, and Jane Anderson the Environmental Health Agent is retiring in March.
- **Natick Selectboard -**
 - No new updates to share.

Community reports:

- **MetroWest Medical Center -** Tabled, not present.
 - The Coalition is still working to identify a new representative from the hospital network on the Steering Committee.
 - Staff will also be meeting with Newton-Wellesley Hospital soon to see if they could identify a representative for the Steering Committee.
- **SOAR Natick**
 - The group is in the process of accepting grant applications. They are also accepting scholarship applications for the high school's Class of 2022.
- **SPARK Kindness**
 - SPARK has also noticed some of the challenges shared by the schools, and will continue to develop programming and resources that focus on resilience, race/culture, and mental health support.
 - Many programs are scheduled for the month of March - March 8th How to Connect and Communicate with Children and Teens: What Do You Say?; March 22nd Understanding Eating Disorders: What Parents/Caregivers Need to Know. SPARK is also co-sponsoring two events hosted by the Morse Institute Library - March 11th Understanding Teen Depression Workshop; March 29th Teen Stress Survival Guide Workshop.
 - The eating disorders event will be a panel discussion. SPARK is also collaborating with a new student-led promoting body positivity group made up of 18 NHS students for the planning of this event. The hope is to have future programs on this topic. Future programs could include a for students by students event on eating disorders.
 - SPARK has been talking with the schools and guidance department about supporting mental health issues.
- **Natick Interfaith Clergy Association -**
 - This group was highly involved in planning the MLK event on January 17th. While the event was all-virtual due to COVID-19, it was still very powerful, well-done, and received positive feedback.
- **Recovery community -**
 - During the winter months, many folks who do not typically participate in events start to attend events and some of the regular participants stop coming. This is a trend that has been observed over time.
 - They are trying to bring back more programming that was available at SMOC before COVID-19 (mainly in person offerings). They are grateful to SOAR Natick for their support and grant funds to help make their programming more robust.
 - A request was made to have the local recovery community come and be guest speakers for the high school health classes sometime in March.
- **Local and statewide policy updates:**
 - The initial Policy Action Team meeting was held on January 18th and went well. Both youth and adults in the community were involved in the meeting and will serve on this action team. The next action team meeting will be scheduled for mid-late March. The intention of this group is to vet and research and policy requests that come in, connect with legislators, take a stance on policy issues, etc. Natick 180 wants to make sure that we are consistent in policies

and keep equity and public safety top of mind.

- **Finance update** -
Upcoming financial transitions will include guest speaker fees and Narcan purchases. Natick 180 will also be providing some monies to support the Health Department's medication disposal and the purchasing of sharps containers.
- **Action Team Updates** - There will be an Awareness & Education Action Team meeting on Tuesday, 2/8 from 9-10:30 AM. The next Access To Services Action Team's next meeting is on Wednesday, 2/16 from 1-2:30 PM. Policy Action Team: TBA for mid-late March
- **Set the next meeting date/time and adjourn** - Wednesday, March 2, 2022 from 8:30-10:00.

Agenda items will be addressed in an order determined by the meeting facilitator.