



Your community resource
for addiction education,
prevention & recovery.

Natick 180 Coalition Meeting

Morse Institute Library
Lebowitz Room, Lower Level
14 E. Central St.
Natick, MA 01760

Wednesday, October 2, 2019, 6:30-8:30 pm

Attendees (21):

Name	Organization	Sector Represented
Sue Abendroth	Community member	Natick resident
Martha Beck	Community member	Natick resident
Mark Canegallo	Initial Design Group	Marketing consultant to coalition
Jessica Cliff	Natick Health Department	Local government agency
Eileen Collett	SOAR Natick	Other organization involved in substance abuse reduction
Astrid Dretler	Staff	Natick 180
Aaron Friedman	Natick Recreation and Parks Dept.	Local government
Christine Guthery	SPARK Kindness	Civic / volunteer group
Officer Beth Heffler	Natick Police Department	Law enforcement
Sarallyn Keller	First Congregational Church	Religious organization
Reginald Leese	Community member	Natick resident
Nina Levine	Staff	Natick 180
Cheryle Lucenta	SOAR Natick	Other organization involved in substance abuse reduction
Lauren Meurer	Natick Recreation and Parks Dept.	Local government agency
Shirley Toumayan Miller	Community member	Natick resident
Lt. Cara Rossi	Natick Police Department	Law enforcement

Katie Sugarman	Staff	Natick 180
Sonja Wagner	Natick Police Department / Advocates	Law enforcement
Jim White	Natick Health Department	Local government agency
Ian Wong	Natick Board of Health	Local government agency
Annette Ziegler	Natick Public Schools	Schools

AGENDA

1. Citizens' Concerns: A period not exceeding 15 minutes during which time any individual may voice an opinion or concern on any Natick 180 or Natick Opioid Task Force related issue that is not on the agenda.
2. Announcements
3. Confirm Coalition calendar for 2019-2020 school year
4. September 2019 activities review
 - a. Natick Days
 - b. Hidden in Plain Sight
 - c. Natick Public School Open Houses and Purple Flag Project
5. Discussion: Vaping in the News
6. Presentation: Natick180.org website
7. Upcoming community assessment activities: surveys and focus groups
8. Coalition priorities for 2019-2020
9. Action team updates

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

AGENDA ITEM	DISCUSSION	ACTION STEPS
Introductions (all)	Names and organizations were given by everyone in attendance. The icebreaker question was "what television show are you currently binge-watching?"	
Citizens' Concerns (all)	None. Ian Wong confirmed that meeting notes were being taken for this meeting.	

<p>Announcements (K. Sugarman)</p>	<p>Learn a Better Way: Doug Duncan has run 10 sessions to date; the first group has “graduated” and the second group just concluded. The third group will start on 10/16 from 7-8:30 at the Natick Service Council. The training uses the CRAFT model [The Community Reinforcement Approach and Family Training (CRAFT)] CRAFT is a scientifically-based intervention designed to help concerned significant others to engage treatment-refusing substance abusers into treatment. The goal is to teach parents and caregivers to manage communication strategies while also practicing self-care.</p> <p>SPARK Kindness: SPARK is hosting an upcoming presentation by Dr. Robert Brooks entitled “Raising Resilient Children in a Stress Filled World.” The target audience is parents of children of all ages, preschool +. The discussion will focus on resilience and protective factors. Dr. Brooks is on the faculty of the Harvard Medical School. For more info and to RSVP, please visit the SPARK Kindness website.</p> <p>Natick Police Dept: The NPD will once again host a collection site for National Drug Take Back Day. The event will be held on 10/26 from 10-2 pm. Wegman’s will also host a collection site.</p> <p>Boston Bulldogs: The Natick chapter of the Boston Bulldogs is being organized (first one in Metrowest) The kick off event is planned for 11/6 at 7 pm on the Natick Common. This is a running group for people in recovery or who have been impacted by substance use. The initial goal is to run 3 miles and the group will run year-round. The group will gather sneakers and headlights for those who are in need. Other towns are welcome to join this chapter.</p>	
<p>Confirm coalition calendar 2019-20 (K. Sugarman)</p>	<p>OCT. 10/2/19 6:30-8:30 @ Morse Institute Library JAN. 1/15/20 8:30-10 am location tbd MAR. 3/11/20 8:30-10 am location tbd JUNE 6/3/20 6:30-8:30 (Community Champion award) location tbd</p> <p>Candlelight Vigil – 6th annual – tentatively scheduled for 12/21/19 from 7-8:30 pm at the First Congregational Church. This date was debated, especially because it falls on a Saturday night, and is very close to Christmas. We will consult with The Journey bereavement group to get input on a preferred date. It was suggested that we make it a recurring regular day of the year, but it’s hard w/ the church calendar and other obligations around holiday time. Possibly reschedule for Sun 12/8? Or move to January? Possibly August, in conjunction w/ Overdose Awareness Day?</p>	<p>Need to confirm a date for Vigil</p>

