



Town of Natick Board of Health

NATICK 180
STEERING COMMITTEE MEETING

Natick Town Hall
3rd Floor Training Room
13 E. Central Street
Natick, MA 01760
8:30 AM Wednesday, March 4, 2020

Minutes

MEMBERS and DESIGNEES PRESENT:

Steven Baroletti, MetroWest Medical Center
Fr. Joseph J. Gallick, Natick Interfaith Clergy Association
Christine Guthery, SPARK Kindness
Chief James Hicks, Natick Police Department
Sarallyn Keller, First Congregational Church
Nina Levine, Natick 180 / Natick Health Department
Nick Loscoco, SMOC
Cheryle Lucenta, SOAR Natick
Dr. Anna Nolin, Natick Public Schools
Sue Salamoff, SelectBoard
Katie Sugarman, Natick 180 / Natick Health Department
James M. White, Jr., Natick Health Department

MEMBERS of the public PRESENT:

Henry Schwan, MetroWest Daily News

MEMBERS and DESIGNEES ABSENT:

Chief Michael Lentini, Natick Fire Department
Lt. Cara Rossi, Natick Police Department
Ian Wong, Natick Board of Health

1. Citizens' Concerns

None present.

1. Vote on February 2020 Steering Committee meeting minutes

The minutes from February 2020 were approved

2. Announcements

- SOAR Natick and Natick 180 are the featured organizations for the Sound and Spirit concert this year. The performances will be at Walnut Hill School of the Arts on Friday, March 13 at 7pm, Saturday, March 14 at 7pm, and Sunday, March 15 at 3pm. The organizations will have 3 minutes to give a brief explanation of their missions. There will be a resource table in the foyer of the building with information about SOAR Natick and Natick 180. Ms. Sugarman and Ms. Lucenta are going to their rehearsal next week. [Post Steering Meeting, the concert series was cancelled due to concerns of COVID-19].
- Mr. White reported that he spoke to someone from Town Counsel regarding the bylaws. He anticipates that the Steering Committee will be ready to vote on the bylaws at the next meeting.
- On Wednesday, March 18th from 6pm-8pm, the Department of Public Health will hold a forum regarding changes at Leonard Morse Hospital.

3. Planning for March 18th Natick 180 Public Coalition Meeting: 8:30-10:00 AM at Natick High School, Faculty Dining Room

Some students from Natick Above the Influence (NATI) that went to the Community Anti-Drug Coalitions of America (CADCA) conference will give a presentation. We anticipate the students presenting from about 8:40am until about 9:30, when they will return to class. After their presentation, we will leave some time for Q&A and discussion with the coalition. Ms. Sugarman proposed that the remainder of the meeting be spent on community announcements, coalition survey release, and the spring events calendar, especially items relating to Earmark funds.

Ms. Keller mentioned that this would be a good time to promote the Caring Adults training that relates to some regional work that Natick is a part of. The grant looks at building more connections in our community and guaranteeing that students are connected to a caring/trusted adult. Ms. Keller, Ms. Levine and an employee at Recreation and Parks were trained to deliver a 1 hour training to various community groups.

[The Natick 180 Public Coalition Meeting was cancelled due to coronavirus (COVID-19) concerns.]

4. Town department reports

a. Natick Police and Fire Departments

February was a quiet month in terms of overdoses.

Chief Hicks reported that there was a 25% decrease in overdoses in Middlesex County in 2019.

The Sheriff for this region has been recognized at the national level for the work he is doing within his program and the services he is providing, including medication assisted for those struggling with addiction.

b. Natick Public Schools

Dr. Nolin reported that she has received a lot of positive feedback from the parents and students themselves in relation to the CADCA trip. The NATI group has really taken off this year.

The NATI students will be piloting a mentoring program at Kennedy Middle School. The MetroWest Adolescent Health Survey data is showing that 7th grade students are struggling the most. The more that we can get messages to young people in middle school is great.

The 4th goal in the Natick Public Schools' strategic plan is about community and parent engagement. The Schools have been having focus groups and town halls to get a better sense of parent needs in the district.

c. Natick Health Department

Mr. White reported that the Public Health Nurse is retiring at the end of March. She is the main trainer for Naloxone. Until there is a new public health nurse on board, Ms. Jessica Cliff can help out. Chief Hicks reported that there are 2 officers trained on how to train others in Naloxone administration and they could be of assistance if necessary to fill the gap.

Ms. Sugarman mentioned that Ms. Levine and Ms. Dretler could get trained to train others as well.

Ms. Sugarman announced that there will be a Naloxone training for the Department of Public Works. An intern in the Health Department office will be helping out with that. [This training was cancelled since the meeting due to coronavirus (COVID-19) concerns].

Ms. Sugarman announced that the progress report for the Drug-Free Communities (DFC) grant was just submitted in February and covered a 1 year span. DFC was traditionally co-administered by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Office of National Drug Control Policy (ONDCP) under the White House. Ms. Sugarman announced that she was just informed that the Centers for Disease Control and Prevention (CDC) is taking the role that SAMHSA typically covered. There may be some changes to reporting protocols. Ms. Sugarman will also submit the budget with the "Non-Compete Continuation Application" that will be submitted mid-March. She announced that she does not anticipate any major budget changes.

