



NATICK 180  
STEERING COMMITTEE MEETING

Remote Participation by Zoom

8:30 am June 7, 2023



MINUTES

Steering Committee Member or Designee	Organization	Sector Represented	Present	Absent
Lauren Lele	Newton Wellesley Hospital	Healthcare	✓	
Dr. Catharina Armstrong	Newton Wellesley Hospital	Healthcare	✓	
Adelaida Gibson	MetroWest Medical Center	Healthcare	✓	
Donald Breda	Natick Board of Health	Local Government	✓	
Art Ferguson	Natick Public Schools	Schools		✓
Christine Guthery	SPARK Kindness	Civic / Volunteer	✓	
Chief James Hicks	Natick Police Department	Law Enforcement	✓	
Lt. Chad Howard	Natick Police Department	Law Enforcement		✓
Paul Joseph	Natick Selectboard	Local Government		✓
Shai Fuxman	Natick School Committee	Schools		✓
Matt Brand	Natick School Committee	Schools	✓	
Sarallyn Keller, Chair	Natick Interfaith Leader Association / First Congregational Church	Religious / Fraternal	✓	
Chief Jason Ferschke	Natick Fire Department	Local Government	✓	
Johny Georges	Natick Fire Department	Local Government	✓	
Cheryle Lucenta	SOAR Natick	Other organization involved in reducing substance misuse		✓

Erin Miller	Natick Public Schools	Schools		✓
Dr. Anna Nolin Vice Chair	Natick Public Schools	Schools		✓
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				



Link to Meeting PowerPoint: [SLIDES](#)

**Citizens' Concerns:** None.

Vote on **May 3, 2023 Steering Committee Meeting minutes**. A motion was made to approve the minutes "as is", seconded, and then approved by majority vote.

**Coalition Governance and Operations:  
Chair and Co-Chair Elections**

Ms. Keller and Dr. Nolin have been the Chair and Vice Chair for the past two years. Dr. Catharina Armstrong offered to serve as Chair for the next year, and Michael Boudreau offered to serve as Vice Chair. A motion was made to nominate these two individuals for Chair and Vice Chair, seconded, and approved unanimously by the Steering Committee members. Dr. Catharina Armstrong and Michael Boudreau were welcomed as the Coalition's new Chair and Vice Chair.

**Finance Updates & Earmark Spend Down**

- The Town is coming to the end of the fiscal year. There are a few hundred dollars left in Prevention and Outreach funds as well as the legislative earmark.
- The Coalition is working on developing a community mailer with peel off magnets that have mental health and substance use resources. This will be paid for over the next couple of months.
- Senate President Spilka's office has a line item in the budget to provide Natick 180 with \$25,000 in the next fiscal year. This funding has typically been used to purchase Narcan. Since there is a new statewide community Narcan initiative, we can now obtain Narcan for free.
- Natick 180 is entering the final quarter of the DFC grant. It is anticipated that some extra monies will be left to carry over when the grant is concluded, and used to fund staff positions.
- Natick 180 applied for the STOP Act Grant earlier this year, and will hear in August if we are

awarded the grant.

### **Natick 180 Updates and Announcements:**

#### **a. New Executive Director at Leonard Morse Hospital**

Dennis Ewing is the new Executive Director at Leonard Morse Hospital. Natick 180 Coalition staff will reach out to Dennis sometime over the summer.

#### **b. Summer events & projects**

Natick 180 is hosting two Opioid Settlement Money Community Conversations in June. These will be held on June 26th at 6:30 PM (virtual) and June 27th at 5:30 (Natick Community Senior Center). Some of the settlement money has already been received but is not accessible by Towns to be spent. Legislative clearance for the spending of funds should be gained soon.

Natick 180 staff will be participating in the Montana institute's "*The Power of the Positive*" training later in June. Staff will also be trained as trainers for Adult Mental Health First Aid later this summer. This will be an additional training that Natick 180 offers in addition to Youth Mental Health First Aid.

### **Upcoming Events**

Natick Nights - Natick 180 will have a booth on June 8th and July 20th (ArtWalk)

Farmers Market (August 26th)

RedHawk Fest (August 27th)

Purple Flag Project (late August)

Preparation work for Natick Above the Influence (NATI) group and recruitment at NHS

Recovery Month (September)

Fall Town Hall - Natick 180 plans to share the recent strategic planning report

Possible Coalition retreat

Natick 180 will also meet and collaborate with several community partners over the summer:

NPS Leadership - new interim superintendent and NHS principal

Dennis Ewing Leonard Morse Hospital (MetroWest Medical Center)

Troy Smith (Natick's new Director of Equity, Inclusion, and Outreach)

Aron Thiim (JRI Health Interim Director)

A question was raised about cannabis dispensary funds received by the Town. The dispensaries have indicated interest in these funds going to school curriculum. The schools already have an existing health curriculum and have been spending the past year revising their curriculum with the input of a renowned expert in health education. There should be a larger conversation about how dispensary funds are to be used.

