



NATICK 180
STEERING COMMITTEE MEETING

Remote Participation by Zoom

8:30 am March 2, 2022



MINUTES

Steering Committee Member or Designee	Organization	Sector Represented	Present	Absent
Lauren Lele	Newton Wellesley Hospital	Healthcare	✓	
Dr. Catharina Armstrong	Newton Wellesley Hospital	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	✓	
Jessica Cliff	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	✓	
Stephanie Simeon	SUP Medway	Other organization involved in reducing substance misuse	✓	

Link to Meeting PowerPoint:

https://docs.google.com/presentation/d/1bj1U_GSmyMpw6Kxv4IKJwmMfQJW1ke0r/edit?rtfpof=true

Agenda

- **Citizens' Concerns:** None.
- Vote on **February 2, 2022 Steering Committee meeting minutes**
Meeting minutes were accepted as is. A motion was made to approve the minutes, seconded, and then approved by majority vote.
- Natick 180 Updates and Announcements since February 2022 Steering Committee (SC) meeting:
 - **Quarterly Coalition Meeting**
 - This meeting is scheduled for March 10, 2022 from 5:30 - 7:00 PM ET. This will be the first in-person (with a hybrid option) meeting since the start of the COVID-19 pandemic. In person attendees will meet at Natick's Town Hall on the third floor and virtual attendees will participate via Zoom.
 - The focus of this event is to connect Natick 180 youth and adults. The meeting agenda is: an icebreaker activity, small group discussion over an interactive activity on Natick youth culture, and a larger group discussion about current youth substance use trends.
 - This meeting will also spotlight some of the work being done by the youth sector (NATI) and allow youth to share their goals for the future. This event 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.
 - The topic of serving food was raised. The group is comfortable serving food to attendees, but recommends providing antigen testing since food will be served and not all attendees will be wearing masks. Natick 180 will include antigen testing and arriving early (5:15 PM)

- in the messaging about the event.
 - In order to accommodate those attending virtually, one Natick 180 staff member will be managing the computer where Zoom attendees will be participating. Zoom attendees will be their own group for the discussions and share out to the rest of the in-person attendees at the end.
- **Invitation to Participate in Spring Surprises Campaign (Natick Mall)**
 - Natick Mall reached out to see if Natick 180 would participate in one weekend of their Spring Surprises Campaign (happening March 19, 26; April 2, 9, 16, 23). The Natick Mall would provide 150 \$5-\$7 dollar gifts, tables, signage, and mention the event on social media. Pending approval, Natick 180 would be able to collect monetary donations.
 - Natick 180 would then provide the staff/volunteers to manage the table for 4 hours, provide swag and promotional materials, and promote the event on social media.
 - The Steering Committee overall was receptive to the idea. Cheryl Lucenta and Sarallyn Keller volunteered to help staff.
 - Committee members recommended inviting the Rise On van to participate, selecting a weekend over April vacation to increase foot traffic, providing Narcan training, and promoting the National Prescription Drug Take Back Day/having an officer present to help promote the Take Back Day. This could also emphasize Natick 180's collaboration with law enforcement.
 - Natick 180 will look into whether or not medication lock boxes can be given away.
 - DA Marion Ryan's office could possibly provide a Narcan donation for the event since Natick's Narcan is limited to Natick residents/organizations.
- **Earth Day (April 30th - May 1st)**
 - This year, instead of a one-day Earth Day event, it will be an entire weekend. Organizations are encouraged to register and host individual events that Earth Day will promote. Natick 180/Police Department will be registering National Prescription Drug Take Back Day as an all-around Natick Earth Day event.
 - Household Hazardous Waste Day (run by the Natick Health Department) is also this weekend.
- **National Prescription Drug Take Back Day (April 30th)**
 - Natick will participate in National Prescription Drug Take Back Day on April 30th. The Police Department has yet to receive information about the event, but will sign the town up once this becomes available. Medication collection boxes will be at both Wegmans and the Natick Police Department.
- **Natick 180 Steering Committee Openings**
 - The Steering Committee still has 2 at-large positions and would like to prioritize those impacted by substance use disorder, LGBTQ+ individuals, and members of the BIPOC Community.

Upcoming Community Education Events:

- **Understanding Your Teen Workshop Series**
 - These events are a collaboration between SPARK Kindness, The Morse Institute Library, and Natick 180.
 - March 8th - How to connect and communicate with your children and teens with Ned Johnson
 - March 15th - Understanding Teen Depression Workshop
 - March 22nd - Understanding Eating Disorders Workshop
 - March 29th - Teen Stress SurvivalGuide Workshop
 - Can go to either the SPARK Kindness Programs page (<https://www.sparkkindness.org/programs/>) or the Natick Library Teens Page

<https://morseinstitute.evanced.info/signup/Calendar>) to register.

