



**Natick 180 Awareness & Education
 Action Team Meeting
 March 15, 2022 9:00-10:30 AM
 Virtual via Zoom**

Total Attendees (10)

Attendee	Sector Membership	Agency / Organization
Rabab Adel	Natick 180 Staff (Intern)	Regis College
Lizzy Chalfin	Natick 180 Staff	Natick 180 / Natick Health Dept.
Scott Davis	Parent	Natick community member
Beth Heffler	Law Enforcement	Natick Police Dept.
Devon Lawrence	Parent	Natick community member
Michele Marotta	Civic / Volunteer Organization	SPARK Kindness
Lauren Meurer	Youth-Serving Organization	Natick Rec and Parks Dept.
Shirley Toumayan Miller	Parent	Natick community member
Denise Passaretti	Parent	Natick community member
Katie Sugarman	Natick 180 Staff	Natick 180 / Natick Health Dept.



See [Slides](#) here

Meeting Minutes:

Agenda Item	Discussion
1. Citizens' Concerns	None.

<p>2. Approve meeting minutes</p>	<p>Meeting minutes from February 8, 2022 were approved by a unanimous vote. Official meeting minutes will be posted to the Town of Natick website.</p>
<p>3. Updates and announcements</p>	<p>a. Data collection updates - Natick 180 staff shared that the Coalition's Parent Survey is live for dissemination and encouraged Action Team members to share the survey link widely. Group members made the additional suggestions for disseminating Parent Survey:</p> <ul style="list-style-type: none"> ● Natick Town Pages ● Middle School health teachers (to send out to parents) ● Rec & Parks/Woodtrail communications ● Elementary PTO newsletters <p>Additionally, the <i>MetroWest Adolescent Health Survey (MWAHS)</i> was administered in November 2021; results will be available to NPS administration in the coming weeks.</p> <p>b. Playful Parenting Workshop Series More than 40 people registered. Only 11 logged in for the first session, but several people registered for the series after it started, so hopefully more will join the next session. Sessions are being recorded to allow participants to 'catch up' if they have to miss a meeting. The sessions are virtual, Thursdays, 7-9 pm for six total sessions. The target audience is parents/caregivers of 0-12 year olds. One outcome we are hoping for is to develop a group of parent peer leaders in the community so they can continue to teach / share the skills learned during the training.</p> <p>c. Learn a Better Way (LABW) - The first of five sessions began on March 9th, 7-8:30 pm.</p> <p>d. Natick 180 Quarterly Coalition-Wide Meeting—The Coalition's quarterly meeting took place on March 10th, 5:30-7 pm. The focus of the meeting was on fostering youth-adult partnerships, and students from Natick Above the Influence (NATI) and the Interact Club were in attendance. In total, there were 33 individuals in attendance at the meeting (both in-person and remote). Feedback from Action Team members who attended the meeting indicated that attendees appreciated the opportunity to have conversations with youth, the agenda structure, the quality of discussion, and overall facilitation of the meeting. The hybrid nature of the meeting appeared to go smoothly, and one participant who joined remotely reported that they still felt engaged in the meeting despite not being present in the room. There was a suggestion to possibly include a short norm-setting activity at the start of a future hybrid meeting to ensure that individuals who are participating remotely know who is speaking in the room, since that was unclear at times. Additionally, the presence of the boxed-lunch meal was identified as a nice feature of the meeting, especially since it had been a long time since folks had experienced the opportunity to share a meal with community members.</p>
<p>4. Upcoming events</p>	<p>a. Teen Mental Health Events in March— 'Teen Tuesdays' programming will occur throughout March, co-sponsored by SPARK Kindness, the Morse Institute Library, Natick 180, and Families for Depression Awareness. The March 8th program featuring Ned Johnson was very successful (over 450 registrants), and a newsletter follow-up to his program is available at https://conta.cc/3tMniZy. Tonight's session will feature Families for Depression Awareness. Links for all Tuesday evening events can be found on the SPARK Kindness website.</p>

