



**Awareness & Education
Action Team Meeting
June 12, 2023 10:00 - 11:30 AM
Virtual via Zoom**

Total Attendees (9)

| Attendee | Sector Membership | Agency / Organization |
|-------------------------|--------------------------------|-----------------------------------|
| Mark Canegallo | Business | Howbridge |
| Lizzy Chalfin | Local Government | Natick 180 / Natick Health Dept. |
| Scott Davis | Parent | Community member |
| Astrid Dretler | Local Government | Natick 180 / Natick Health Dept. |
| Michele Marotta | Civic / Volunteer Organization | SPARK Kindness |
| Lauren Meurer | Youth-serving Organization | Natick Recreation and Parks Dept. |
| Shirley Toumayan Miller | Parent | Community member |
| Denise Passaretti | Parent | Community member |
| Katie Sugarman | Local Government | Natick 180 / Natick Health Dept. |



Click for Powerpoint: [SLIDES](#)

Meeting Minutes:

| Agenda Item | Discussion |
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| 1. Citizens' Concerns | None. |

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| <p>2. Approve past meeting minutes</p> | <p>A vote on meeting minutes from Feb. 13th, Mar. 14th, April 11th, and May 16th 2023 was taken in accordance with Open Meeting laws. A motion was made to approve each set of minutes, and were approved by a majority vote. These meeting minutes will be posted to the Town of Natick website.</p> |
| <p>3. Updates & announcements</p> | <p>Upcoming staff trainings include:</p> <p>a. Adult Mental Health First Aid Training of Trainers - Katie and Lizzy will be trained in adult mental health first aid at the end of July. This will enable them to bring more trainings to Natick.</p> <p>b. Montana Institute - This training will focus on Preventing Harm by Promoting Health Training, and Lizzy will be attending next week. This method focuses on the positive assets one can use to prevent substance misuse. There are other prevention practitioners from the Metrowest area who will also be attending.</p> |
| <p>3. Recap of Past Month's Events</p> | <p>a. Mental Health Awareness Month - Many successful activities were implemented during the month of May in Natick. Notably, there were banners around town promoting awareness, a QPR training was held, there was a resource table at the Farmer's Market, and a community "tree" with green ribbon "leaves" doubling as supportive notes installed at the library, Wilson Middle School, and Natick High School. The town will continue to make resources available, including through social media and webpages.</p> <p>b. NHS Wellness Fair - May 17th - Natick 180 hosted a table with information and resources on mental health and substance misuse. The fair went well, and many youth stopped by the booth.</p> <p>c. Middle School (WMS, KMS & Riverbend) Health Class Presentations Approximately 500 students in town were served by presentations led by Lizzy, Astrid & Katie. Presentations focused on the topics of substance use, stress, mental health and peer influences. The health teachers and students gave positive feedback.</p> <p>d. Natick 180 Spring Coalition Meeting -May 25th - The meeting went well, and the Community Champion awards were given out. Recipients included Kathy Peirce (The Journey) and Anna Nolin (NPS), as well as Sarallyn Keller (NILA) as outgoing chair.</p> |

4. Upcoming Events

a. Opioid Settlement Money Community Conversations - Natick 180 will be hosting 2 upcoming listening sessions (June 26th [virtual] & June 27th [in-person]). Sessions will be promoted through channels including social media, newsletters, and the Natick Patch. A registration link will be shared for the virtual meeting. It was mentioned that the timing of these listening sessions may be complicated by the fact that they are being held at the end of the school year / beginning of summer. However, this will not be the only opportunity for concerned community members to weigh in; these are preliminary conversations. Natick 180 did integrate important information and thoughts from coalition members on this topic as part of its recent strategic planning process. The Journey bereavement group will hold its regularly scheduled monthly meeting just after the in-person listening session, which will be held in the same building (Community Senior Center) so as to accommodate participation.

