

**Natick 180 Awareness & Education  
Action Team Meeting  
Feb. 13, 2023 9:00-10:30 AM  
Virtual via Zoom**

**Total Attendees (8)**

Attendee	Sector Membership	Agency / Organization
Lizzy Chalfin	Local Government	Natick 180 / Natick Health Dept.
Scott Davis	Parent	Community member
Astrid Dretler	Local Government	Natick 180 / Natick Health Dept.
Michele Marotta	Civic / Volunteer Organization	SPARK Kindness
Lauren Meurer	Youth-Serving Organization	Natick Recreation & Parks Dept.
Shirley Toumayan Miller	Parent	Natick community member
Denise Passaretti	Parent	Natick community member
Katie Sugarman	Local Government	Natick 180 / Natick Health Dept.



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**Meeting Minutes:**

Agenda Item	Discussion
1. Citizens' Concerns	None.
2. Approve past meeting minutes	A vote on meeting minutes from <b>Jan. 10, 2023</b> was taken with a unanimous vote in favor of approving them. The meeting minutes will be posted to the Town website.
3. Updates & announcements	<b>a. Strategic Planning Process</b> - the four planning sessions with consultants HRIA have been completed. We are awaiting the final strategic plan, and will review it with the Action Team and larger Coalition once we obtain it.
3. Recap of Past Month's Events	<b>a. MLK Day Event</b> - N80 had a presence at the event, including a resource table as part of the fair of community-based nonprofits. The goal was to have people connect with these community partners.

	<p><b>b. Youth Power Summit</b> - N180 and 2 NATI students attended this statewide event on Friday, January 27th in Worcester. The event is part of the 84 Movement, a statewide effort to prevent and reduce nicotine use among teens and young people in Massachusetts. It was a good opportunity for N180 to talk to others who have youth groups and share ideas.</p> <p><b>c. CADCA National Forum</b> - January 31st -February 2nd. Four adults from Natick 180 and 2 NATI students attended this conference (would have liked to have more student representation). The conference included visits to Capitol Hill, workshops, and the opportunity to meet with others doing this work from across the country. NATI students conducted themselves very well, and were well-spoken during a conversation with Elizabeth Warren’s legislative staff person.</p> <p><b>Other:</b> March 23, 2023 is NHS Equity Co-op Day. NATI is preparing to lead a session on how to talk with your peers about mental health/addiction during the event.</p>
<p>4. Upcoming Events</p>	<p><b>a. Middle School Health Class Visits</b> - N180 will be visiting middle school health classes at both KMS &amp; WMS to hold mini-sessions on healthy decision-making, refusal skills, media literacy, and general substance use information. There are 3 upcoming school visits scheduled. NATI leaders will be visiting with the 6th graders about peer pressure, how to say no, and available resources. The content of the discussions has been selected in accordance with existing health curriculum (i.e. 6th grade - focus on advertising and substances; 7th grade- focus on stress and mental health; 8th grade - focus on peer pressure, refusal skills, and community resources).</p> <p>Dates: <b>2/27</b> - KMS 6th gr; <b>2/28</b> KMS 6th gr w/ NATI; <b>3/10</b> KMS 6-8th (4 separate class visits)</p> <p>WMS is wanting to see how it goes w/ NATI students at KMS before scheduling a session. (A subset of parents of KMS students have expressed some concerns around curriculum - pushback around gender/sexuality/LGBTQ+ topics - this should not affect N180 programming or content of the presentation). N180 is piloting visiting the middle schools, as it is a new activity. The health teachers rely on an outside consultant to update the health curriculum. LifeSkills is the curriculum that has been in place and has good, evidence-based outcomes on reducing substance use and violence. Not sure if LifeSkills was fully implemented, so the consultant will help revise an approach. N180’s involvement is supplementary to the overall health curriculum.</p> <p><b>b. FFDA Event</b> - Navigating Substance Use as a Family -this is a pre-recorded webinar but with live viewing. The content is strong and there will be a Q&amp;A following the presentation. 2/28 from 6:30-8 pm. Please help promote this event.</p>

<p>5. Discussion</p>	<p><b>a. Spring Substance Use Event with Natick Schools</b> - In years past, N180 has hosted a Spring Event for parents/caregivers about substance use prevention, with a youth component led by NATI running simultaneously. N180 was hoping to hold this event in late March or beginning of April - possibly during National Drug and Alcohol Facts week. Should we plan for the event to be virtual, in person or hybrid? We have not heard back from Dr. Silveri, an expert on youth brain development, who has joined us in the past. Dr. Catharina Armstrong was mentioned as a possible speaker, and we already have a relationship with her, as a Steering Committee member. It really comes down to how we market the event, we need to develop a good “hook” and promote the event through multiple channels. Maybe N180 can request space for placement of its activities / events in the Natick Town Pages. Natick Neighbors is another publication that N180 could target. A presentation + panel discussion might be a good idea because it gives a variety of information and perspectives. Target dates: March *29th or 30th. Speakers need to be selected and invited soon. Suggestions include: Dr. Silveri, Dr. Medina, Dr. Sharon Levy, Dr. Miriam Schizer, and Dr. Armstrong. We would also want to invite a SOAR parent to be part of the panel.</p> <p>The main topic might be maximizing healthy brain development / understanding your teen / how to help your teen flourish / fostering positive mental health and wellness. If we host an in-person event, venues might include KMS since it is new, TCAN, Library, Community Senior Center, or a space with open flooring so we could kick the event off with a yoga/mindfulness/breathing exercise before heading into the sessions. Space will be dependent upon whether NATI will be running a separate youth session. Maybe N180 could focus specifically on parents/caregivers since NATI will already be going into the middle school health classes. NRP has a yoga instructor / movement instructor that they use for the rec center. The Liebowitz room at the library appears to be available on 3/29.</p> <p><b>b. Speaker Ideas</b> - tabled</p> <p><b>c. Presence at the Boston Marathon</b> - April 17th. NPD said we could have space on their property - caveat - they will have a lot of things happening there too. Another space is the Natick Common facing Rte. 135, aside the bus stop, which we can confirm with NRP. N180 could distribute resources; have a tent / partner. We would need volunteers to help staff the resource table (try to identify hours that would be most highly trafficked). SPARK is doing a poster-making pop-up on Sat in collaboration with Fiesta Paper, and would welcome helping promote N180 and its messaging.</p> <p><b>e. Prescription Bottles Messaging</b> - tabled</p> <p><b>f. SPARK upcoming Resilient Community programs:</b></p> <p>-Renee Jain: 3/23 <a href="#">Stopping the Cycle of Anger</a>: How to Navigate Anxiety and Big Feelings with Calm and Compassion</p> <p>-Devorah Heitner: 4/13 <a href="#">Growing Up in Public</a>: Navigating Reputation and Social Media in the Digital Age</p>
<p>7. Set next meeting date &amp; adjourn</p>	<p>Mar. 14, 2023 from 9:00 AM - 10:30 AM EST</p>