- **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. This workshop will help caregivers better connect, build confidence, and resolve problems with their children through play. 37 people are currently registered.
 - 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 and have our own community be facilitators.

- **Learn A Better Way**
 - 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 advertising this next workshop series now and 9 people are currently registered.
 - The workshop helps families impacted by substance use develop communication skills that help them manage the challenges associated with substance use.

- **Diversity, Equity, and Inclusion Work**
 - Natick High School’s Equity Co-Op Day is on March 17th. Consultants from Human In Common will be leading 2 sessions of a workshop about stigma, substance use, mental health, race/ethnicity, and coping strategies to support yourself/friends for students to participate in.
 - Natick High’s Wellness Fair is also on March 17th and Natick 180 will be there to share wellness materials (ie: educational resources, vaping information, and marijuana education) with youth.
 - METCO connections are currently being developed and Natick 180 is collaborating with the METCO program on some potential upcoming trainings and opportunities. There is a desire to foster and better support Natick’s METCO community. METCO and Natick 180 will continue to collaborate and think about applying for grant funding in Fall 2022 from the Metrowest Health Foundation, but currently the groups need to do more readiness building. One idea is to develop a “train the trainer” curriculum for METCO students (and also other Natick students) so youth can educate their own peers on the intersection of stigma, racism, substance use, and mental health.

- Town department reports:
 - **Natick Police and Fire Departments -**
 - Year to date in 2022 there has been 1 nonfatal overdose and 0 fatal overdoses in Town. No Narcan has been used by Natick law enforcement so far in 2022.
 - In the past month, there have been three other substance use incidents among youth reported to the police. These are being reported as “overdoses” because the police would rather over-report than under-report, and in each of these instances the individuals using the substances were having unexpected effects that made them nervous.
 - One individual experienced a cannabis overdose after smoking a cigarette that was provided by a dealer. It contained 16.8% THC. The young person was transported to Framingham Union; no Narcan provided.
 - One individual experienced a cannabis overdose after eating a candy bar bought from a store that was 98.4 mg. The young person ingested more after initially not feeling effects; was transported to Framingham Union; no Narcan provided.
 - A 17 year old Natick High School student intentionally took over-the-counter or prescription medication (the type of medication is still unclear), and then began to have clear side effects. The medication was taken on February 24th at home, but the school nurse became involved and the youth was transported to a local hospital; no Narcan provided.

- Regionally (ie: the Northeast United States) there has been a rise in fentanyl and locations where fentanyl is present. Therefore, the police department wants to keep track of all substance use so they can track accurate data on substance use trends.
 - Newton Wellesley Hospital also reports an uptick of fentanyl in many products people are taking and using off the street (particularly in stimulants). They have seen a 30% increase in overdoses overall. There is currently not a lot of data about how much fentanyl is in the cannabis supply, but fentanyl is known to be in other substances (ie: cocaine).
- **Natick Public Schools**
 - The schools are happy to report that they are getting back to normal business. As of right now, the Prom and After Prom Party are being planned as usual after not being offered for the past two years. A letter went out to the families of all Juniors and Seniors letting them know about these upcoming events.
 - NPS is contracting with a private agency to provide driving safety training for high school students. Students have done a lot of work and fundraising to make this event possible after a car accident last year that killed one student. The high school will have an assembly on distracted driving, seatbelt use, and cannabis use. Part of the assembly will show youth what happens in distracted situations when they have to come to quick stops. There will also be an experiential program that parents can opt their youth into. The company providing the training is still to be determined because they need to be vetted through the NPS legal team.
 - Natick 180 will connect with the After Prom Party planning group both to make a donation and volunteer at the After Prom Party.
 - On March 18th and another date TBD, Natick 180 will be bringing Recovery Speakers to the Natick High Health Classes. This speaker series was offered this past fall and very successful.
 - The position for Director of Social Emotional Learning for NPS central office will be listed soon. This new position is a direct response to recent data about social and behavioral health challenges experienced among youth.
 - **Natick Health Department -**
 - The Natick Health Department got a recent shipment of Narcan that is available to the Natick community. Natick 180 can provide more to the Police and Fire Departments, if needed. 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 paramedics 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.
 - Updates on Adult-use cannabis shops - there is currently one storefront and two pending (predicted to be at least 6 months before either of the pending storefronts are open to the public).
 - Bountiful Farms (on Mercer Road) is already open to the public.
 - Another site in the Cloverleaf Mall on Speen Street was approved (site of a former gym) and is under final consideration. Currently, this location is in a buildout phase, and has no permits, approvals, or licenses.
 - A third store has been sought out, but no plans or applications have been brought to the board.
 - The Rise On Mobile Health Van (which is part of JRI's Program RISE) will start coming to Natick this month. It will go to the Natick Housing Authority starting on March 9th and be there every Wednesday from 1-3 PM to establish a presence and start making connections. The Natick Housing Authority (NHA) reports that alcohol and cannabis are the two most observed substances. Currently there are a lot of behavioral health challenges being reported by the NHA. The van offers harm reduction outreach workers, nurses, and a mental health clinician.
 - COVID-19 trends continue to go down and move in the right direction. Given the reduction in cases and local trends, the Board of Health ended the mask mandate in all public and municipal buildings as of March 1st, but recommends wearing a mask in accordance with

