

Access to Services Action Team
 Virtual Meeting
 Natick, MA
 1:00 PM - 2:15 PM
 Wednesday, February 16th, 2022



Attendees (15):

Name	Organization	Sector Represented
Sue Andrews	SMOC	Other organization involved in reducing substance misuse
Alyson Blumenthal	JRI	Other organization involved in reducing substance misuse
Haley Clifford	Metrowest Young Adult Services	Other organization involved in reducing substance misuse
Lizzy Chalfin	Natick 180 / Natick Health Dept.	Natick 180 staff
Michael Divver	Recovery Centers of America (for Middlesex County)	Other organization involved in reducing substance misuse
Astrid Dretler	Natick 180 / Natick Health Dept.	Natick 180 staff
Scott Francis	MOAR	Other organization involved in reducing substance misuse
Michael Garafalo	Better Life Partners	Other organization involved in reducing substance misuse
Kayla Guzovsky	JRI	Other organization involved in reducing substance misuse
Elizabeth Reardon Hinkley	MA Substance Use Helpline (BSAS / HRIA)	Other organization involved in reducing substance misuse
Lt. Chad Howard	Natick Police Dept.	Law Enforcement
Sarallyn Keller	First Congregational Church & Interfaith Clergy Association	Religious / Fraternal organization

Nicky Scarmeas	SMOC	Other organization involved in reducing substance misuse
Katie Sugarman	Natick 180 / Natick Health Dept.	Natick 180 staff
Annette Ziegler	Natick High School	Schools

Powerpoint:

<https://docs.google.com/presentation/d/1hvjF2ooGTEfjyVtxQdalhuqkwWRJI3l/edit?usp=sharing&oid=114924784599175736241&rtpof=true&sd=true>

Meeting Minutes:

Agenda Item	Discussion
1. Citizens' Concerns	None.
2. Approve meeting minutes	Meeting minutes from January 19th, 2021 were approved by a majority vote. They will be posted to the Town of Natick website.
3. New group member welcome and introductions	<p>a. Mikey Divver, Recovery Centers of America - Mikey represents two RCAs (Danvers and Westminster) which serve Metrowest & Middlesex County. Services include drug and alcohol detox, residential inpatient, outpatient, and medication assisted treatment. They partner with hospitals, jail diversion programs, and drug courts. The Westminster site was formerly the Nashoba Valley ski resort. The detox program is 5-7 days; CSS - residential program is up to 28 days. Intensive outpatient programs are offered both virtually and in person. Clients' transportation needs are taken care of, up to 3 hrs away. Transportation services may include Lyft and Uber but prefer to use RCA's own transportation. The programs are for first time clients, as well as those who chronically relapse. Exercise and recreation is a big part of the program and includes gym facilities, yoga, mediation, spiritually-focused activities, art, and LGBTQ-specific groups. Several commercial insurances are accepted. There is currently a waitlist for the 30 beds at each facility. A Section 35 contract was just initiated. The Danvers site is female-only. First responders are offered private units, and there are special services for front line workers and health care professionals. Admittedly, treatment beds are hard to find but please reach out if anyone needs help finding services / beds. RCA is</p>

the only treatment provider in MA that uses “finpay” (a 2-3 yr payment plan). RCA does not offer adolescent beds (only ages 18+).

For more information, see:

<https://recoverycentersofamerica.com/locations/westminster/>

<https://recoverycentersofamerica.com/locations/danvers/>

There is a support group run by Mikey Divver in Newton/Auburndale for young people every Thurs. night.

b. Haley Clifford, Program Director of BSAS Metro West Young Adult Services - this program serves individuals ages 18-30 years old and is hosted through Baystate Community Services in Quincy. It is a brand new program, and started one month ago. The goal of the program is to host substance free gatherings and social events to demonstrate that recovery can be fun and substances are not needed. It provides social alternatives for people who want to stay in recovery. The program does outreach and partners with local recovery centers, and there are plans to start an LGBTQ-specific group. The program connects young adults w/ services such as career training and higher ed. Meetings are being held in Marlboro with Framingham invited; attendance has been good and it is a safe space. Haley can help to find appropriate groups for adolescents/youth (<18 yrs) if needed. Please spread the word about this group.

c. Elizabeth Hinkley Reardon (Manager of Substance Use Services for Health Resources in Action, which is contracted through MA DPH to operate the MA Substance Use Helpline) - the MA Substance Use Helpline offers both website and phone-based, free, confidential information and referrals for all types of supports. The goal is to connect people of all ages to appropriate resources. It serves youth, active users, family members and loved ones. They direct people to treatment, medication, recovery supports and recovery coaches. The helpline is not a crisis line, but refers people to matched options. There is an initial screen / assessment, which then generates a tailored search for appropriate pathways. The Helpline can suggest providers / services based on an individual’s insurance (or lack thereof). Follow up is part of the comprehensive protocol. Call-taking staff all have lived experience, and many are in recovery. The Helpline is available 24/7 and its database is updated by providers themselves through a portal. <https://helplinema.org/> 1-800-327-5050

