



**Natick 180 Awareness & Education
 Action Team Meeting
 February 9th , 2021 9:00-10:30 AM
 Virtual - Zoom**

Total Attendees (8)

Attendee	Sector Membership	Agency / Organization
Astrid Dretler	Natick 180 Staff	Natick 180 / Natick Health Dept.
Jen Garb-Palumbo	Schools	Natick Public Schools
Sarallyn Keller	Religious / Fraternal Organization	First Congregational Church & Natick Interfaith Clergy Association
Nina Levine	Natick 180 Staff	Natick 180 / Natick Health Dept.
Lauren Meurer	Local Government	Natick Parks and Rec Dept.
Michele Marotta	Civic / Volunteer Organization	SPARK Kindness
Katie Sugarman	Natick 180 Staff	Natick 180 / Natick Health Dept.
Shirley Toumayan Miller	Parent	Natick Resident

AGENDA

1. Citizens' Concerns: Any individual may raise an issue that is not included on the agenda and it will be taken under advisement by the Action Team. There will be no opportunity for debate during this portion of the meeting. Any individual addressing the Action Team during this section of the agenda shall be limited to two minutes.
2. Vote on December 10th Minutes & January 12th Minutes
3. Announcements
 - a. NATI Updates
 - b. Cannabis Program Updates
 - c. DEI updates
4. Educational Initiatives
 - a. YMHFA planning dates
 - b. Families for Depression Awareness event
 - c. Book Group & possible fall program
5. Summary and next steps

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

Topic	Discussion	Action Items / Decisions
1. Citizens' Concerns	None.	
2. Approval of Minutes	There was not a quorum present, so no vote was taken on the 12/10/20 and 1/12/21 meeting minutes. We would like to post them on the town's site to be in compliance with Open Meeting Law. The minutes will be emailed to the Action Team members. Please review and send any edits to Nina Levine by Friday, February 12th; minutes will be posted by Monday, February 15th.	
3. Announcements	<p><u>Announcements from Natick 180:</u></p> <p>a). NATI Updates: NATI members are continuing to meet virtually every other week and engagement is strong. Students are participating on their own time to attend extra events and trainings which shows strong commitment.</p> <ul style="list-style-type: none"> -4 NATI students participated in a youth leadership training with Jason Verhoosky of Wayland. The training included students from Needham & Hopkinton (20 students total). The focus was on reducing stigma and understanding social norms. The goal is to have these students bring information back to peers and share it, possibly including middle schoolers. -3 NATI students participated in the January MLK event - they conducted a live trivia session based on information and facts from the 84 Movement (a tobacco prevention program). The focus of their session was on tobacco and race: how communities of color have been impacted by marketing and sales of tobacco products. -Some NATI students recently participated in an 84 movement training on leadership and health equity. -Several NATI students participated in a health and wellness program being hosted by the 84 Movement. Students learned about self-care and how to support peers who are struggling. -On 2/10, 2 NATI kids will participate in a 'tobacco and race' training. <p>Ms. Marotta mentioned "Gamechangers" - a program being instituted at NHS and run by Jason Hoyer. Students involved in Gamechangers are creating dialogue and addressing the issues of dating violence, toxic friendships, and equity. We will check with Jason to see if there is a mental health component. There is concern about student stress and anxiety. We will explore how NATI might partner with the students who are engaged in Gamechangers. Currently, programs that provide skill building to support peers is in high demand.</p> <p>b) Cannabis programming updates:</p>	

N180 has continued its conversations with the Needham substance misuse prevention coalition to develop a speaker series around the topic of cannabis. The first presentation will host Dr. Safdar Mesina from UMass Medical Center as a guest presenter to a joint Needham / Natick coalition meeting. The meeting is planned for Tues 3/9 at 8:30 am. The focus of his presentation will be on brain science and youth vaping of nicotine and cannabis (30 min. plus Q&A). N180 coalition members will then break out after the presentation to discuss coalition business.

The second presentation in this cannabis series is targeted for 4/6 and will feature Michelle Lipinski, Principal of the Northshore Recovery High School who was highlighted in MTV's series "16 and Recovering," Maureen Cavanagh, founder of Magnolia New Beginnings support group (over 25k members) and author of "If You Love Me," and Cody Desmond, a graduate of Northshore Recovery High School and current outreach counselor. These guest speakers / panelists will focus on providing information for concerned parents and caregivers. The information would cover how to recognize warning signs and how to best address parental concerns with youth. The plan is to include Learn a Better Way as a local resource for parents who have loved ones who are struggling. We will also plan to share related resources. The collaboration with Needham, and with the Northshore community shows the value and importance of collaboration across the state.

