

**Natick 180 Awareness & Education
Action Team Meeting
March 14, 2023 9:00-10:30 AM
Virtual via Zoom**

Total Attendees (6)

Attendee	Sector Membership	Agency / Organization
Lizzy Chalfin	Local Government	Natick 180 / Natick Health Dept.
Scott Davis	Parent	Community member
Sarallyn Keller	Religious/Fraternal Organization	First Congregational Church & Natick Interfaith Leaders Association
Michele Marotta	Civic / Volunteer Organization	SPARK Kindness
Katie Sugarman	Local Government	Natick 180 / Natick Health Dept.
Katelynn Tivey	Local Government	Natick 180/Natick Health Dept. & Regis College Intern



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Meeting Minutes:

Agenda Item	Discussion
1. Citizens' Concerns	None.
2. Approve past meeting minutes	A vote on meeting minutes from Feb 13, 2023 was tabled because many action team members were unable to join the meeting. The meeting minutes will be voted on at April's meeting.
3. Updates & announcements	a. Strategic Planning Process - HRiA shared a draft of the Strategic Plan with the Coalition and met with the Steering Committee to review the document. A final version of the Strategic Plan will be shared soon.
3. Recap of Past Month's Events	a. Middle School Health Class Visits - Over the past few weeks, Natick 180 staff presented lesson plans to 6, 7, and 8th grade classes (5 total classes). Lesson plan topics: 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>Five NATI leaders visited a 6th grade class (3/9) and talked with the students about peer pressure, how to say no, and available resources. All of the sessions went very well and it was great to provide peer-to-peer support.</p> <p>b. FFDA Event: Navigating Substance Use as a Family (2/28) - Navigating Substance Use as a Family -this was a pre-recorded webinar with live viewing/discussion/Q and A. About 30 people attended the session and it was well-received by attendees.</p>
<p>4. Upcoming Events</p>	<p>a. Drug and Alcohol Facts Week - March 20th - 26th The Morse Institute Library has agreed to host a display of drug/alcohol and addiction related books in the library. Natick 180 materials will also be provided.</p> <p>Other possible ideas for activities proposed during discussion:</p> <ul style="list-style-type: none"> ● Put drug facts on televisions throughout NHS and get facts added to daily announcements at middle and high schools (share MWAHS data too). ● Promote clips from past presentations (ex.--Dr. Ruth Potee) that concisely explains different drug facts. ● Post questions for students to respond to for a chance to be entered in a raffle. Could be online (via Instagram) or in person (Q&A drop box). ● N180 "Drug and Alcohol Facts Week" themed newsletter (include Jess Lahey Instagram clips) ● N180 and NATI social media ● Connect with Lisa Olivieri at NHS (Recovery City film) ● Reach out to local newspapers <p>b. Equity Co-Op Day/Equity Fair - March 23rd This event is taking place at NHS for the whole school day. NATI youth are leading a presentation for 6 total classes on self-care and supporting your peers. There will also be an Equity Fair from 11AM - 1PM for students to visit. Natick 180 will have a table. Michele and Sarallyn offered to volunteer at the Equity Fair. Separately, there is a NHS Wellness Fair on May 17th.</p> <p>c. Kick Butts Day - March 30th This event is run by the 84 Movement and youth from across the state will be participating. Youth visit the MA State House, learn about advocacy, and meet with their legislators to discuss the importance of substance use prevention and supporting mental health, as well as share their own experiences/ideas. NATI youth will be attending with Natick 180 staff.</p> <p>d. Growing Up in Public with Dr. Devorah Heitner - April 13th -Devorah Heitner: 4/13 Growing Up in Public: Navigating Reputation and Social Media in the Digital Age. This event is about character building and building the right digital footprint. Devorah Heitner's new book is coming out this summer. Natick 180 is a Spotlight Partner at this event.</p>

	<p>e. KyleCares Youth Conference</p> <p>The KyleCares Foundation (https://kylecaresinc.org/) is holding its first inaugural conference on April 13th. NATI was invited to attend, but the Coalition staff decided to not attend this year because NATI is already doing so many other activities. Staff may attend this year to see if it would be good to take youth next year. The NHS mental health club may attend this year.</p> <p>Upcoming Events:</p> <p>Redhawk Fest (8/27) - hoping to connect with the new principal before this event</p> <p>Prom (5/12) - Natick 180 is connecting to see if we can assist with the After Prom Party at NHS</p> <p>NHS Graduation (6/2)</p> <p>SPARK event with Lisa Damour (10/18) - author of “Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood”</p>
<p>5. Discussion</p>	<p>1. Substance Use Educational Event for Families - March 29th?</p> <p>N180 is tabling this event for now. The Coalition would like to have this event sometime this coming Fall. Dr. Schizer (Boston Children’s) is very excited about participating in this event, so we will check and see what her availability is for the fall (September or October). The plan is to have a panel event with a medical expert, parent/caregivers, and N180 staff.</p> <p>2. Boston Marathon Natick 180 Booth - April 17th</p> <p>N180 reached out to both NRP and the Select Board for approval to table on the Natick Common during the marathon. Both of these groups are meeting later this month to review the request and N180 should have a final word by the end of March. In case N180 cannot use the Common, we could likely use the front lawn of the FCC. N180 will be providing materials/information, swag, and medication lock bags. N180 will also be promoting Medication Take Back Day on April 22nd.</p> <p>SPARK Kindness is holding a pop-up poster making session in front of Paper Fiesta on April 15th.</p> <p>3. Coalition Wide Earth Day Cleanup?</p> <p>SPARK Kindness is hosting a Cochituate Rail Trail Clean-Up on Sunday, April 30th from 1-3 PM as part of Natick’s Earth Day events. Natick 180 will also attend and promote the event to its youth and adult Coalition members. There are locations along the trail where people use drugs, so N180 will be assisting with sharps removal.</p> <p>The Natick Health Department is participating in the Earth Day events on the Natick Common on 3/29, so N180 will share materials for the Natick Health Department to give to the community.</p> <p>Separately, N180 will connect with Keep Natick Beautiful to see if there are any clean ups happening during April vacation for NATI youth to participate in.</p> <p>4. After Prom Party</p> <p>Ms. Marotta shared that she had recent contact with the Chair of the NHS After Prom Party (APP), and it appears that there may be needs for volunteers,</p>

	donations and funding. Ms. Marotta shared the Chair's contact information, and Ms. Sugarman and Ms. Chalfin will follow-up with the APP Chair to determine how Natick 180 can best support the event this year.
7. Set next meeting date & adjourn	April 11, 2023 from 9:00 AM - 10:30 AM EST