CDC and DPH guidelines. Another meeting will be held to discuss the mask mandate extension for the schools on Friday, March 4th.

- Earlier this week, Congresswoman Clark had a roundtable discussion with Health Departments in her district about their COVID-19 work and response. The meeting covered issues caused by COVID-19, such as the rise in substance use and behavioral health challenges.

- **Natick Selectboard** - not present

- The Select Board is currently looking into loosening regulations around pouring establishments because there is a desire to change local laws about alcohol consumption at restaurants and pubs. Changing these laws would likely help boost the economy. The town is specifically looking into changing the ratio of food to alcohol sales which would allow pouring establishments to sell more alcohol and less food.
- The Health Department is part of this communication and wants to make sure that health is kept in mind when making these decisions. The Health Department is meeting with a representative from the Select Board about this on March 4th.

Community reports:

- **Newton Wellesley Hospital** -

- They are hosting an upcoming event on May 4th from 7-8:30 PM ET “Drug Use is on the Rise: How To Identify the Signs in Your Child Or Loved One.” This event will highlight the types of drugs that are circulating in our communities, ways to recognize the signs of drug abuse in your child or loved one and how to talk with your kids about drug abuse before it starts.
- The Coalition is excited to welcome new representatives from the hospital network (Newton Wellesley Hospital) to the Steering Committee.
 - Dr. Armstrong is the Associate Director for the Substance Use Services Clinic (connects primary care, the emergency department, and inpatient), providing substance use and mental health care.
 - Lauren Lele is the Director of Community Benefits and Volunteers.
- What NWH is seeing right now is more alcohol use disorder than opioid and stimulant use disorders (although both of these are on the rise). The hospital’s Substance Use Services Clinic sees those 18+. Since the start of COVID-19, there has been an increase in mental health, PTSD, anxiety, depression, substance use disorder (SUD), and isolation (the “diseases of despair”).
- NWH wants to reach out to youth more so they can support all ages that are struggling with SUD and associated mental health challenges.

- **SOAR Natick**

- Currently awarding \$10,000 in grants (\$4,000 given out so far). Most of the requests are rent-related or associated moving costs, as those recovering from SUD are making improvements in their lives.
- SOAR will also support the After Prom Party Committee.
- They are accepting scholarship applications for the high school’s Class of 2022 for those impacted by substance use or desire to work in this field (they are providing \$3,000).
- SOAR is currently doing Boston Marathon fundraising for April and has a runner raising money for SOAR Natick.

- **SPARK Kindness**

- SPARK is sponsoring a 4-part series with Roxy Manning on “How to Address Microaggressions.” The series begins on March 2nd and goes until the middle of April.
- 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 with a Newton Wellesley Hospital clinician, an eating disorder therapist, etc.
- In May SPARK will host a program about how to stop “avoiding” in response to a lot of young people exhibiting avoidance behaviors.
- **Natick Interfaith Clergy Association** - No updates.
- **Recovery community** - tabled, not present.
 - They will be participating in the Recovery Speakers program with the Natick High School health classes.
- **Local and statewide policy updates:**
 - The initial Policy Action Team meeting was held on January 18th. The group will meet again in late March to pull together the goals and purpose of this new Action Team. The date of this next meeting is still to be determined.
- **Finance update** -
There are no major finance updates. In the past month, there have been regular charges to the DFC grant and also the Health Department’s recent purchase of Narcan.
- **Action Team Updates** - There will be an Awareness & Education Action Team meeting on Tuesday, 3/8 from 9-10:30 AM. The next Access To Services Action Team’s next meeting is on Wednesday, 3/16 from 1-2:30 PM. Policy Action Team: TBD for late March, still working on scheduling a time.
- **Set the next meeting date/time and adjourn** - Wednesday, April 6, 2022 from 8:30-10:00.

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