5. Community reports:

a. MetroWest Medical Center

Mr. Baroletti will be meeting with Ms. Sugarman about potential opportunities to use space at the Leonard Morse Natick campus. The space would be to assist people, who are not actively in crisis, with treatment resource navigation. Mr. Losocco mentioned that it's important that this space be accessible but not incredibly public. Mr. Baroletti will connect with Ms. Sugarman and Mr. Losocco in regards to next steps.

b. SOAR Natick

SOAR Natick applied for a competitive grant through a school. There is a group of students who fundraise and then give the money raised to local charities. SOAR received a \$5,000 grant, which is the largest amount possible from this source. They are planning to use that

money to fund more grants through their organization.

c. SPARK Kindness

Ms. Guthery announced that the Jon Mattleman group “Dealing with Stress and Anxiety in Children: A Group for Parents & Caregivers” launched. The program is for parents of elementary aged children. The group had 38 people in the first session and there is free childcare and dinner. The first group felt like a success with a diverse group of engaged participants. Ms. Sugarman thought that it was a fully engaged room of parents getting the opportunity to share some of the reasons they wanted to be part of the group and gave them the chance to be vulnerable with one another.

Another program with Dr. Kristin Carter will be held on April 6th. She is a real leader in resilience and mental health for young people.

Kindness Week is coming up from March 29th through April 4th. SPARK Kindness is going to showcase the positive things that organizations in the community are doing and will celebrate community connections. Ms. Sugarman and Ms. Levine are brainstorming some ideas for Town Hall to showcase Kindness Week including visible signage and/or pins and stickers.

[Activities cancelled since the meeting due to coronavirus (COVID-19) concerns]

6. Discussion: NPS Parent Engagement Center—In search of space

Dr. Nolin discussed the concept of a Family Resource Center for which NPS would like to find space. The Family Services of Natick grant, that was formerly held by the AcceptCollaborative, is now under the Natick Public Schools. The focus is to work with families with children from birth to 8th grade. Right now, the grant monies are being spent on space at the Cole Center, so the schools are looking for space that they don't need to pay for. It would free up the funds to be better able to reach the preschool community. Dr. Nolin wants a space that would also be close to the Board of Health resources and services in Town Hall. There are 3 staff members that need to be paid and they need 2 office spaces. Ms. Salamoff mentioned that the library might be a good option for available space. Ms. Keller mentioned she will see if the First Congregational Church has any space available.

7. Updates on legislative earmark activities

The total Earmark is \$215,000 to be spent down before June 30, 2020. Some of those monies were designated to Veterans Services and the Teen Center, so we have approximately \$160,000 to be spent.

[A summary chart was distributed and available here for reference.](#) The gray italicised font is designated to initiatives that support our work. For example, the Town Administrator agreed to set aside some funds for SPARK Kindness around anxiety.

Ms. Sugarman and Ms. Levine are working on organizing a presentation with the Council on Aging at the Community Senior Center. They were interested in hosting some educational events and we are hoping to use that as an entry point for some focus groups with seniors in the community. Ms. Sugarman and Ms. Levine met with the Council on Aging and they were interested in a speaker that discusses tips for talking to your grandkids and adult children about substance use. Dr. Catherina Armstrong from Newton-Wellesley Hospital is the head of their substance use division and has been interested and engaged in the community. She is the physician who is presenting, along with a Recovery Coach, on

Tuesday, April 28th from 6pm-7pm at the Community Senior Center.
[Presentation cancelled since the meeting due to coronavirus (COVID-19) concerns]

Dr. Nolin suggested that the Natick 180 team might want to consider doing podcasts as a way to get information out to parents. It appeared from a school survey that parents liked to get information via podcasts or videos rather than in an email.

Ms. Sugarman mentioned that some Earmark funds were going to be used for video clips and training purposes.

When it comes to education and prevention initiatives, Earmark funds can be used to pay for medication storage and disposal as far back as July 1, 2019. Some of the funds will be used for translation services and producing a community-wide mailer.

Framingham FORCE approached Natick 180 in regards to bringing in a high-profile speaker. Based on feedback we received, there seems to be interest in moving forward with David and Nic Sheff, the father and son whose lives are depicted in the book written by David called "Beautiful Boy." The film was made into a major motion picture. Ms. Sugarman reported that the team will move forward with bringing in Nic Sheff, since his speaking fee is much lower. Additionally, Natick 180 and Framingham FORCE will make a "best offer" to David Sheff for the same rate as Nic. A vote was taken to move forward with offering David Sheff \$10,000 plus travel expenses, the same rate as Nic. The event will be tentatively scheduled for April 13. (The event has since been postponed to a later date to be determined due to concerns regarding coronavirus, COVID-19).

8. Action Team Updates--Tabled due to time limitations.
9. Finance report--Tabled due to time limitations.