	<p>b. Equity Co-Op Day and Wellness Fair - On March 17th, Natick High School will be hosting a series of guest speakers and workshops on topics related to equity and inclusion. Natick 180 will be sponsoring two workshops presented by Tavis Carter of Human in Common, who will speak on reducing stigma and normalizing conversations around behavioral health. Natick 180 will also have a table at the NHS Health Fair on that day 11:00 AM-1:00 PM, which will include free giveaway items and trivia questions about cannabis. Last night at their biweekly meeting, students from NATI created an informational poster board about cannabis that will be used for the trivia game.</p> <p>c. Recovery Speaker in High School Health Classes—Natick 180 will also sponsor speakers in recovery who will address all NHS health classes on March 18th and March 31st.</p> <p>d. NATI Events:</p> <ul style="list-style-type: none"> ● March Coalition Meeting—NATI were featured participants at the Coalition meeting and also reported on some of the highlights of their activities to date during this school year. ● Visit to the Teen Center—NATI will visit the Teen Center at Rec & Parks on March 28th. At last night’s NATI meeting, group members planned a ‘Jeopardy’ type game with questions focused on vaping. ● Kick Butts State Advocacy Day—On March 31st, NATI will participate in the annual tobacco prevention day known as ‘Kick Butts Day.’ This event is hosted by The 84 Movement, and it will be remote. ● Teen Mental Health Speaker with Families for Depression Awareness—NATI is looking at possibly hosting a teen speaker in mid-May, probably the same week as prom. They hope to offer free food. <p>e. Natick Mall Event—Agenda item not discussed; slots for community groups to participate filled up quickly, so Natick 180 will not be able to participate at this time.</p> <p>f. Jessica Lahey Event—Confirmed for May 11th, 7:00-8:30 PM, co-sponsored with Dover-Sherborn Challenge Success Program. The event will be on Zoom, and will cost \$5,000 (to be cost-shared between Dover-Sherborn and Natick). Michele Marotta offered to contact an ASL interpreter for the event; Katie Sugarman will reach out to Dover-Sherborn to discuss accessibility needs.</p>
6. Discussion	<p>a. Marathon Messaging - Action Team members explored the possibility of having a presence at the Boston Marathon. Possible collaborators/organizations to connect with included the Boston Bulldogs, the Natick Center Cultural District, and/or Love 01760; possible themes/topics suggested included sharing behavioral health resources or emphasizing the power of support in Natick’s caring community. Discussion explored the possibility of hosting a table or multiple tables</p>

	<p>along the route, however, concerns were raised about the Coalition's capacity to staff 1-2 tables adequately with staff and/or volunteers since only one Natick 180 staff person might be able to attend and many Coalition members have other work or volunteer obligations the day of the Marathon. The group agreed to try to obtain permission to hang a banner along the jersey barrier across from the Natick VFW since it is a high profile location that is visible by t.v. cameras and not obscured by spectators. Natick 180 staff will request that marketing consultants draft 1-2 banner mock-ups that integrate language and themes related to the Marathon.</p> <p>b. Billboard Messaging - Ms. Chalfin reported that she has been in contact with the company that manages the billboard on Route 135 (near Wendy's). The billboard is available for rental for \$2,000 for four weeks. Action Team members indicated that they would support messaging on that billboard during prom/graduation season. Ms. Chalfin will contact billboard management company to reserve dates.</p> <p>c. After Prom Party Planning - Prom will be held for NHS Seniors on the night of May 20th, with the After Prom Party running at NHS into the early morning hours of May 21st. Volunteers will be needed; Ms. Sugarman will contact organizers to determine what funding needs there might be.</p> <p>d. Learn A Better Way Workshop and Youth Mental Health First Aid marketing - Topic tabled due to time constraints.</p> <p>e. Spoon Project at July Art Walk - Topic tabled due to time constraints.</p>
<p>7. Set next meeting date & adjourn</p>	<p>April 12th, 2022 from 9-10:30 AM ET</p>