b. Families for Depression Awareness (FFDA): Family Stress Survival Guide- Natick has been invited by FFDA to pilot a new workshop for families and youth. The idea is to bring youth (ages 11-18) and their parents/caregivers together in a group with other families to focus on improving communication and gaining stress management skills. The sessions (two 2-hour) will be facilitated by a clinician. It is not clear if the sessions will be in person or virtual. Natick 180 has received interest in this type of programming from community members. One concern is that it is hard to get youth to attend something like this - it was suggested that maybe there is a specific way to market it, including incentives. Also it can be complicated for parents to feel comfortable gathering in a group because of privacy concerns. Natick 180 is asking its organizational partners to please promote the event widely. Groups to include would be people involved in the foster care system, Natick Service Council, Natick Housing Authority, Metrowest Alliance, Natick Public Schools, Senior Center, Family Promise, and Metrowest Medical Center.

c. Natick Nights / ArtWalk - July 20th - Last year Natick 180 brought in the Opioid Spoon Project installation as part of our booth. Ideas for this year include:

- Re-using the golf hole from a previous event (items are in the basement)
- Shirley offered to create a 3-D structure using discarded prescription & medication bottles, coupled with informational messaging (must be conscientious of using paraphernalia or other visuals that could be triggering for some individuals). A 3-D structure could also be added to the golf hole
- Artwork from The Opioid Project display (Bea Duncan)
- Re- purpose the tree & leaf display that was in the library for Mental Health Awareness month

A small group will follow up in the coming weeks to further discuss this project.

d. Natick 180 booth at Farmers Market - August 26th - This date will allow our presence to coincide with the Purple Flag project, RedHawk Fest, and Recovery month. We may distribute medication lock bags.

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| | <p>e. RedHawk Fest- August 27th - Natick 180 will have a table, and looks forward to participating in this annual event, organized by SPARK Kindness, Natick Police Dept, and Natick Public Schools. We will distribute swag and have an activity.</p> <p>f. Natick Days - Sept. 9th - Natick 180 will have a booth, and will be participating in this annual event. It is a big fundraiser for the organization.</p> <p>g. FFDA: Family Caregiver Toolkit Webinar - Sept. 13th - this date will be a re-scheduling of the webinar offered this past May. Natick 180 and its partners will promote the event widely at the beginning of the school year.</p> |
| <p>5. Discussion</p> | <p>a. Natick 180 Community Mailer - We are aiming to mail this publication out to all community households in Natick at the beginning of Sept. Some of the information will be recycled from our last mailer. The initial design we are envisioning has four quadrants:</p> <ul style="list-style-type: none"> i) Signs & symptoms: “What to Look For” ii) SMART approach to parenting/resiliency or “CARING” acronym, with tips iii) Natick 180 trainings/resources iv) Data infographics and/or how to connect with N180 & invitation on how to get involved <p>Mark Canegallo from Howbridge joined the meeting to discuss the mailer. Content included will dictate the size and form of the mailer. Possible things to include: Logos from partner organizations; a few quotes (for example, from someone who has benefitted from a training; from a partner organization); pictures of the staff with a short blurb (the faces behind the work); QR codes which would direct people to the website and other resources (PDFs), visuals that are downloadable to smart phones. We plan to have a resource magnet that can be peeled from the publication; could also include a perforated, detachable piece that would have a longer lifespan.</p> <p>b. Natick 180 Town Hall - date TBD, but aiming for this fall (Oct.). The goal of the Town Hall would be to share Natick 180’s Strategic Plan, which was developed this past spring, as well as important data (MWAHS, first responders, focus groups & key stakeholder interviews) and highlight concerns and areas of focus. Additionally, if N180 receives the STOP Act grant, which focuses on underage drinking prevention, this may be a good time to announce the grant and related data on underage drinking and strategies to prevent and reduce it. The Town Hall style meeting allows for community input (World Cafe is one model we may use, with facilitators and scribes).</p> <p>c. Ideas for the remainder of 2023 - discussion tabled due to lack of time. <i>Below is information that was included in the Powerpoint:</i></p> <ul style="list-style-type: none"> ● Screenagers viewing (\$700 - one time viewing; \$950 - annual license per school for the year) ● Panel event on youth substance use - with guest Dr. Miriam Schizer, Boston Children’s Hospital |

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| | <ul style="list-style-type: none">• Youth Positive Assets Campaign• Coach/sports team training with the Mental Health Collaborative - this organization provides mental health literacy programming. They have developed a curriculum for coaches, entitled "Mental Health Essentials for Coaches" as well as a train-the-trainers curriculum.• 2nd Act Plays |
| 7. Set next meeting date & adjourn | Monday, July 24th from 10 - 11:30 AM |