



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, February 12, 2020

Minutes

MEMBERS and DESIGNEES PRESENT:

Steven Baroletti, MetroWest Medical Center  
Christine Guthery, SPARK Kindness  
Saralyn Keller, First Congregational Church  
Chief Michael Lentini, Natick Fire Department  
Nina Levine, Natick 180 / Natick Health Department  
Nick Loscoco, SMOC  
Cheryle Lucenta, SOAR Natick  
Timothy Luff on behalf of Dr. Anna Nolin, Natick Public Schools  
Lt. Cara Rossi, Natick Police Department  
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  
Chief James Hicks, Natick Police Department  
Ian Wong, Natick Board of Health

1. Citizens' Concerns

None present.

2. Vote on January 2020 Steering Committee meeting minutes

The minutes from January 2020 were approved.

### 3. Announcements

- Ms. Levine reported that herself, Ms. Sugarman, and Ms. Ziegler from Natick High School took six Natick Above the Influence (NATI) students to the Community Anti-Drug Coalitions of America (CADCA) Leadership Forum in National Harbor, Maryland from February 4<sup>th</sup>-February 6<sup>th</sup>. Some of the students attended a “Key Essentials” Training course while others attended a variety of workshops on topics relating to youth substance use. On Wednesday, February 5<sup>th</sup>, the group went to Capitol Hill to talk to legislators about the importance of substance use prevention work in the Natick community and what NATI hoped to accomplish with their support. The students were able to meet some elected officials and attended a rally on Capitol Hill.
- The “Learn a Better Way” family communication skills building workshop is scheduled to begin on Wednesday, February 26<sup>th</sup> at the Natick Service Council from 7pm-8:30pm and will run for 5 consecutive weeks (since the meeting concluded, the “Learn a Better Way” Workshop has been postponed to a later start date to be determined).
- Mr. Loscocco reported that SMOC is opening a drop-in center in Downtown Framingham, which should be opening at the end of February. There will be case management and referral services. People end up falling through the cracks who are not in crisis, but looking for services. The SMOC drop-in center hopes to help navigate people to services before they are in a crisis.

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

- a. This agenda item was not discussed.

### 5. Town department reports

- a. Natick Police and Fire Departments

There were 2 overdoses listed for 2020, but after review, they may be incorrectly categorized. It’s been almost 60 days without an overdose, which is the longest stretch there has been in years. Lt. Rossi read a de-identified letter that was dropped off by someone who was administered Narcan by the Natick PD and was able to get treatment and is in recovery now. The letter received a lot of positive responses on social media. The letter was also shared by Ms. Sugarman at the MetroWest Opioid Coalition Legislative Breakfast on Friday, January 31<sup>st</sup>.

Lt. Rossi presented the jail diversion statistics from April 2019 through December 2019. The diversion has been a cost saving of over \$200,000 for the Town with the implementation of the Advocates clinician. There were 28 evaluations between December 2019 and January 2020 and only 1 case was unable to be diverted.

- b. Natick Public Schools

- i. There were no updates from the School Department.

- c. Natick Health Department

- i. The Natick Elks donated to the Natick Health Department on behalf of the

Substance Use Prevention program in the amount of \$2,020. It is now reflected in the gift account.

- ii. Mr. White reported that the Earmark paperwork has been sent in and the Health Department is waiting for the financial transaction to go through. The money needs to be spent by June 30, 2020.
- iii. Mr. White reported that himself, Ms. Sugarman and Ms. Levine are scheduled to meet with the Natick Service Council and Jason Hoye, a Dean at Natick High School, to discuss updates to the diversion program at the Natick Service Council.
- iv. Natick High School is in the process of piloting the new Vaping Cessation program. Mr. Hoye is training additional staff at the high school. The high school is working to make sure that all students have a connection to a trusted adult and that everyone has some sort of training to connect students to a nurse. Ms. Levine reported that Mr. Hoye came to the last Natick Above the Influence (NATI) meeting to talk to the students about what can be done to get the word out about the vaping cessation program.