## **4. TOWN DEPARTMENT REPORTS:**

### **a. Natick Police Department**

Upcoming Event:

June 14th - The Recovery and Veterans Court has 2 clients graduating. Community members are welcome to attend.

### **b. Natick Fire Department**

In the past month, there were 10 substance use related calls to Natick EMS. 6 of these calls were categorized as overdoses. The substances used in these incidents were heroin, alcohol, opioids, and cannabis. There were 4 total cardiac arrests in the past month. One was a 46 year old male who relapsed. Narcan was provided, the person was transported to Framingham Union, and follow up care will be provided by Natick's JDP clinician. The majority of people reported as experiencing a mental health and/or substance use emergency are male and between the ages of 30-50 or so.

Masks for overdose response will be provided by Natick 180, and the Coalition is using legislative earmark funds to purchase more masks for the police and fire departments. The Fire Department is also excited to share that the state provided great feedback on the work that Natick is doing for mental health and substance use response and support.

### **c. Natick Public Schools**

Monday, June 12th at 6:30 PM will be Dr. Nolin and Rose McDermott's last meeting with the School Committee. A recognition for both of them will be given at the meeting. Rose McDermott will be moving over to the Community Senior Center and no replacement for her role has been identified at this time. NPS Superintendent of Finance Peter Gray is also retiring at the end of this school year. Dr. Bella Wong signed the contract with NPS and will be starting on July 1st.

Natick 180 will be reaching out to both the new interim Superintendent and Natick High School Principal over the summer to make a connection.

### **d. Health Department**

The Health Department is currently focusing on preparing for summer camps (there are about 30 total camps in Natick). The Health Department is also working on pesticide applications and community notifications for mosquitos and ticks.

Natick's Mental Health Awareness Month activities wrapped up at the end of May. Some of the community events included virtual workshops and a QPR training led by Natick 180 staff. There was also a mental health tree at the library, Wilson Middle School, and Natick High School which invited community members and students to share words of wisdom and ways to support each other.

**e. Select Board** - Tabled, not present.

### **f. Health Sector**

#### **i. Newton Wellesley Hospital**

A fundraising event was recently held which raised a lot of money for some important hospital services and councils including substance use, domestic violence, child psychiatry, etc.

The hospital will be working with SOAR Natick to display the Purple Flag Project at the end of the summer. The hospital will also be hosting community events for Recovery Month in September. In the fall, NWH will be hosting lectures on mindfulness, mental health, self-care, etc.

#### **ii. MetroWest Medical Center**

Dennis Ewing is the new Executive Director at Leonard Morse Hospital. The hospital is planning to be more present in the community this fall once new staff are acclimated to their roles.

### **COMMUNITY REPORTS:**

**SOAR Natick** - Tabled, not present.

### **SPARK Kindness**

SPARK held their final program of the school year on June 3rd at NHS. Their event was a diverse book story hour and the book "How to Live on Dream Street" was read.

Upcoming events:

- August 23rd - "Why Will No One Hang Out With Me? Social Skills Strategies for Kids" with author Caroline McGuire
- October 3rd - "How to prevent and respond to cyberbullying" with Sameer Hinduja
- October 18th - Raising Connected, Capable and Compassionate Adolescents "The Emotional Lives of Teenagers" book with author Lisa Damour (Natick 180 will be a partner on this event because a lot of what she talks about is communication with teens, mental health, and substance use).

### **Interfaith Leader Association**

The ILA will be hosting the Purple Flag Project with SOAR Natick in late August. The group is very interested in connecting and developing relationships with the new school administrators as well as new community leaders, so they will be doing that this summer.

**Recovery community**

The Recovery Friendly Workplaces initiative was paused during COVID-19, but the work has recently started up again. Several training modules have been developed with help from the EDC, and several Natick community members in recovery have volunteered to be recorded for these trainings. These videos will discuss what productive employer support looks like, business owners sharing their experiences hiring and supervising those in recovery, how to make your businesses more recovery friendly, etc. The plan is to develop a certificate that businesses can display which identify them as recovery friendly workplaces. The modules should be ready by early July, and then the rollout will take place over the next several months.

**Action Team Upcoming Meetings:**

- Education and Awareness - June 12th, 10:00-11:30 AM
- Access To Services - June 12th, 1:00-2:30 PM
- Policy Action Team - no meeting currently planned (Natick 180 will be working with Deputy Chief Lauzon to plan for bi-annual alcohol retailer trainings)

**Set the next meeting date/time and adjourn**

- The next Steering Committee meeting will be Wednesday, August 2nd from 8:30-10:00 AM. The group will not meet in July.

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