c). DEI updates: N180 received a Metrowest Health Foundation grant to address diversity, equity and inclusion within the coalition. One goal is to engage more people of color in the coalition; also to better serve all members of the community equally. The grant is for \$30k for one year. Last week, a consultant was selected to work with N180. The group will conduct a needs assessment and then train and prepare coalition members and Steering Committee members to recognize existing deficits and how to design programming to address DEI. An ad hoc Steering Committee group reviewed consultants' proposals, conducted interviews, and reviewed their references. The final selection was for Human In Common, which is a small operation out of Western MA. Nina & Katie had previously attended one of their trainings on Interrupting Racism (level 1). This training focused on identifying and understanding microaggressions, terminology, how to address bias, and tools for how to interrupt. The trainers are very engaging and empathetic. During the interview process, they importantly acknowledged the sensitivity around law enforcement and that members are not to blame; it is one of the systems that needs to be included in collaboration. N180's next step is to regroup with Human In Common next week. Then they will begin reaching out to groups & organizations in town that are already working with underserved populations, diverse populations, affinity / grassroots groups. They will conduct focus groups with key stakeholders. Please make suggestions for groups to reach out to. Will assist in identifying gaps. Maybe reach out to Framingham because they may

TO DO:
Develop a
Google
spreadsheet of
Natick-based
organizations,
groups, etc,
contacts,
populations
served.

	<p>have more support for diverse groups, which Natick community members may attend.</p> <p>N180 will host its next monthly virtual Narcan training on 2/24 from 12-1pm.</p> <p><u>Announcements from Other Organizations / Individuals:</u></p> <p>SPARK Kindness: For more information on upcoming programs, visit: https://www.sparkkindness.org/</p> <p>The presentation given by Dr. Kristin Aberle last week received very positive reviews. Natick 180 had a presence in the chat and was a spotlight partner. Dr. Aberle’s materials and resources are very informative and valuable and should be shared widely.</p> <p>Sarah Ward, a national expert on executive function, is speaking on February 25th. She will be talking about promoting independence and executive function skills in the online learning environment. Materials will be provided in other languages and SPARK is looking to have a live Portuguese interpreter for that program. The goal is to branch out to Spanish and Chinese in the future. SPARK’s goal is to provide more language access and justice. SEPAC will be partnering with SPARK for this event. The event will also offer ASL interpretation. Natick 180 can share its resources that have been translated.</p> <p>Natick Rec and Parks: On Thurs 2/18, during winter break, NRP will be hosting a free outdoor movie screening of <i>Cool Runnings</i> at the Community Senior Center. Participants will stay in their cars. The showing will begin around 6:15pm. Please share the flyer.</p>	
<p>4.Educational Initiatives</p>	<p>a). Youth Mental Health First Aid Trainings: We currently have 12 trainers in Natick, including some school staff members. The goal is to host more trainings across Natick so that community members receive the training. The trainers will regroup to assess where they are with requirements / hours since there is a minimum that must be kept up. There is an upcoming training with the NPD; and another for SPARK members. N180 has developed a flyer describing the requirements to attend, including scheduling preferences since the time commitment is substantial. Some community members may be available over April break. Monday, 4/19 - Patriots Day, is a possibility since there is no marathon this year; also Thurs 4/22. We will check with trainers to see if this a good date / week.</p>	

	<p>b). Families for Depression Awareness - N180 is continuing to plan for an event to be held on 3/18. The program would be open to a general population (parents/caregivers and youth). Families for Depression Awareness helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. They offer education, training, and support to unite families and help them heal while coping with mood disorders. This event will be open to people in other communities.</p> <p>c). Book Group & possible fall programming - N180 has been interested in conducting programming for a small group of elementary school parents. We would like to invite Jon Mattleman to host a program on mental health and anxiety. We had planned for this pre-covid, but it seems like the timing is ideal this spring. NPS nurses definitely recognize a need for this type of program for parents. Ms. Marotta suggested another good speaker: Dr. Larry Cohen (author of Playful Parenting) who formerly ran a program for this population for SPARK which was amazing. There was discussion of segmenting parents of 3rd & 4th graders, and also 5th / 6th grade parents. The transition from elementary to middle school is notable and filled with anxiety for both parents & students. The post-covid schooling and environment will look different for all students & parents.</p> <p>The discussion on hosting a book group was tabled due to a lack of time. This discussion will be brought up at the March action team meeting.</p>	
<p>5. Next Steps</p>	<p>The next Action Team meeting will be Tuesday, March 16th from 9am - 10:30 via Zoom.</p> <p>The next Natick 180 full coalition meeting will be March 9th from 8:30 - 9:45 am via Zoom.</p>	