6. Community reports:

a. MetroWest Medical Center

- i. The MetroWest Medical Center was the location of the MetroWest Opioid Coalition Legislative Breakfast on January 31<sup>st</sup>.
- ii. Mr. Baroletti reported that the hospital filed with the Department of Public Health 3 weeks ago to close the acute clinical services at the Natick Campus. The hospital is in the process of figuring out what is next and what opportunities exist in Natick to enhance behavioral health services. The hospital is looking at options relating to expanding the behavioral health field in Natick.
- iii. Ms. Sugarman reported that the Access to Services access team has continually discussed some sort of space in the town where someone who is looking for services, not in a crisis, can go to get a referral. Some Earmark funds have been set aside for this. Ms. Sugarman wondered if the hospital might have some space for this.

b. SOAR Natick

- i. The Opioid Art Project is currently at Leonard Morse in Natick until the end of February and then will go to the library for March and April. Ms. Lucenta has begun conversations with the schools to bring the project to Natick High School in September and pair with a curriculum and the Purple Flag display.
- ii. SOAR has begun their grant cycle. Recipients can get up to \$1,000 per year and SOAR has already approved 3-4 people this year.
- iii. SOAR is going to meet with the candidates of the Select Board and School Committee to make sure they understand the work SOAR does.

- iv. SOAR has 1 runner for the Boston Marathon and they are doing some fundraising.
  - v. Ms. Lucenta announced that there has been some progress in making connections to begin the memorial garden in Natick. More updates will be given as progress continues.
  - vi. Natick 180 and SOAR Natick were invited to be the featured organizations for Sound and Spirit this year. The concert draws a big crowd and will take place on March 13, 14 and 15<sup>th</sup>. Sound and Spirit will put a small 1-page write-up of both organizations in the event program and representatives from Natick 180 and SOAR will be given about 3 minutes to do a quick speech about the organizations during intermission at each of the performances.
- c. SPARK Kindness
- i. SPARK Kindness has developed a flyer for the “Dealing with Stress & Anxiety in Children: A Group for Parents/Caregivers” which is being facilitated by trained counselor, Jon Mattleman. It will talk about managing emotions and give an introduction to resources regarding substance use. It’s limited to 30 people and will be a total of 3 sessions.
  - ii. Ms. Guthery reported that there will be a program on February 13<sup>th</sup> that is looking to support different children’s needs with Jeanne Fitzgerald, and there will be 2 other presentations by her in upcoming weeks.
  - iii. Dr. Christine Carter will be giving a presentation on April 6<sup>th</sup> called “The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction.” It will address pro-social behaviors, substance use and mental health, and addiction to technology with a positive message.
  - iv. Kindness Week is coming up from March 31 through April 4. SPARK Kindness will be showcasing and highlighting the work that community partners are doing.

## 7. Action team status updates on strategic plan

- a. Ms. Sugarman presented the work plan, stating that she took the strategic plan and distilled it down to possible events and goals. The work plan only includes items that the coalition is currently making progress on.
- b. There are a few items to note under the “governance and organization” section. Ms. Sugarman explained that some of the work around focus groups includes hosting one for parents of elementary school-aged children, one for people in recovery, and one with older adults in the community.
- c. The Awareness and Education Action Team has a few educational events coming up:
  - i. They are hosting a NILS(Natick Innovation and Leadership Summit) training session at the schools where the Chris Herren film will be screened and discussed.

- ii. The After Prom Party
  - iii. Sticker Shock program to as an environmental strategy to reduce underage drinking
  - iv. Bringing Natick Above the Influence (NATI) students to Kennedy Middle School in March to pilot a peer-to-peer program to launch next school year.
- d. The Access to Services Action Team is working on a few initiatives including:
- i. The Recovery Friendly Workplace grant launched and the second meeting was on February 11<sup>th</sup>. Framingham is the lead on this grant. The group is working on developing guidelines and best practices for businesses and how to start matching people in recovery with workplace settings. MassHire will provide employee support. Ms. Sugarman reported that a number of businesses have approached her and that they want to be involved.
  - ii. The Boston Bulldogs now have 4 people in recovery that are running with the group in Natick. They are hoping that they will have more runners now that Spring is coming up. The Access to Services team and the Bulldogs are at a standstill with organizing a run for the spring. The Bulldogs are hoping to have a community run sometime in the next year. Some of the alternatives discussed include: doing a rally during a Farmer's Market in June to raise awareness about the Bulldogs; launch a community art project to celebrate recovery; and doing an awareness event during the marathon on Natick Common.

8. Organizational structure: Coalition bylaws

Steering Committee members agreed to bring the bylaws to Town Council for review. There was some discussion about retaining the opening for 2 community members at large and the group ultimately agreed to leave those open for people to apply. Ms. Sugarman will send out a job description for the roles.

9. Discussion: NPS Parent Engagement Center

This agenda item was tabled for a future agenda.

10. Finance report

This agenda item was tabled for a future agenda.

Next meeting: Wednesday, March 4, 2020, 8:30 AM, 3<sup>rd</sup> floor training room at Natick Town Hall.