<p>Sept. 2019 review (K. Sugarman)</p>	<p>Hidden In Plain Sight – approximately 300 people participated, including those individuals who were trained and/or volunteered to staff the exhibit. Approximately 75 people attended the kick off event. More people who came through the exhibit were seeking treatment information and/or services than when we hosted it last time (2016). At first glance, the evaluation forms show very positive feedback; all of the feedback we have gotten verbally from participants and volunteers has also been very positive. We will tally all of the evaluation information and will also solicit feedback from volunteers to improve the display in the future.</p> <p>Natick Days – all medication lock boxes (courtesy of Natick Rotary) were distributed; also all of the Natick 180 drawstring bags. Lots of good conversations were had.</p> <p>RedHawk Fest – it was a great event, attended by hundreds of students. A special thanks to the NPD and SPARK.</p> <p>Natick Public School Open Houses and Purple Flag Project - Natick 180 staffed a resource table at all of the Wilson & Kennedy Middle School Back to School nights; tomorrow is the NHS Open House. In addition to a resource table, Natick 180 will also display a pop-up version of Hidden In Plain Sight to show some of the paraphernalia and items that could indicate risky behaviors or substance use. The Purple Flag project was displayed at Wilson last week and is now on display at NHS this week. It is making a big visual impact, and is a conversation-starter.</p>	<p>Evaluation data will be shared when analyzed</p>
<p>Vaping (J. White)</p>	<p>Last week, Gov. Charlie Baker announced a 4 month ban on vaping products in MA. Health Departments across the state had no warning that the vaping ban was being issued. Stores were required to pull all vaping devices from shelves and stop selling them. The Natick Health Department visited all retail outlets in Natick and double checked compliance. In MA, there have been 83 cases of pulmonary disease reported, including among youth; no deaths yet. One question that looms large is, will people turn to cigarettes or black market products? Either of these choices would be very dangerous and not advisable. It is not yet medically proven exactly what the cause of the pulmonary disease is. Furthermore, long term effects of vaping are still not known. Nicotine withdrawal will most likely be seen in schools across the state. The Natick Health Department is working diligently to monitor the situation. Natick High School Superintendent Anna Nolin emailed a memo to parents about vaping last week. The memo includes information on a new cessation program being implemented in the high school. The NHS nurse leader is implementing the program developed in conjunction with the UMass Medical Center. Nurses in our district will be trained in protocols for how to have conversations w/ youth. Nicotine replacement therapies for vaping are similar to those for quitting smoking tobacco. MA adults can get free NRT through the state quitline. Parents could be veering from dosing suggestions when attempting to give youth NRT. The bottom line is we still need to find</p>	

	<p>ways to deal with stressors in youth’s lives. When youth from the vaping diversion program last year participated in a focus group with Katie Sugaman and Jess Cliff, they said they vape because of the head rush from the nicotine and also the aerosol plume that is exhaled. And also the social connections, but NOT necessarily the flavors, as is commonly believed. It was suggested that the vaping memo could be linked to the Natick 180 and Health Department websites.</p>	
<p>Natick 180 website presentation (M. Canegallo)</p>	<p>An overview of the website was given. Consensus was that the new website is great! It is a valuable resource with detailed information for multiple audiences and on multiple topics. The suggestions that were made for improvement or consideration include: Is the information on the website able to be translated into other languages? Make sure imagery reflects diverse populations. Could NPS students access the website through the firewall? Head of technology should be consulted. Will the site load properly is someone is using a mobile device? This is a town site, and should be useful for everyone. How can we best drive traffic to the site?</p>	<p>Please give feedback and comments as you utilize the website.</p>
<p>Upcoming community assessment activities (K. Sugarman)</p>	<p>The Drug Free Communities (DFC) grant requires Natick 180 to conduct targeted outreach to specific populations through focus groups and surveys. The goal is to tailor programming and information. Upcoming surveys that Natick 180 plans to implement this fall includes a coalition self-assessment survey asking coalition members about their experiences and opinions. We also plan to conduct a parent survey aimed at understanding parental concerns and needs of those w/ school-aged children. Dr. Nolin is reviewing the draft and may agree to adapt or combine it with a survey the schools intend to administer. Lastly, we need to survey students with specific questions, as per the terms of the DFC. These questions are supplemental to the MWAHS (but were not asked on the 2018 version). The schools will administer the questions online as opposed to paper copy later this fall and may be combined with another school-based survey. Questions will focus on perceptions of harm of substances and parental & peer perceptions / approval / disapproval of use.</p>	
<p>Coalition priorities for 2019-20 (K. Sugarman)</p>	<p>Attached here is a list of coalition priorities, segmented into 5 priority areas: Governance & Organization Access to Services Awareness & Education Funding & Sustainability Media & Communications</p> <p>Suggestions to the priority areas include:</p>	

	<p>With regard to Communications, make sure our materials and website are accessible in multiple languages; give attention to multicultural dimensions and sensitivities.</p> <p>With regard to Education & Awareness, it was suggested that Natick 180 have a presence or attend PTO meetings & PCC; bring NATI students to the Teen Center, which would be a good opportunity for them to do some training and interaction; SPARK & Board of Health are partnering to bring in a speaker (J. Mattelman) for parents of young children in March.</p> <p>With regard to Access to Services, it might make sense to reach out to the CFO of Metrowest Hospital to speak about the financial benefits of providing MAT or other substance-related services.</p>	
<p>Action Team Updates (K. Sugarman)</p>	<p>Sign up sheets were sent around for coalition members to add themselves or to confirm their participation on the Awareness & Education Action Team and/or the Access to Treatment and Recovery Services Action Team.</p> <p>The Awareness & Education Action Team will meet next Tuesday, Oct. 8th at 8:15 am.</p>	