	<p>d. SMOC - SMOC is looking to hire a recovery coach. The recovery center facility is now open Mon - Fri from 10am - 3pm, and on Sundays. The center offers a boxing class in addition to many other classes. They host an AA meeting for women, and a co-ed 'in the wind meeting.' They have the capacity to host other groups so please reach out for information on how to do so.</p>
<p>3. Updates and announcements</p>	<p>a. Grief Outreach Team pilot grant - Natick 180 is still proceeding with developing and piloting a grief outreach response team after fatal overdose. Funding was provided by the Metrowest Health Foundation through a grant awarded to Framingham. Two consultants have been contacted and will work with us. There are a high number of families in need who have lost loved ones to overdose. Partners on this outreach team will include Heartplay and Jeff's Place, both of whom are grief support organizations. The goal is to have a model developed and ready to pilot at the end of the summer; fall is typically the hardest season for overdoses. Initial meetings will occur as soon as this month.</p> <p>2021 was the year with the highest number of fatal ods (7) in Natick since this data was first tracked. 2021 had a higher number of overdoses overall, as compared to past years, but not as many fatalities.</p> <p>b. Post Overdose Support Team (POST) updates - There was 1 non-fatal overdose in January. Generally, things have been quiet this winter, so far.</p> <p>Natick 180, JRI, and staff from the Natick Housing Authority met recently to discuss having JRI's RISE On mobile health van visit Natick's public housing facilities on a regular basis. The van will provide direct outreach to those individuals who are struggling. Wednesday is the targeted regular day.</p> <p>c. Community educational events and speakers The Natick 180 quarterly coalition meeting will be held on 3/10/22 from 5:30-7 pm at Natick Town Hall (there will also be a virtual option). The meeting topic will be how to increase youth engagement within the coalition. NATI students will attend and will share their thoughts and</p>

	<p>perspectives and what they see as important priorities around substance use. Strategic planning will occur over the summer.</p> <p>d. Team Sharing Overdose Awareness license plates - “Where Support Meets Action.” 700+ people are needed to sign up in order for the MA RMV to offer this specialty overdose awareness license plate. The cost is \$40 an all monies raised go to Team Sharing. See: www.teamsharinginc.org/overdose-awareness-ma-specialty-plates/</p> <p>e. Other: Multi-session virtual workshop series on ‘Understanding Your Teen’ co-sponsored by Natick 180, Families for Depression Awareness, FCC and SPARK Kindness and the Morse Institute Library:</p> <ul style="list-style-type: none"> ● Mar. 8 at 7 pm - How to Connect with your Child / Teen ● Mar. 15 at 6:30 pm – Understanding Teen Depression ● Mar. 22 at 7 pm - Understanding Eating Disorders ● Mar. 29 at 6:30 pm - Teen Stress Survival Guide <p>See www.sparkkindness.org or bit.ly/morseteens for more information & registration</p> <p>Key Stakeholder interviews & Focus Groups - Natick is part of a multi-town regional grant (MassCALL 3), which is hosted by Hudson. It includes other 7 Metrowest communities. Year 1 is focused on data collection and as such, Natick 180 will be conducting focus groups and key stakeholder interviews on substance use and perception of substance use in the next couple of weeks.</p> <p>There will be a focus group with youth during the week of Feb. break. Youth participants will be solicited through NHS health teachers, guidance counselors, and on social media to find students who might be good candidates and may be in need of community service hours. If you know of any students who may be interested, please let Katie know.</p> <p>Key stakeholder interviews will include school personnel, police dept., and the Natick Service Council. SPARK will help to do some outreach and promote the focus groups. Other ways to advertise include Natick Patch and the NHS e-newsletter.</p>
<p>4. Collaborations with Natick High School</p>	<p>a. Recovery speakers - Natick 180 has been contacted by NHS health teachers to again bring in speakers on the topic of recovery, similar to this past fall. Michael Garafalo spoke to two classes last</p>

	<p>semester. On March 18th, Nick Loscocco is scheduled to present, but a speaker is still needed for March 11th (email Katie if you have a recommendation). This individual would speak to several health classes for approx 30 min each time, so the commitment is for a full day. The speaker will share their personal experience and journey, and what helped them get into & maintain their recovery.</p> <p>b. Health Fair/Equity Day - There is an upcoming Equity Day at NHS on 3/17/22. During this day, there will also be a Health & Wellness Fair from 11am - 1 pm. Natick 180 will have a table at the fair, and will distribute resources focused on adolescent support.</p> <p>Our consultants, Human In Common, will also be holding 2 training sessions for youth on the topic of behavioral health (primarily, the intersections of stigma, mental health, substance use, and racism).</p>
5. Review Draft Action Plan Items	Tabled due to lack of time.
6. Set next meeting date/time & adjourn	March 23rd, 2022 from 1:00-2:30 pm (rescheduled to March 30th, 2022 1:00-2:30 PM)